



BE HAPPY

POSITIVE ATTENTION

BE HAPPY PARENTING SKILL

The University of Texas at Tyler School of Medicine

ATTENDING TO POSITIVE BEHAVIOR

When life is busy and there is a lot going on, caregivers often pay more attention to the behaviors that need correcting. When a child engages in positive behavior or complies with a command, it is important to make an effort to give them plenty of attention and praise! By giving special attention to a desired behavior, it is more likely that the behavior will be repeated again in the future. To make sure your attention is encouraging positive behaviors, you also want to pair it with effective praise.

EFFECTIVE PRAISE

- ✓ Using effective praise means you praise your child for behaviors you want to see them do more often, **RIGHT AWAY!**
- ✓ Use specific, positive praise - name exactly what they did well and what behavior you want repeated.
- ✓ Express appreciation and gratitude to your child for doing the helpful thing - making a different choice is hard work!
- ✓ Use praise and positive attention for virtually every command your child complies with or positive behavior they engage in.
- ✓ Give credit and praise for “mastered” behaviors and for small steps towards positive behavior - always praise the effort!
- ✓ Try to follow the 4 to 1 rule – give 4 praises for every 1 correction!



Provide purely positive praise.

Repet praise for new behaviors.

Acknowledge small steps toward positive behavior.

Intermittently offer praise to keep “mastered” positive behaviors.

Specify the type of behavior you want to see.

Enthusiastically praise specific behaviors.