Positive Solutions for Families

Session 2
Making It Happen!

Remember our Expectations

• We are Friendly and Kind
• We are Respectful
• We are Safe and Healthy

What’s Happening Today?

• Share your Things to Try at Home Activities.
  – Filling your child’s relationship bank
  – Using Positive Descriptive Acknowledgement
• Discuss the use of play as a powerful parenting practice.
• Discuss ideas for helping your children develop friendship skills.
• Link positive comments, encouragement, and play to children’s behavior.
• Review Things to Try at Home Activities.

Let’s Celebrate!

• Please turn to Activity 5 in your workbook
• Parent Encouragement and Positive Comments
• Write an encouraging note or positive comment to yourself about something that you did with your child this last week that you feel really happy or proud about!
Follow Your Child’s Lead

Tip 1: Follow your child’s lead
- Wait, watch, and then join your child’s play

Tip 2: Talk, talk, talk about what your child is doing

Tip 3: Encourage your child’s creativity

Tip 4: Watch for your child’s cues

Tip 5: Avoid power struggles

Tip 6: Have fun together

The Power of Play
Powerful Parenting Practice Tips

Play as a Powerful Parenting Practice
Things to Try at Home — Activity 5

Examples of Play Goals

- I am going to try to turn off the television for 10-15 minutes and play with Juan.
- I am going to try to stop what I am doing and focus on Savannah while we are playing.
- I am going to try to follow Jamar’s lead!
- I am going to play with each boy one-on-one while my husband gives the other a bath.
- I am going to try to stop being so bossy and let Crystal decide what she wants to play with.
Basic Friendship Skills (3 yrs. +)

1. Sharing
   - Taking turns
   - Sharing space
   - Dividing up materials
   - Bestowing materials (giving from what you have, like part of a play-doh ball)

2. Helping
   - Showing concern
   - Removing distress
   - Caring about others
   - Acts of kindness

3. Cooperating/Socializing
   - Making play requests
   - Providing play ideas
   - Positive verbal and physical contact
   - Being flexible

Catch Me Being Good!

<table>
<thead>
<tr>
<th>Challenging Behavior</th>
<th>The Behavior You Want</th>
<th>What to Say When You See the Desired Behavior</th>
<th>Positive Descriptive Acknowledgement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hitting sister</td>
<td>Playing cooperatively</td>
<td>• You are playing so nicely with your sister. You gave her a turn with your car.</td>
<td></td>
</tr>
<tr>
<td>Running in the house with food</td>
<td>Walking or sitting while eating</td>
<td>• It looks like you two have found a way to both fit on the tricycle. That is cooperating.</td>
<td></td>
</tr>
<tr>
<td>Screaming to get what she wants</td>
<td>Showing you what she wants</td>
<td>• Look at you sitting while you eat. You look so safe and comfortable.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• You carried that plate of food so carefully from the kitchen to the table. You stayed clean!</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Wow! You pointed at the refrigerator. You must want something inside. Let’s go look together.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• When you raise your arms up, I know that you want me to pick you up. That is wonderful.</td>
<td></td>
</tr>
</tbody>
</table>

Helping Your Child Learn to Play and Make Friends

Workbook Handout 7

• What you can do before your child plays with another child
• What you can do during play
• What you can do after your child plays with other children

Tell Me What To Do

• One way to support appropriate behavior is to tell your child what you want him or her to do
• Look at Handout 8 in your workbook
• Can you hear yourself and all of the don’ts?
### Examples

**Workbook Activity 9**

<table>
<thead>
<tr>
<th>Challenging Behavior (Would like to see less of...)</th>
<th>Positive Behavior (Would like to see more of...)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ignoring me</td>
<td>Listening to me</td>
</tr>
<tr>
<td>Hitting</td>
<td>Using words</td>
</tr>
<tr>
<td>Screaming</td>
<td>Using an inside voice</td>
</tr>
<tr>
<td>Making messes</td>
<td>Cleaning up</td>
</tr>
<tr>
<td>Refusing to get dressed</td>
<td>Getting dressed when asked</td>
</tr>
<tr>
<td>Using bad words</td>
<td>Using polite words</td>
</tr>
</tbody>
</table>

### Things to Try at Home

**Making It Happen!**

- Play time with your child—remember to follow your child’s lead! (Activity 6)
- Encouraging Positive Behavior Form (Activity 9)
- Have fun with your child!