



Positive Parenting Practices

1. Be supportive of your child's educational experience.

What is taught in the Family:

Family education is giving instruction about one's culture, instilling a family's value system, and learning to live by the rules; this helps with identity and social awareness for the children

Reading to a child or helping him with homework can be a parent and child bonding activity.

How can you partner with the School?

School education: parents should take an active role in a child's education, whether homeschooling or sending him or her to a public institution.

Communicate regularly with your child's teacher.

Regularly ask your child about school, homework, friends, etc.

2. Establish routines and family rituals.

What Routines?

Chore routines, weekly activity routines, Healthy eating, regular exercise

What Rituals?

Special events, celebrations, vacations;

Why Routines?

This promotes positive discipline by giving families a "sense of normalcy," which is imperative to children's emotional health; it encourages children to practice the roles and behavior expected of them;

Why Rituals?

It allows children to feel they belong and that feeling promotes positive behavior.

3. Model positive behavior.

What behaviors?

Encourage positive feelings, establish a sense of fairness and make time for fun. Being a positive role model and modeling appropriate behavior that a child can emulate

Why?

From the day of a child's birth, he watches his parents for cues on how to function in the world. For example, a toddler often repeats a swear word when a parent curses in traffic, or teenagers may try smoking if they've seen their parents smoking.

Important to preparing an empathetic and secure member of society. It is not helpful or effective to use the directive, "Do as I say, not as I do."



Yellow Ribbon Reintegration Program

For Those Who Serve and Those Who SupportSM

4. Set a positive tone and open lines of communication.

Why is open communication important?

Communication is the key to forming intimate bonds with your children.

How do you set a positive tone and encourage open communication?

Encourage family bonds of intimacy; get to know your family members for who they are as individuals. Assist your children forming good relationships with their siblings and others family members.

5. Deliver consistent disciplinary action.

What are some examples of positive discipline?

Positive disciplinary actions include rewards, such as a favorite meal, a new toy, or a trip to grandmas for a weekend if the child is well behaved.

Why is it important to be consistent?

Following through with promises or disciplinary action, while enforcing household rules, ensures the child knows what is expected of him or her.

What is an example of inconsistent discipline?

An example of inconsistency would be to promise to take the child to a movie and then decide not to follow through once the good behavior has been achieved.