

Positive Parenting 1

Syllabus

Introduction

Using Cooperation, Tracking and Encouragement

Cooperation

- Effective requests
- Immediate praise
- Coping with noncompliance
- Coping with incomplete compliance

Tracking Behavior

- Careful observation of problem behaviors
- Charting observations to gain a clearer sense of the problem
- Tracking behaviors to spot patterns
- Using information from the tracking sheet to improve behaviors

Encouragement

- Prompt appropriate rewards for encouraging good behavior
- Watching for signs the rewards are no longer valued by the child
- Bribery vs. rewards
- Parents presenting a united front