

Strategies to Build a Positive Environment in Your Home

These will help encourage those good behaviors they are doing and can make your home a more positive environment!

1.

Keep your child where you can see them as much as possible and always be on the lookout for things your child is doing right. Give them specific attention for good things!

Example: "Hey, Jimmy! That's a cool block tower, thanks for playing quietly!"

Use this kind of specific praise or attention at least **once every 5 minutes.**

2.

Provide choices whenever possible.

Example: "Do you want to color with markers or crayons today?"

3.

Use **First → Then** statements to provide clear expectations and when giving instructions

Example: "First we are going to clean up, then we can go play outside."

Strategies for responding to your child's requests

These will teach and encourage always asking appropriately, and how to handle being told no. Modify however your child communicates!

When your child asks for something *nicely*, compliment their nice asking!

- If you can, give them what they asked for
- If you can't give them what they asked for, offer a choice of something else OR use a first→then statement to let them know when they can have it.

Example: "Thanks for asking so nicely! We aren't having popsicles today though; you can have fruit snacks or a cookie."

OR

"Thanks for asking kindly, first we have to finish all our chores, then we can have a Popsicle."

When your child asks for something the *wrong way* (by yelling, whining, or taking something from someone), don't give them what they asked for.

- Wait until they are quiet and listening to you, then remind them how to ask nicely for something they can have

Example: "Jimmy, you can say 'May I have fruit snacks or a cookie, please?'"