



# Positive Parenting Principles

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Positive parenting principles are rooted in a secure, trusting and connected relationship between parents and children. A relationship with your children that is empathetic, loving and respectful reinforces the family bond, while a harsh relationship weakens that bond. Remember that the ultimate goal of parenting is to help children develop into well-adjusted adults who are in control of their behavior and have a healthy sense of themselves.

## ***Tell your children what they can do instead of what they can't do:***

1. Children who hear negative language all of the time tend to tune it out.
2. If parents restrict their use of strong negative words to critical situations of great importance, children are more likely to hear and respect the words they use.
3. Use instructive language to tell your children specifically what behavior you do want to see.

## ***Protect and nurture children's feeling of being lovable and capable:***

1. Children strive to live up to adults' expectations. If we expect our children to misbehave, they will live up to that expectation and misbehave. If we expect our children to be lovable and capable, children will try to live up to that expectation.
2. Children's feelings of being lovable and capable are related to their self-esteem.

## ***Preparing enjoyable meals as a family helps children to develop a sense of belonging and contributing to the family:***

1. Eating together as a family provides time for families to connect socially. It is a great time to find out what's going on with family members and to inquire about your children's academic performance and school behavior.

2. Children who take part in regular family mealtimes have more language growth and academic achievement than those who do not. (Society for Research in Child Development).

***Offer children choices only when you are willing to abide by their decisions:***

1. We often offer children too many or inappropriate choices. Children don't take us seriously when we offer them a choice that we didn't really mean.
2. Remember, parents, it is important to "say what you mean and mean what you say."

***Work with children instead of against them:***

1. Observe what your children are trying to do and think of an alternative way for him/her to do what he/she is attempting to do.
2. Help your children if necessary or join in with him/her.

***When families encourage children to be physically active, children's screen time is diminished and healthy physical development is enhanced:***

1. Limit your children's screen (television, computer and video) time.
2. Parents should act as good role models for increasing activity and limiting screen time.

***Give children firm limits they can understand. Use natural and commonsense consequences instead of punishment when children misbehave:***

1. Be sure that your children know and understand your expectations for their behavior.
2. Rules and safety precautions need to be stated and explained clearly and simply to children.