



Bal Bharati
PUBLIC SCHOOL
Gadarwara



Let's Talk Parenting

Positive Parenting:

10 things to improve the parent and
child relationship

Academic Session 2022-23

Positive Parenting

Please remember:

Our goal is to provide parents strategies which will help them develop and maintain a healthy relationship with their child

We know that every child is unique. Every parent is unique. Some things will work and some won't.

You are the parent. Ultimately, you will decide what is best for your child.

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Tip #1: Begin with you

- Do you model the behaviors you want your child to adopt?
- Love and Logic: "Anger and frustration feed misbehavior"
- Sometimes you will need to step away from the situation before addressing it – that is okay

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Tip #2: Health matters

- Is your child getting enough sleep?
- What is your child eating?
- Is your child having yearly check-ups?

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Tip #3: Making time

- How often do you spend one on one time with your child?



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Tip #4: Rules and routines

- 60 Kindergarten students attend BBPS Gadarwara everyday. Without routines, we are doomed.
- Simplify rules to help make expectations clear
- Can your child describe the routines and rules that you have established?

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Tip #5: Consistency

- Being firm creates a strong foundation in your relationship with your child.
- Boundaries are meant to expand. As your child grows, the boundaries will too.
- If you set limits with your child in a consistent, positive way, eventually your child will internalize your expectations.
- These guidelines will help him to get along successfully in life.

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Tip #6: What is the source of the behavior?

- Avoid asking “why?” Instead ask “What did you think would happen” or “What did you want to happen when you acted that way?”



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Tip #7: Get to “Yes”

- Kids ask us for things and permission all the time. It is draining to always be the voice of “No”
- Set conditions which you can live with and get them to hear “Yes”

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Tip #8: Focus on the positive

- Positive Behavior Setting works at school and at home
- Recognizing positive behaviors can be done without bribing your child

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Tip #9: Consequences for them

- 1. Use Consequences That Have Meaning



2. Make Consequences Black and White
3. Have Problem-Solving Conversations
4. Don't Get into an Argument over Consequences
5. How Will I Know If a Consequence Is Working?
6. Some Things Should Never Be Used as Consequences

Positive Parenting

Tip #10: Reflecting on their actions

- What were you wanting to have happen when you did this?
- Was there some part of you that said ‘Don’t do this’?
- What got in the way of you listening to that part of you?
- What else could you have done?

Thank you and Happy Parenting!

