



Positive Parenting Checklist



- Say what's happening instead of giving a speech
- Show you understand their feelings.
- Use fewer words. Speak slowly.
- Tell them what to do, not just what not to do.
- Give them two choices you're okay with.
- Take a deep breath before you respond
- Praise the good stuff right away.
- Get down to their eye level.
- Make small routines feel special.
- Say "I'm sorry" when you mess up

