

Focus on the Positive

We have been trained to focus on the negative, but when parents focus on the positive, kids change dramatically.

When to praise:

- For things they already do that you take for granted
- For improvement, no matter how small
- For trying to learn a new or different behavior

Exercise #4.1

Record the positive behaviors that your child already does, but which you take for granted.

1. _____	3. _____
2. _____	4. _____

Record any improvements that your child has made.

1. _____	3. _____
2. _____	4. _____

Record the new behaviors that your child has attempted to learn.

1. _____	3. _____
2. _____	4. _____