

Positive

Behavior Newsletter

Support

February

Topic of the Month: *Make Your Expectations Clear*

Ever have difficulty trying to get your child to complete a task you gave them? Make sure your child knows what you expect them to do. Give one clear instruction at a time. For example, if you ask your child to pick up their toys, make sure you show them exactly where you want them to go. Keep going back to your child on a regular basis and re teach how to pick up their toys. Keep everything simple and only ask your child to do one task at a time. When they finish that task then give them another simple task to complete. Remember when giving a task or direction to your child, say it in terms of what you would like your child to do instead of what you would like your child to stop doing. For example, if your child is jumping on the couch, try saying “we sit on our sitters to be safe”. Remember when your child finishes each task to give lots of praise !!

“Every child needs someone who is crazy about him/her.”

Book Nook:

The Way I Feel by Janan Cain

Glad Monster, Sad Monster
by Ed Cemberley

Knuffel Bunny by MoWillems

Craft Corner:

The Way I Feel

Take an old sock and get creative. Decorate it with yarn for hair and draw a face. Make as many puppets with different emotion faces as you want. While reading the book, have a puppet show. Discuss with your child what makes them happy, sad, mad etc. Remember to listen and discuss possible solutions when they feel these emotions.

Positive Phrasing

Try using these positive phrases, instead of using “don’t” and “no”.

Use
Gentle hands

Avoid
Don’t Hit



Pick out a book that your child is familiar with and have your child come up with a new ending to the story.

*Interested in more
information?*

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