



Are you concerned about your child's behavior?

Checklist for success:

- ✓ **Do you spend 20 minutes of fun time with your child every day?** Say nice things. No interruptions. Be positive. Have fun!
- ✓ **Are you calm and talk with respect?** This means
 - Listening to your child
 - Asking for things nicely
 - No yelling
 - No put-downs
- ✓ **Is your home calm and kind?** Do people speak nicely to each other? What is the noise level? Are people yelling? How many hours is the TV on? Do you sit down together for a family meal often? Is there quiet time?
- ✓ **Are you using positive discipline methods?** Do you pay attention to good behaviors? Do you avoid harsh punishment?



- ✓ **Does your child have a good daily routine?** Does the morning routine have positive contact? Does the bed-time routine include some soothing attention —talking, story-telling, reading, cuddling, good night kiss? Is there a good balance between down time and play time?
- ✓ **Is your child eating a healthy diet and physically active every day?** This means limiting sugar, caffeine and processed foods. Do you offer a variety of healthy foods? Is your family getting adequate sleep?
- ✓ **Are you taking care of yourself?** Do you give yourself time to relax? Do you get support from other adults? Do you eat healthy food and exercise regularly? Do you have time for fun? Are you caring for yourself every day?

POSITIVE PARENTING

FOR PEACE AT HOME AND SUCCESS IN SCHOOL

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