



## TelePlay Therapy Therapeutic Coaching Presents 4 Parenting Tips

- 1. Be Positive:** Refrain from saying, ***“no, don’t, or stop.”*** Rather, we should take time to explain to the child the desired behavior.  
**Example:** If a child is running, we could say, ***“We use our walking feet.”***
- 2. Give Choices:** We all like choices. They inspire us to make decisions ourselves rather than someone telling us what to do. Parents can create choices for every desired outcome, but the outcome should remain the same.  
**Example:** If a child does not want to go to bed, but it is bed time. Parents can offer the child choices.  
**Choice, “Would you like for me to leave the light on OR off after you get into bed?” “Would you like to read this book OR that book after you are in bed?”** With each of these choices, the end result is the same. It is important to follow up, allowing the child to see the result of their choice too.
- 3. Consistency:** The rule ***“Say what you mean and mean what you say”*** applies here. This will require you to think about exactly what you are saying to the child.  
**Example:** You are waiting to check out at the grocery store and the child wants candy. If your response is no, then no should mean no. Do not change your initial response, regardless of how the child behaves or cries. If you eventually say yes, you will condition the child that in order to get what he or she wants, they simply need to misbehave.
- 4. Predictability:** Regardless of age, we all appreciate predictability. We want to know what to expect next. By having a schedule or routine at home, we become more scheduled and organized. This also encourages our children to be independent, which promotes a feeling of self-worth. Older children can provide input about what the daily routines look like. **Example:** ***Would you prefer to take baths before or after dinner?*** This tip goes along with tip number 2, giving your child choices.

Check out our video for a full review! <https://www.youtube.com/watch?v=6dh6nlxiPzo>

