

# Building Blocks for Positive Parenting - Special Play Time

*Use labeled praise to show your child you approve of what they are doing. Instead of "great job" try "you are sharing your toys so well - great job!" The more you praise the more positive behaviors you will see from your child AND it grows their self esteem!*

## Stay at home.

Give Labeled Praise

*Do the same thing they are doing! This helps your child lead the play, makes it fun, and teaches your child to play well with others!*



## Imitate Their Play

Commands tell your child what they should do instead of allowing their imagination to direct the play. When children choose to not follow a command it makes the play less fun for parent and child.



## Avoid Commands

5-10 min is long enough to be effective and short enough for you to be consistent with. Allow your child to pick the activity they want and follow their lead. Play should never be a reward or a consequence but done daily.



*No, stop, and quit are critical statements that can lower your child's self-esteem and also make the play less fun for everyone.*

## Avoid Questions

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## Avoid Criticism

The most important thing to do to increase positive behaviors is to build the bond with your child through play. Here are some tips on how to get the most out of play time with your child.



## Practice social distancing.

Questions tend to take over the play instead of following the play. They can suggest that you aren't listening to your child or you disapprove of what they are doing.



## Daily Play

Be a sports announcer and describe what your child is doing in their play. This teaches your child you approve of their choices, keeps you engaged, and lets your child know you are interested in them. Instead of "the red truck is going fast" try "You are making your red truck go so fast!"

