**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.  STOPTHINK 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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