

# Guide to Positive Parenting



Los Angeles Community  
Child Abuse Councils

[WWW.LACHILDABUSECOUNCILS.ORG](http://WWW.LACHILDABUSECOUNCILS.ORG)



## PARENTING TIPS

**Be Consistent** Children get confused and don't know what to expect when the rules change.  
(National Committee to Prevent Child Abuse)

**Be A Role Model** Children learn a lot just from watching and listening to you. (NCPCA)

**Say You're Sorry** Parents make mistakes too. Model the importance of taking responsibility for your actions. (NCPCA)

**Make Eye Contact** Getting your child's full attention before making a command can make a big difference. (NCPCA)

**Praise, Praise, Praise** Praise not only encourages positive behavior, but also builds self-esteem.  
(Wayne Ho, MD)

**Take A Break** Just 5 minutes alone to catch your breath can help you feel calmer. (Ho)

**Create A Routine** Children thrive when there is some structure in the day. Predictable events at the same time each day can make the day easier for you and your child. (Handling Kids' Aggression, Barbara Mandenhall, MFT)

**Give Choices** Providing a choice helps your child have a level of control while you do too.

**Follow Through** Establish a rule and stick to it. This sends your child the message that you are serious and discourages attempts at breaking rules in the future.

**Take Care Of Yourself** Know that every parent has limitations. Keep realistic expectations and remember your needs too.



## CREATING A BEHAVIOR CHART

- ✓ Think of two to five realistic and specific goals you would like your child/children to accomplish. Keep it simple. (Center for Effective Parenting)
- ✓ Sit down with your child/children and make a list of their favorite items, treats and activities of your approval. (Only approve items you know you can provide.) This will be the reward list.
- ✓ Display the chart in a place that you can easily see and access.
- ✓ Write each goal into the chart.
- ✓ Make a check mark in the box each day immediately after your child completes the goal. If the goal is not completed that day, leave the box blank.
- ✓ Give praise for each check as soon as the task is completed.
- ✓ At the end of the week, count the checks. If you expect your child to make his/her bed 5 out of 7 days, then 5 checks earns a treat from the list. If your child does not meet that goal, be encouraging and talk about what he/she did well. Talk about how to meet the goal next week.
- ✓ Plan and follow through on rewards as soon as possible.



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### GOALS

Mon Tue Wed Thu Fri Sat Sun

1.							
2.							
3.							
4.							
5.							

# JOURNAL OF POSITIVE PARENTING

You are doing great things as a parent every day. Sometimes it can be easy to forget the good things you're doing when stress and hard work enter into the picture. Don't get distracted! Give yourself a pat on the back for the positive things you do for your child. Write at least five each week and read them over to remind you of your strengths.

## I do lots of positive things as a parent

### Examples

- Read my child a story.
- Called my sister to tell her what a tough day I had.
- Said "I love you" to my son.



### *This week I...*

1.

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2.

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3.

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4.

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5.

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## STRESS MANAGEMENT

**Recognize Signs Of Stress** Some key signs are headache, fatigue, nausea, diarrhea, depression, restlessness, irritation, frustration, impatience, or changes in sleeping/eating. (Center for Effective Parenting)

**Know That You Are Not Alone** All parents experience stress. It's okay to feel this way. It's important to identify your stress and find ways to reduce it. ("Coping with Parental Stress", Ronald Pitzer)

**Reach Out** Call someone you can count on for support. Talk about your stresses. You'll feel more connected and less stressed. ("Taking Care of the Parent: Replacing Stress with Peace", Wallace Goddard)

**Change What You Can** Some sources of stress are not easily changed. Recognize what is possible to change and address it. (W. Goddard)

**Anticipate Problems And Make A Plan** Identify situations that lead to stress and avoid it by planning ahead. If you don't want your children to play with the VCR, put it up and out of their reach. (W. Goddard)

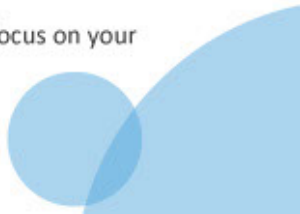
**Create A Budget** Money can be a significant source of stress. A budget will give you a specific plan for your money and will help you avoid surprises and financial stresses. (Center for Effective Parenting)

**Just Say No** As a parent you have a lot of responsibilities. Taking on more by helping others too often will only increase your stress. Know your limits and respect them. (Center for Effective Parenting)

**Get Out** Getting a change of scenery and fresh air can help turn things around for you and your children. Take a walk, go to the park or visit with family or friends. (Center for Effective Parenting)

**Ask For Help** If your level of stress is severe, see a mental health professional or go to your church to get the treatment and support you need. (W. Goddard)

**Be Good To Yourself** You're not perfect and neither is anyone else. Try not to focus on your mistakes. Learn from them and focus on your strengths. (W. Goddard)



## THE FIVE PROTECTIVE FACTORS

The Protective Factors are the foundation of the Strengthening Families approach. Extensive research supports the common sense notion that when these five Protective Factors are present and robust in a family, the likelihood of child abuse and neglect diminish.

**Parental Resilience:** The ability to cope and bounce back from all types of situations.

**Social Connections:** Friends, family members, neighbors, and other members of a community who provide emotional support and concrete assistance to parents.

**Knowledge of Parenting and Child Development:** Accurate information about raising young children and appropriate expectations for their behavior.

**Concrete Support in Times of Need:** Financial security to cover day-to-day expenses and unexpected costs that come up from time to time.

**Access To Formal Supports:** Like TANF, Medicaid and informal supports from social networks.

**Children's Social and Emotional Development:** A child's ability to interact positively with others and communicate his or her emotions and needs effectively.

*For more information about the Protective Factors, visit:*

[www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)

*For more information about the Los Angeles County Community Child Abuse Prevention Councils visit:*

[www.lachildabusecouncils.org](http://www.lachildabusecouncils.org)



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