

# Positive Parenting

Positive parenting means guiding your child in a positive way. You model and teach your child about positive behaviours, instead of punishing them for challenging behaviours. Learning this style of parenting begins with understanding a child's behaviour.

## Understanding behaviour

- All behaviour has a purpose. Children use behaviour to get something they want, avoid doing something they don't want to do, or to connect with you.
- Children do not intentionally misbehave. They need to be taught helpful ways to deal with situations that come up in their daily life.
- Many things can affect a child's behaviour, such as:
  - ✓ their health and well-being
  - ✓ their relationships with their parents and siblings
  - ✓ their ability to communicate
  - ✓ the emotional support they receive
  - ✓ the opportunities they have to play and take part in outings and events
  - ✓ the learning environment at school

**Positive parenting builds confidence  
in you and your child.**

**Your relationship will be stronger and  
you will see more cooperation.**

## Using strategies that work

- Communicate effectively with your child: face-to-face with eye contact.
- Set clear limits and expectations.
- Be clear: 'This is what I expect from you'.
- Set daily routines.
- Use visuals to guide your child: pictures, charts, checklists.
- Be a good role model. Behave the way you want your child to behave. Your child imitates what they see.
- Provide appropriate choices. Ask yourself: What can they do? What can they handle?
- Give positive attention for a behaviour that you would like to see happen more often. Catch them being good.
- Warn them before changing activities. For example: 'Five more minutes, then it's time to go get ready for bed'.
- Plan ahead. Prepare for things that may not go well. Your child is more likely to cooperate when you include them in the planning. This also tells them that their opinion matters.