

## Positive Solutions for Families

### Session 2

### Making It Happen!

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

## Remember our Expectations

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

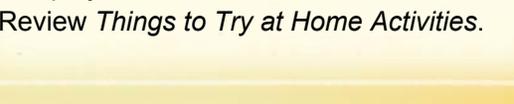




CA 2

## 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*.



CA 3

## 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!

### Proud





CA 4

### Follow Your Child's Lead



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CA 5

### The Power of Play Powerful Parenting Practice Tips



- 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



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CA 6

### Play as a Powerful Parenting Practice

*Things to Try at Home — Activity 5*



- Play goal for the week
- What you did together
- How your child reacted



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CA 7

### 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.



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CA 8

### Basic Friendship Skills (3 yrs. +)

<p>1. Sharing</p> <ul style="list-style-type: none"> <li>- Taking turns</li> <li>- Sharing space</li> <li>- Dividing up materials</li> <li>- Bestowing materials <i>(giving from what you have, like part of a play-doh ball)</i></li> </ul>	<p>2. Helping</p> <ul style="list-style-type: none"> <li>- Showing concern</li> <li>- Removing distress</li> <li>- Caring about others</li> <li>- Acts of kindness</li> </ul> <p>3. Cooperating/Socializing</p> <ul style="list-style-type: none"> <li>- Making play requests</li> <li>- Providing play ideas</li> <li>- Positive verbal and physical contact</li> <li>- Being flexible</li> </ul>
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Marion, M. (2003). *Guidance of young children*. Columbus, OH: Merrill Prentice Hall.

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### 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

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### Catch Me Being Good!

Challenging Behavior	The Behavior You Want	What to Say When You See the Desired Behavior Positive Descriptive Acknowledgement
Hitting sister	Playing cooperatively	<ul style="list-style-type: none"> <li>You are playing so nicely with your sister. You gave her a turn with your car.</li> <li>It looks like you two have found a way to both fit on the tricycle. That is cooperating.</li> </ul>
Running in the house with food	Walking or sitting while eating	<ul style="list-style-type: none"> <li>Look at you sitting while you eat. You look so safe and comfortable.</li> <li>You carried that plate of food so carefully from the kitchen to the table. You stayed clean!</li> </ul>
Screaming to get what she wants	Showing you what she wants	<ul style="list-style-type: none"> <li>Wow! You pointed at the refrigerator. You must want something inside. Let's go look together.</li> <li>When you raise your arms up, I know that you want me to pick you up. That is wonderful.</li> </ul>

CA 11

### 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*?

CA 12

**Examples**  
*Workbook Activity 9*

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

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### 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!



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