

*"Glance at the deficits,
gaze at the strengths"*

STRENGTHS- BASED PARENTING



BE PROACTIVE

Decide which behaviors require you to take a stand and which behaviors you can be flexible with. Remember that no one is perfect, and we all make mistakes.



BE COOL

Cool down before you address the behavior. Allow the child the same, breathing deeply, squeezing a stuffed animal or time-out in a cozy corner. Help the child get negative feelings out. Never use physical punishment as it will teach your child violence is okay.



BE POSITIVE

Build a loving, trusting relationship with your child. It is the foundation for everything. If your child feels safe and secure, they are less likely to have challenging behaviors.



BE FIRM, FAIR & CONSISTENT

Discipline with love, empathy and clear expectations.



BE INTENTIONAL

Find the meaning behind the behavior. Ask, "What response does the child want?" Use the behavior as the moment to help you figure out what may have caused it. Then work to change the belief or situation behind the behavior rather than just trying to change the behavior.



BE ENCOURAGING

Encourage instead of praising. Notice effort and improvement, not just success.



BE THE SOLUTION

Make every effort to communicate well and work on problem-solving.



BE FOCUSED

Focus on solutions instead of punishment. Fit the consequence with the behavior. For example, if your child made a mess, they should clean it up.



BE PRESENT

Actively listen to what your child says. Give them your undivided attention so they know you really hear them.