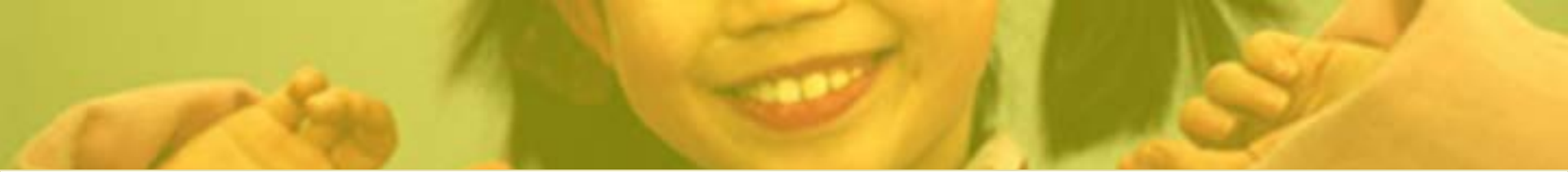


Positive Guidance  
&  
Fostering Self-Esteem





## *Set Limits*

- Be sure they understand what their limits are.
- Limits should be important, and not just arbitrary rules.
- Limits help children learn to control themselves.
- Limits help children feel secure.



## *Be Firm and Consistent*

- Consistency is very important. If it wasn't OK to do yesterday, it is not OK to do today.
- Children should know what to expect.
- Don't make threats!



## *Substitute acceptable for unacceptable activities*

- Childproof your home.
- Use distraction.
- Tell the children what they can do instead of what they can't do.



## *Give Reasons*

- Don't just say "Because I said so".
- If they understand the reason, they are more likely to comply.
- Giving reasons with rules helps them learn to control themselves instead of waiting to be told what to do.



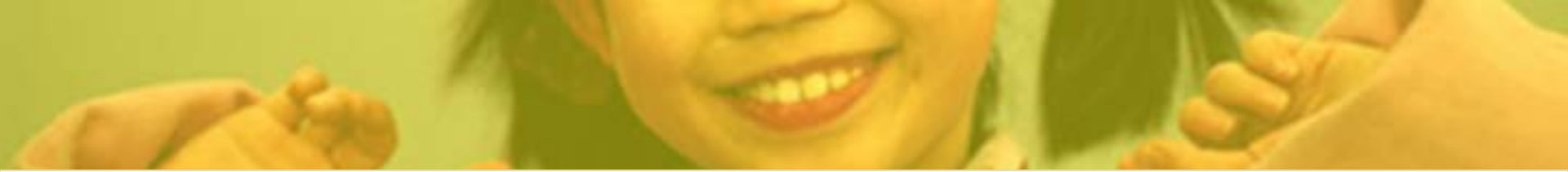
## *Focus on Good Behavior*

- Focus on the good they are doing. We all like attention and try to do that which gives us attention, whether it is negative or positive, so be positive!
- “Catch” them doing good.



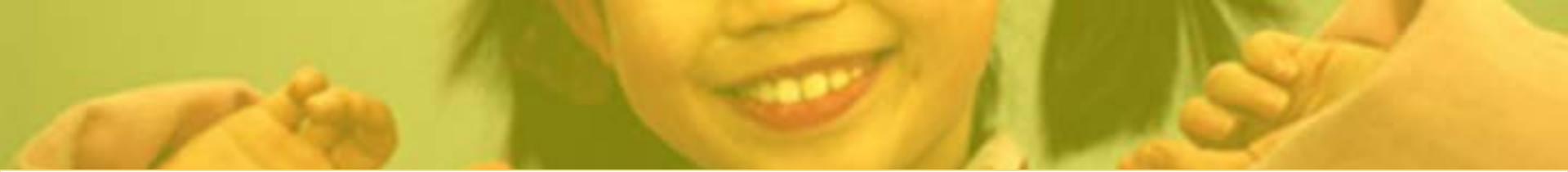
## *Use Routines*

- They know what to expect when they have a routine, and they are less likely to argue.



# *Consequences*

- A natural consequence happens naturally.
  - It means that you let whatever follows poor behavior happen.
- Examples:
  - If you don't eat you get hungry.
- If they leave their toys outside they could be ruined by the weather, or stolen.



# *Consequences*

- Logical consequence are created by parents. Sometimes a natural consequence is not appropriate to let happen.
  - Such as getting a child off the road instead of letting the natural consequence happen
- Example of logical consequences:
  - When Ryan paints on the wall he has to clean the wall.



## *Give Choices*

- Either-Or choices.
- When-Then choices.



## *Be a Good Role Model*

- Remember that children imitate you. Don't expect them to be different than what you are. If swearing is not OK for them to do, then you shouldn't swear.
- Be polite and courteous.



## *Provide more successes than failures for the child.*

- Plan successes.
- If they have more failures than successes, back up to where success is achieved, and then move ahead gradually.
- A child who is over-protected and not allowed to fail will learn to try only if success is guaranteed.
- Provide practice to improve skills.



