



EFFECTIVE PARENTING TIPS TO ENCOURAGE COOPERATIVE AND APPROPRIATE BEHAVIOR

- Create and provide a nurturing, stable, safe, supportive, and structured environment.
- Have consistent rules and age-appropriate expectations.
- Establish routines. Routines and structure show a child that you care, are invested in him/her, and provide a sense of safety, security, and predictability.
- Be explicit with your expectations and requests. Telling a child to do “good” does not let them know what “good” means. Label the behavior you are requesting.
- Do not place unrealistic expectations on your child.
- Focus on the behavior and not the child.
- Recognize and praise small accomplishments. Acknowledge your child for what he/she does.
- Clearly state requests. Do not pose a question if what you are asking the child to do is not a question but a directive. Use commands that are phrased in a positive way.
- When giving a command or making a request, speak clearly, make good eye contact, and keep an encouraging expression.
- Treat your child with respect.
- Refrain from engaging in power struggles.
- Show as little emotion as possible when implementing consequences.
- Use positive reinforcement.
- Set your child up for success. Be proactive and try to anticipate potential challenges.
- Use natural and logical consequences for behavioral infractions.
- Discipline should be short in duration and occur immediately after an infraction has occurred. If the consequence is implemented too long after the infraction occurred, it loses effectiveness.
- Just as you do not like spur-of-the-moment interruptions or requests, neither does your child. Thus, as possible, give your child warning about an impending transition so that he/she has an opportunity to shift their activity.
- Use a kitchen timer to signal time to, for example, start a task or chore, switch activities, or end time-out.
- Use behavior charts, chore charts, or points systems to encourage desired behaviors.

Books:

- *1-2-3 Magic: Effective Discipline for Children 2-12* by Thomas W. Phelan, Ph.D.
- *Raising Resilient Children : Fostering Strength, Hope, and Optimism in Your Child* by Robert Brooks and Sam Goldstein
- *Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds* by Rex Forehand and Nicholas Long
- *Positive Discipline* by Jane Nelsen
- *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen* by David Walsh
- *Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship* by Russell Barkley and Arthur Robin
- *Parenting Teens with Love & Logic* by Foster Cline and Jim Fay