

When parents or caregivers talk to children using positive and kind words it helps children:

- Feel good about themselves
- Form good relationships with others
- Treat others with kindness and respect

Parents and caregivers can:

- Praise children by saying what they did right.

Examples:

"You picked up the toys so quickly and put them right where they belong. That is a big help." Or

"You put on your shoes and I didn't even have to remind you."

- Use more "do's" than "don'ts". Tell your children what they **can** do instead of what they **can't** do. This takes practice, but with time it will become natural.

Examples:

Do's

Close the door softly.
Carry the kitten gently.
You can color on the paper.

Don'ts

Don't slam the door.
Don't squeeze the kitten.
Don't draw on the table.

Often, adults automatically say "no" or "don't" without really thinking about it. Stop and think about why you are saying no, and see if there is a more positive way to say it. Think of how you like to be talked to, and do the same for your children.