

HOW TO ENCOURAGE GOOD BEHAVIOR

(AGES: 4-9)

Children crave attention. To help avoid bad behavior, emphasize good behavior! Reinforcing good behavior involves actions or techniques used to encourage desired behaviors.



- Praise your children when they do something well. Be specific. For example, “I liked how you shared your toys with other kids.”
- Let your children know that you are pleased! Smile. Hug them.
- Reward them for their behavior. Rewards can range from a visit to the park or an extra story at bedtime.
- Explain WHY your child’s behavior was so positive. “I really needed you to pick up your toys so I don’t fall over them.”

Rewards for your children

Possibilities for Preschoolers	Possibilities for Elementary school children
Listening to an extra bedtime story.	Taking time off from chores. I know you worked hard to put your toys away. I will help you set the table tonight for dinner.
Playing games. For example, the parent can mimic an animal and have the child guess which animal the parent is pretending to be.	Choosing a special breakfast. "You were so good at making your bed this morning. Would you like to have this cereal, or toast and fruit this morning?"
	Sleeping in a different place in the house. "Let's make a tent with a sheet in the living room and bring our pillows there."
Drawing a picture together. Use crayons or markers to draw a picture – take turns deciding what to draw. For example, draw a garden. You draw a tree, and then your child draws flowers. You draw the sky, and your child draws birds.	Planning an afternoon's activities. "I have tomorrow afternoon off from work. What would you like to do? We could go to the library, or walk in the park, or eat peanut butter sandwiches on a blanket in the grass."
A movie night – watch a TV movie together, or rent a \$1 movie from Publix.	20 minutes extra time on the television or computer. "I am so proud of the way you helped with the dishes. Go ahead and spend an extra twenty minutes on your computer game."

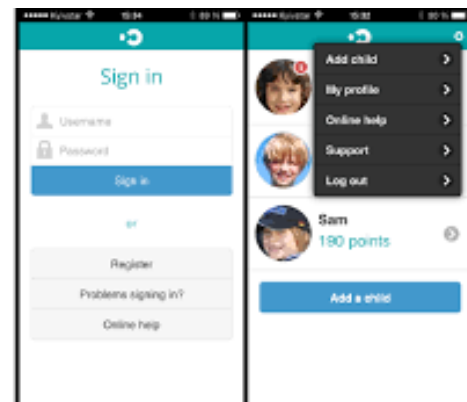
An example of positively reinforcing a reward would look like this.

- After a young child throws a tantrum and calms down:
"I am glad you calmed down. I know it's hard to feel so many emotions. Let's have a glass of juice and a hug."
- When your child completes their homework:
"Wow, I am proud of you for completing your homework! How about you decide what we will have for breakfast for tomorrow?"

Here are some apps to help encourage positive behavior!

- **DooApp Kids Chores and Rewards**

A tool for parents to reward children for achievements, good behavior, and completing chores. Children earn points which they can redeem for fun activities. Free!



- **Kiddie: positive parenting toddlers 2-5 years: reading, reward charts and fun songs**

By reading the interactive stories to your child on your Tablet or Smart Phone you can tell your child about desirable behavior, in a fun way! With the rewards chart in the app, you motivate and reward your child for good behavior.

