

### **Strategies to Build a Positive Environment in Your Home**

*These will help encourage good behaviors and can make your home a more positive environment!*

Check-in with your child often and always be on the lookout for things they are doing right. Give them specific attention for good things!

Example: “Hey, Jimmy! Awesome job cleaning up your trash from snack!”

Give specific praise or attention at least **once every 5 minutes.**

### **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, explain why it is not available, and 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! You can’t play outside today though; you can pick a toy or play a game with me inside.”

OR

“Thanks for asking kindly, first you need to do the dishes, then you can go outside.”

When your child asks for something the *wrong way* (by yelling, arguing, 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 appropriately for something they can have

Example: “Jimmy, you can say ‘May I please go outside to play, please?’”