

# Parenting Together

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## Positive Parenting Techniques

Positive parenting: is it just one more buzz word or "hot topic"? The first time I heard that phrase, I wondered what, exactly, it meant. It turns out that I am not alone in wondering what positive parenting entails. Most of us tend to think it is simply parenting without spanking. But positive parenting goes beyond that.

Positive parenting is focused on developing a caring, trusting relationship between parent and child based on communication and mutual respect. Positive Parenting focuses on teaching children not just what to do, but also why while valuing a child for who they are.



So, how does one "parent positively" in everyday life? Start by keeping your goal in mind. Your goal might look something like mine: to help children develop the tools they need to become healthy, thoughtful, and authentic adults. Positive parenting begins with parents/caregivers serving as examples for their children. Positive parenting means sharing your thoughts and beliefs with your children. Once you decide to practice positive parenting, there are four things you can do to foster your efforts:

1. Be consistent.
2. Create a nurturing environment.
3. Learn about child development.
4. Remember your end goal as a parent is to raise your children into fully-functioning adults.

## Three Main Components of Positive Parenting

1. Rules and consequences are laid out, talked about often, and followed through.
2. Parents focus on helping children internalize discipline, rather than obey orders based on fear of punishment so that children learn the reason why to choose one action over another.
3. Parents use active listening to understand children's thoughts. This allows parents to correct misunderstandings or mistaken links of logic.

## Positive Parenting Tips from Birth-Age 5

As a parent, you give your children a good start in life—you nurture, protect and guide them. Parenting is a process that prepares your child for independence and positive parenting techniques will change and evolve along with your child as they grow and develop.

### Infants (0-1 years of age)

In the first year, babies learn to focus their vision, reach out, explore, and learn about the things that are around them. They also learn the process of memory, language, thinking, and reasoning. During this stage, babies are developing bonds of love and trust with their parents and others as part of social and emotional development. The way parents respond to their baby through cuddles, attention, and play lays a foundation for their relationships with others.

## Positive Parenting Tips:

- Talk and respond to your baby's sounds by repeating their sounds & adding words.
- Read to your baby. Not only a great bonding opportunity, this will help her develop and understand language and sounds.
- Sing to your baby and play music. This will help your baby develop a love for music as his brain develops connections.
- Praise your baby and give her lots of loving attention.
- Spend time cuddling and holding your baby. This will help him feel cared for and secure.

## Toddlers (1-3 years of age)

Toddlers may be moving around more and are more aware of themselves and their surroundings. Their desire to explore new objects and people may be growing. During this stage, toddlers will show greater independence. They may begin to show defiant behavior ("No!"); recognize themselves in pictures or a mirror; and imitate the behavior of others, especially adults and older children. Toddlers will experience thinking, learning, social, and emotional changes that will help them explore the world around them, and make sense of it.

## Positive Parenting Tips:

- Read to your toddler daily.
- Ask her to find objects for you or name body parts and objects.
- Play matching games with your toddler, like shape sorting and simple puzzles.
- Encourage your child to take part in pretend play.

## Preschoolers (3-5 years of age)

As children grow into early childhood, their world will begin to open up. They may become more independent and may begin to focus more on adults and children outside of the family. They will want to explore and ask about the things around them as their language skills develop. Their interactions with family and those around them will help shape their personality and their own ways of thinking and moving.

## Positive Parenting Tips:

- Continue to read to your child. Nurture her love for books by taking her to library story times and reading out loud.
- Let your child help with simple chores.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her so that your child knows what to do instead.
- Help your child develop language skills by speaking/signing to him in complete sentences and using "grown up" words.
- Help your child through the steps to solve problems when she is upset.

For more positive parenting tips check out this article:  
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting>

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## The Book Nook

*I Like Myself!*

By Karen Beaumont

*Families, Families, Families!*

by Shannon Lang

*Marvelous Maravilloso: Me and*

*my beautiful family*

by Carrie Lara

## References

Positive Parenting and the Seven Essential Life Skills for Children!

<https://www.zerotothree.org/resources/2468-positive-parenting-and-the-seven-essential-life-skills-for-children>

Positive Parenting Tips

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

Positive Parenting Defined

<https://www.kars4kids.org/blog/parenting/positive-parenting-defined/>

