Positive Solutions for Families

Session 2
Making It Happen!
What’s Happening Today?

• Share your *Things to Try at Home* activities.
• 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.
Follow Your Child’s Lead
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
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.
Friendship Skills

- Gives suggestions ("Let’s play!")
- Shares toys and other materials
- Takes turns
- Is helpful
- Gives compliments
- Understands how and when to give an apology
Helping Your Child Learn to Play and Make Friends

Workbook Handout Activity #6

• 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
The “Power” of Encouragement and Positive Comments

<table>
<thead>
<tr>
<th>Child’s Name</th>
<th>Challenging Behavior</th>
<th>Desired Behavior</th>
<th>Positive Comment/Encouragement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ally</td>
<td>Not listening</td>
<td>“Follow directions”</td>
<td>“Thank you for listening, Ally, and for following directions.”</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(Give a hug)</td>
</tr>
<tr>
<td>Blaze</td>
<td>Yelling</td>
<td>“Use inside voice”</td>
<td>“Wow! I really like the inside voice you are using. Thank you!”</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(Give a high five)</td>
</tr>
</tbody>
</table>
## Examples
### Workbook Activity #7

<table>
<thead>
<tr>
<th>Challenging Behavior (Would like to see less of…)</th>
<th>Positive Behavior (Would like to see more of…)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ignoring me</td>
<td>Listening to me</td>
</tr>
<tr>
<td>Hitting</td>
<td>Using words</td>
</tr>
<tr>
<td>Screaming</td>
<td>Using an inside voice</td>
</tr>
<tr>
<td>Making messes</td>
<td>Cleaning up</td>
</tr>
<tr>
<td>Refusing to get dressed</td>
<td>Getting dressed when asked</td>
</tr>
<tr>
<td>Using bad words</td>
<td>Using nice words</td>
</tr>
</tbody>
</table>
Things to Try at Home
Making It Happen!

• Play time with your child—remember to follow your child’s lead! (Activities #5 and #6)

• Encouraging Positive Behavior Form (Activity #7)

• Have fun with your child!