**Sharing Parenting’s Positive Parenting and Behaviour Tips (to pin on the fridge!) A Tip for everyday of the month**

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| 1.  STOP  THINK  ACT | 2.  DON’T SAY DON’T | 3.  Do something to FILL YOUR JUG (Take a long bath, listen to your favourite music etc ……) | 4.  Practice  *ACTIVE* LISTENING | 5.  Be a good example- MODEL IT!  Children are more likely to do as you DO! |
| 6. CONNECT  Spend 10 minutes with each child 1 to 1 today) | 7. Help them feel CAPABLE  Give them 2 choices | 8. Help them feel they COUNT -Say: “I appreciate your help” or “I love you” or “I love it *when* you ….” | 9. (EN)COURAGE  Break large tasks down to small tasks | 10. Recognise if you or they are EMOTIONALLY FLODDED (and calm down before reacting) |
| 11. Remember  DISCIPLINE means TO TEACH -Make sure your requests are respectful | 12. Tell yourself:  ‘WELL DONE’  Recognise what’s going *WELL* | 13. Remember Adler  What’s the NEED behind the challenging behaviour? | 14. Practice MEDITATION - Lay down with teddy on chest and watch him move as you breathe in and out | 15. Say ‘I’ instead of ‘YOU’  e.g. I feel sad when that happens |
| 16. Remember MASLOW when you see challenging behaviour: Are they hungry? tired? Scared? | 17. COUNT TO 10  before reacting | 18. Practice an ASSERTIVE parenting style - say sorry! | 19. Practice CHILD LED PLAY  - Sit with your child as they play- comment but avoid quizzing them. | 20. Use OPEN BODY LANGUAGE - Use eye contact, nodding, put your phone down so they know they have your attention! |
| 21. Nurture the Toddler and Teenage BRAIN  - Give them a hug or play a game together | 22. BREATHE in for 4 seconds, hold for 7 and breathe out for 8 - to destress the brain | 23. Beware of LABELLING  - describe only the ‘*behaviour*’ you see | 24. ENCOURAGE instead of praise  -e.g. “*I can see you worked hard at that*” | 25. Remember LEARNING new things can feel uncomfortable - Fold your arms a different way |
| 26. EXERCISE  dance, jump, run, walk …. | 27. Play *your* favourite MUSIC | 28. SELF TALK positively  - be your own best friend | 29. KEEP OUT of the ‘BOXING RING’  - walk away or discuss | 30. READ ‘If I could Raise My Child Again’ POEM |

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