



# BE HAPPY

## POSITIVE ATTENTION BE HAPPY PARENTING SKILL

The University of Texas at Tyler School of Medicine

### CATCHING THE GOOD

As a caregiver, you can provide positive attention not only in the context of your child complying with a direct command, but also when your child is engaging in positive behavior on their own without instruction. The goal of “Catching the Good” is to increase the frequency of a child’s positive behavior by noticing, labeling and giving positive verbal attention to desirable behaviors.

### INTENTIONAL “CATCHING THE GOOD”

- ✓ First pick an undesired behavior to focus on.
- ✓ Identify 2-3 behaviors that you would like to see more of that are the opposite of the originally selected undesired behavior.
- ✓ Pre-select a few specific phrases of praise to utilize when your child engages in those behaviors you would like to see more of.
- ✓ Provide the child with this praise when you catch them engaging in the desired behavior!

PROBLEM BEHAVIOR	BEHAVIOR TO CATCH	BEHAVIOR-SPECIFIC PRAISE
Running away at the store	Staying near the cart	Thank you for staying close to the shopping cart.
	Walking	You are doing a great job of using walking feet!
	Asking to go look at a toy before leaving	Thank you for asking to go look.