



Monroe Carell Jr.
children's Hospital
at Vanderbilt

VANDERBILT SCHOOL OF MEDICINE
DEPARTMENT OF PEDIATRICS
DIVISION OF DEVELOPMENTAL MEDICINE
CENTER FOR CHILD DEVELOPMENT



For more information
about positive parenting,
please contact the
Center for Child Development

(615) 936-0249

Positive Parenting Tip Sheet

Positive Parenting is a way to parent your child that focuses more on your child's positive behaviors rather than on your child's problem behaviors.

Things to do:

- Praise your child and tell him exactly what you like about his behavior. "I like how you cleaned up your toys!"
- Ignore minor negative behaviors such as whining and screaming.
- Play with your child for about 5 minutes a day and let her lead the play.
- Actively listen to your child by reflecting what he says back to him. "I understand that you want another cookie."
- Use a when-then approach. "When you put on your shoes, then you can go outside."
- Tell your child what to do instead of what not to do. "Please walk" instead of "Stop running."
- Redirect your child by making something else seem more interesting.

Things to avoid:

- Spanking or threatening your child. These increase hitting and other negative behavior.
- Yelling and screaming at your child.
- Teasing and laughing at your child's negative behavior.
- Giving attention to negative attention-seeking behavior.

Things we know:

- Being consistent lets your child know what to expect and lets your child know that you mean what you say.
- Offering a child choices between 2 possibilities gives the child a sense of control. "Do you want to wear the red shirt or the blue shirt?"
- Rewarding good behavior increases the chances of that behavior happening again.
- Picking your battles allows you to work on one thing at a time.

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