


Positive Solutions for Families

Session 1

Making a Connection!

Originally developed by the Center on the Social and Emotional Foundations for Early Learning. Adapted for use in California by WestEd for the California Collaborative on the Social-Emotional Foundations for Early Learning (CA CSEFEL) March 2013



CA 1

Solutions for Families

Six Sessions



- Session 1 – Making a Connection!
- Session 2 – Making It Happen!
- Session 3 – Why Do Children Do What They Do?
- Session 4 – Teach Me What to Do!
- Session 5 – Facing the Challenge (Part 1)
- Session 6 – Facing the Challenge (Part 2)



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What's Happening Today


- Meet each other and learn about our families
- Discuss goals and expectations we might have for our group
- Discuss the importance of building positive relationships with our children
- Discuss the “power” of using positive comments and encouragement with our children
- Review: *Things to Try at Home*



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Getting to Know You!

- Please Share:
 - Your Name
 - How many children you have (names and ages)
 - A goal related to our *Solutions for Families* group
 - Examples
 - Gail: Lulu (15 months): “I want to be the best parent I can be.”
 - Maria: Jose (4) and Luis (5): “I want my boys to listen to me.”
 - Anything else about you and your family!



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Expectations



- We are Friendly and Kind
 - What will this mean for our group?
- Be Respectful
 - What will this mean for our group?
- Be Safe and Healthy
 - What will this mean for our group?



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Relationship Activity Workbook Activity 1

- Think of someone who was really special to you when you were growing up.
- What made you think of this person?
- What did they do that made them important or special to you?



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“Every child needs one person
who is crazy about him.”

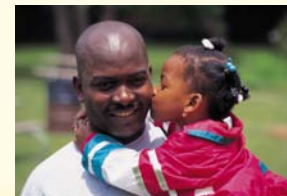
Uri Bronfenbrenner



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Quality Time With Your Children

- Benefits?
- Barriers?



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Building Positive Relationships with Children



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Building Positive Relationships with Children



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- When we focus on building relationships with our children, it is like making "deposits" in their relationship piggy banks
- When we are harsh, negative, or upset with them, it is like we are making withdrawals, so we need to keep filling and refilling

Making Deposits Activity Workbook Activity 2

- We can make deposits in lots of ways: hugs, smiles, encouraging statements, listening, playing...
- Write, draw, make notes, or list **5** things that you will try to do in the next week to "fill/refill" your child's relationship bank. Things that will make your child feel really special! Things that will help build a positive relationship with your child.



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Positive Descriptive Acknowledgements Close to Magic

- Another way to increase deposits is PDA Positive, Descriptive Acknowledgements!
- We usually give our children directions or corrections for inappropriate behavior
- When we start commenting on their appropriate behavior, children know what to do and will do it more often
- These comments have the most impact when we are specific about what we see, and link it to the expectation or characteristic we want to see.
- That is Positive, Descriptive Acknowledgement Workbook Handout 3



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Tips for Encouraging Your Child

Powerful Parenting Practice!



- Tip 1** Get your child's attention
- Tip 2** Use behavior specific language – Say what you see
- Tip 3** Add the expectation/characteristic that is linked to the behavior-Cooperation, helpfulness, safety
- Tip 4** Keep it simple – Avoid combining encouragement with criticism
- Tip 5** Encourage with enthusiasm
- Tip 6** Double the impact with physical warmth
- Tip 7** Use positive comments and encouragement with your child in front of others

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PDA Log Activity

Workbook Activity 4

- Try to encourage your child using Positive, Descriptive Acknowledgement at least 5 times this week! See Activity 4 in your workbook.



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Examples of Encouraging Statements

- “It’s so much fun to play with you - you are so good at sharing your toys.”
- “You were being such a great helper when you helped me bring the groceries inside.”
- “Thank you for using your inside voice when your sister was sleeping.”
- “Wow! You did such a great job picking up your toys tonight. You put everything in the toy box!”

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Things to Try at Home

Making the Connection!

Positive Parenting Tips

- Try to fill/refill your child's relationship bank (Workbook Activity 2)
- Try to **use Positive, Descriptive Acknowledgement** with your child (Workbook Activity 4)
- Have **fun** together!

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