

Important things to remember!!!

- Be patient!! Change takes time and effort.
- When a child does something good, a behavior you want repeated, emphasize it *positively!*
- Small change leads to bigger change.
- Each child is unique and different. What works with one child might not work for your other children.
- The more you describe a situation, the more a child will take notice.
- Give your child small, simple statements to allow them a positive experience.

Remember nobody is perfect even 80% of the time, so don't expect miracles!

More importantly...

Just ask us for help or more ideas!!

Look for our other booklet,
"Parenting with a Nurtured Heart: Consequences and Rewards."

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Parenting with a Nurtured Heart: The Basics

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Parenting has never been an easy task!

If we were to ask our own parents about raising children, they would agree they had their own challenges. Today, society, our families, and our time is changing. Parenting has become more challenging on balancing our life. With difficult or challenging children, parenting can be exhausting and frustrating. Recently, the information within this brochure was presented to me with results. I hope you may be able to incorporate this information in your own parenting style to make parenting that much easier. I hope you can find this information useful and promising, just as we have been able to use it with countless parents at Interactive Counseling & Consulting Services.

***Each child is unique and different.** Some children are more challenging in certain developmental stages than others. This information can be used with all ages; however, starting this process of parenting early in the child's life can be more rewarding and easier to implement. There's also a "learning curve" at the beginning of starting any new process. So set your expectations low to begin positive experiences for your children.*

Who Needs Attention?

*Children want and need our attention. Where do children get attention? From anyone who will give the child attention! **Children love attention both positive and negative.** The trick is making the attention positive and not negative. So start by describing the child's positive actions out loud. This may seem strange at first, but by telling Sammy, "you did a great job coloring your drawing of that leaf red." **Be as descriptive as possible!** Pretend you have to describe what your child is doing to a blind person. Children will notice and care that they are being noticed. This is not an activity that has to be done every second of every day. By taking fifteen seconds twenty times a day, which is only five minutes a day, your effort will make a huge difference. Ask me for some more positive examples that have worked for others.*

The Curse Word... NO!!!

*It seems human nature that when a child goes to do something wrong we yell out "NO, STOP, or DON'T DO THAT!" Yet, when a child does something good, like a behavior we would like repeated, we say calmly and without emphasis, "good job or thank you." Why? As parents, **we need to change our emphasis,** "WOW, you got a 'B' on that test. I can see you really tried hard with all your studying. That test must have been really hard!" See it takes a few seconds longer but the payoff from your child will be great. Your child will come to appreciate your value of studying hard and giving it their best. You should not be disappointed even though they tried and didn't get an "A." The key is to emphasize the positives you want to continue. "Fertilize that beautiful flower in the garden and not the weeds around it."*

Remember, they're just learning!

*Have you ever been overwhelmed at your job with projects, paperwork stacking up on your desk, phones ringing, coworkers coming in to ask you questions, and there's a deadline that you are trying to meet? Stressful? Now just think how your youngster must feel when you ask them to do various chores and behaviors. Have you ever forgotten appointments or things even with your calendar, computer, or colleagues? Children are just learning how to manage multi-tasking. So start simple and positive for your children. **Give your child small, simple statements to allow them a positive experience.** Ask me how Shamu at Seaworld started small and now she can jump over 20 feet in the air. Simplify your request into statements that are clear, concise, and are not an option. As much as we like our children to be polite by using "please, will you, or could you," this languaging allows the child to question if the statement is an option or if it really should be done. Make sure to use cleared descriptors of when does it need to be done, where does it need to be done, and how does it need to be done.*