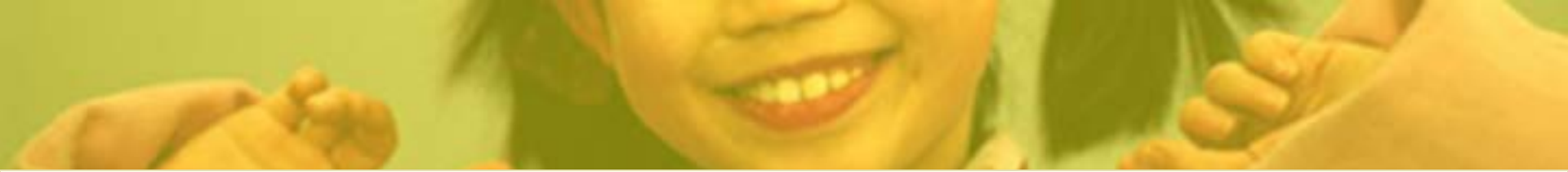
## *Give lots of encouragement.*

- Recognize the effort and improvement, not just the final accomplishment.
- “I know you can do it”
- “You handled that really well”
- “You will make it next time”
- Show appreciation. “Thanks, you were a big help”



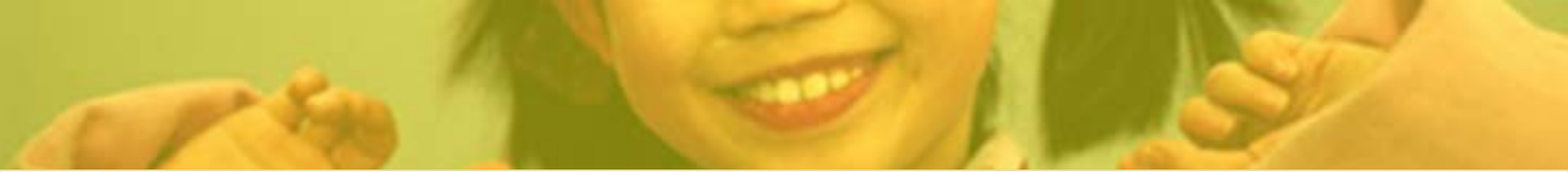
## *Allow independence.*

- Let them do things for themselves.
- Let them work through a problem.
- Give them choices as early as possible.



## *Eliminate the negative.*

- Tell children what they can do, not what they cannot do.
- Catch them doing something good more often than what they are doing wrong.



## *Do not set standards unreasonably high.*

- They don't have to be 100% all the time.
- Know their abilities and work within those abilities.
- Children are not miniature adults.
- Do not over-estimate their maturity.



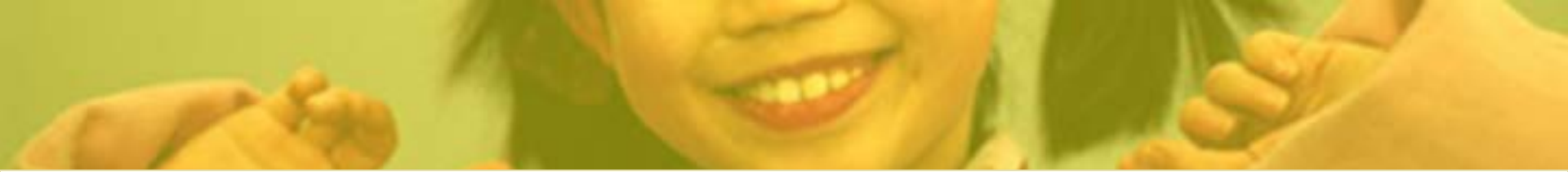
## *Help your child develop their talents.*

- Every child needs to feel that they are good at something. Give them encouragement and opportunities to try new things.
- Encourage their talents, not the ones you wish they had.



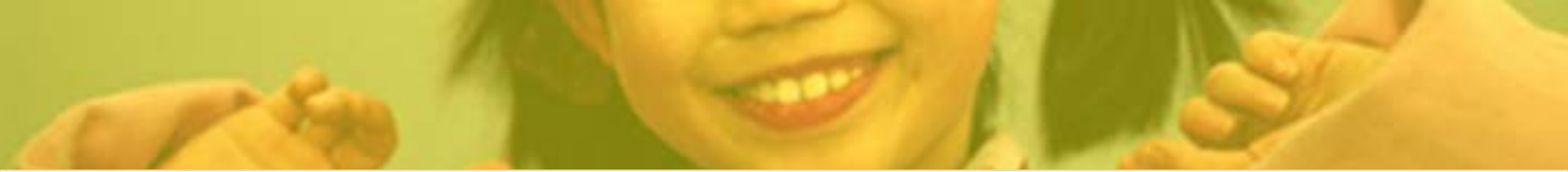
*Take their ideas, emotions  
and feelings seriously.*

- Do not belittle them by saying things like, “That is nothing to cry over”, or “You’ll get over it”.



## *Give your children responsibility.*

- Give them chores that are appropriate for their age.
- Give them family jobs so that they feel valued and important to the family.



## *Be available.*

- Give them support when they need it.
- Spend time together. Work, talk and share activities together.