

Positive Parenting Practices

1. Establish Routines and Family Rituals

What routines?

Why routines?

What rituals?

Why rituals?

2. Model Positive Behavior

What behaviors?

Why?

3. Set a Positive Tone and Open Lines of Communication

Why is open communication important?

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

4. Deliver Consistent Disciplinary Action

Why is it important to be consistent?

What is an example of inconsistent discipline?

Emotional Coaching Scenario

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/yrrp/handouts.html) at:
www.yellowribbon.mil/yrrp/handouts.html

This is a story of a young girl named Sally. Sally was excited because she was going to her friend's birthday party. Sally knew her Mom was really busy since her Dad had been deployed, so Sally made sure to get things ready without her Mom's help. She even wrapped the gift by herself. When it was time to go, Sally's mom still was not home from work. Sally waited and waited but finally realized that she was not going to the party. Sally tore up her card and gift and refused to come out of her room for dinner.

1. What emotions do you think Sally was feeling?
2. Were all of the emotions about not getting to go to the party?
3. What else could have been bothering her?
4. How would you validate Sally's feelings?
5. What would be an appropriate way for Sally to handle these emotions?