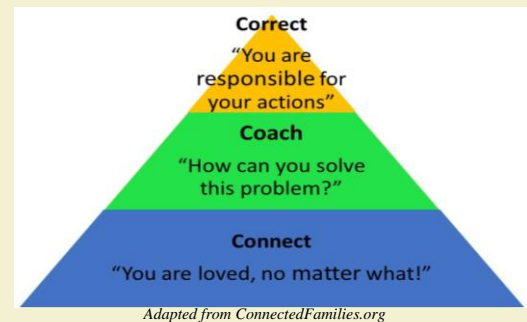


## Building Resilience: The Positive Parenting Pyramid

(Source: Adapted from ConnectedFamilies.org)

Positive parenting is a style of raising children that the American Academy of Pediatrics endorses. This pyramid is a helpful visual tool to demonstrate how a parent can positively affect their child's behavior.



- 1. Connect:** The base of the pyramid is **connection**, which should be the foundation of parenting and where most of a parent's time is spent. Connection simply means "to be present with."
  - Love:
    - Build a foundation of love. Your child needs to know your unconditional love every day.
  - Safety:
    - Your child needs to feel safe: physically and emotionally.
    - Your child needs to feel comfort in your words.
  - Attention:
    - Give one-on-one attention to each child every day, for 10-15 minutes at least.
    - Find your child's strengths, name them, and help your child to grow those strengths.
    - Give attention to the behaviors you like, not the behaviors that you don't.
    - Positive statements should outnumber negative by 4:1.
  - Family:
    - Value time with your family.
    - Encourage family contribution (chores).
    - Maintain routines.
    - Listen to what they say. Attention to their requests can often head off and prevent misbehavior.
- 2. Coach:** If your child shows signs of misbehavior, then the next step for parents is **coaching**. Coaching is a combination of leading, teaching, encouraging and inspiring. Use all of these coaching skills in shaping your child's behavior.
  - Lead:
    - Model the behavior you seek: patience, persistence, calmness.
    - Children make mistakes. It's normal. Have realistic expectations.
    - Let them know the rules, but don't expect perfection.
    - Reward effort, not performance.
  - Teach:
    - Life skills:
      - Respect and concern for others
      - Cooperation with others

- Encourage:
    - Redirect, redirect, redirect!
    - Find ways to answer them without a negative.
    - Say no when you need to, but give them a warning.
  - Inspire:
    - Allow and demonstrate problem solving:
      - Don't referee.
      - Ask questions that helps guide them to figure out a solution that all can accept.
      - Teach them to ask for help when they need it.
      - Let them learn by natural consequences. *"If you don't wear that coat, you could get cold."*
3. **Correct:** The top of the pyramid is **correcting** your child's behavior, which hopefully involves the least amount of time. The goal is that when we connect often and coach well, we won't have to correct our children often. Positive parenting will enhance your skills as a parent and build competence and confidence in your child.
- Set rules:
    - Remind them that we all have rules to live by. Make sure they are clearly stated.
    - Rules provide a sense of predictability, consistency and security when used appropriately.
    - Prioritize. Don't have too many rules – establish a few rules that are most important.
    - Make rules positive: For example: "Treat each other with respect" rather than "Don't hit."
  - Consequences:
    - Consequences happen when rules aren't followed.
    - The severity of consequences should match the severity of the offense.
    - Possible consequences:
      - Verbal reprimands
      - Time-out
      - Lost privileges
      - Talk with your pediatrician about concerns about spanking
  - Stay calm:
    - Remember that no good communication happens when anger is involved.
    - If you want your child to learn from correction, you must wait until both sides are calm.
- Remember:**
- Most of your time should be spent in connecting and coaching.
  - Spending too much time in correcting your child is frustrating for both parent and child.