



BE HAPPY

POSITIVE PARENTING ENVIRONMENTS

BE HAPPY PARENTING SKILL

The University of Texas at Tyler School of Medicine

POSITIVE PARENTING ENVIRONMENTS - WHAT AND WHY?

A positive parenting environment is a space that is predictable, inviting, and sets up kid (and caregiver!) for success. Creating a positive home environment is crucial for fostering emotional well-being, strong family relationships, and healthy child development. Changing the home's structure and routine can sometimes be the easiest way to prevent problem behaviors from happening.

GIVE TRANSITIONS BETWEEN TASKS.



Switching activities can be difficult because it may mean ending something fun or starting something less fun.

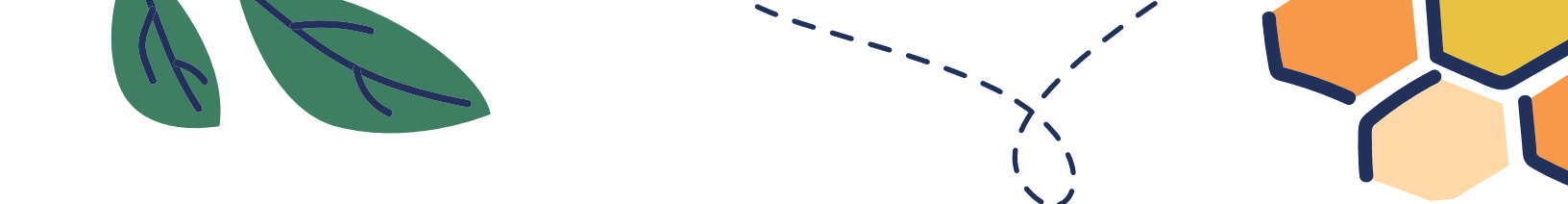


Giving kids time to transition helps them prepare for the change, feel more in control, and can reduce arguing!



WAYS TO IMPLEMENT TRANSITIONS:

- **Provide lots of incremental time warnings.** (10, 5, 3, 1, more minute(s) until it is time to move to the new task.)
- **Activity chunks** (Ex. "10 more pushes on the swing until it is time to leave.")
- **One Last Thing** (Ex. "Our time is up, what's the one last thing you want to magnetize tower?")
- **Pay attention to the activity.** (Ex. Video games are not as easy to end at a time limit, so activity chunks may work better.)



COMPLIANCE FRIENDLY ENVIRONMENTS

- ✓ Compliance friendly environments simply mean adapting the structure of the home to reduce the possibility of problem behavior.
- ✓ This can be used to prevent problem behaviors from occurring or to stop existing problem behaviors from happening again!
- ✓ **WAYS TO CREATE A COMPLIANCE FRIENDLY ENVIRONMENT:**
 - **Remove or restrict items.** (Ex. Craft items are kept out of reach to prevent mess or drawing on walls.)
 - **Complete tasks in less distracting/stimulating environments.** (Ex. Putting shoes on in the kitchen instead of the child's bedroom so they are not distracted by toys.)
 - **Change up the routine.** (Ex. Move up dinner time to prevent a child from doing extra snacking or acting cranky or tired at dinner time.)

SPECIAL PLAY TIME

- ✓ Special Play Time is designed to promote warmth and a genuine relationship between parent and child by setting aside a dedicated time to engage in a fun activity without distraction or judgment.
- ✓ This allows parent and child to spend time enjoying one another, and gives caregivers the opportunity to give attention to positive behaviors.
- ✓ **HOW TO IMPLEMENT SPECIAL PLAY TIME:**
 - **Caregivers set aside 10 minutes daily to play one-on-one with child.**
 - **Child chooses an activity and directs play.** This is their time to feel in control and in charge!
 - **Caregivers actively listen, provide praise of child's play and helpful choices, and hold back questions, commands or criticisms.**
 - **Special play time is never taken away as punishment.** It is always available as a time to reconnect and show you care!

