

P reschool I ntervention R eferred T eam

February 15th-February 19th Weekly Newsletter

POSITIVE LANGUAGE

The Focus: Positive relationships with parents, teachers, and other caregivers provide the foundation for a successful and happy child and are the building blocks for your child's self-esteem and ability to empathize and predict future positive behavior choices

The Solution: Making positive changes to your communication style can be hard work but with a little practice you will see a big difference in your relationship with your child. Your child will feel more encouraged, positive and independent, and as a result you will enjoy better overall cooperation

BACKPACK CONNECTION

How to Teach Your Child to Appropriately Get Your Attention

English:

https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_socialskills_attention.pdf

Use Positive Words

- Tell your child what to do instead of what not to do
- Clearly and simply state what you expect the child to do
- Have age appropriate expectations
- Young children have difficulty with contractions (two words that are combined to form one such as don't and can't).

Screen Time Tip:

Excessive screen time interferes with social, emotional, and physical development. Social and emotional warning behaviors of too much screen time are difficulty making and keeping friends, has angry outbursts when it is time for the screen to go off, acts of irritability or discontent when not using digital items, and lack of concern or empathy for others.

Communication Tips:

Communication is Key:

https://challengingbehavior.cbcs.usf.edu/docs/ttyc/TTY_C_B_CommunicationIsKey.pdf

Avoid:

Say/Model:

Don't run!	Walk Use walking feet Stay with me Hold my hand
Stop climbing!	Keep your feet on the floor
Don't touch	Keep your hands down Look with your eyes
No yelling!	Use a calm voice Use an inside voice
Stop whining!	Use a calm voice
Don't stand on the couch!	Sit on couch
Don't hit	Hands down Use your words (give child appropriate words to use)
Stop pulling the dog's tail!	Pet gently Gentle hands
No coloring on the wall!	Color on the paper
Don't throw your truck!	Roll your truck on the floor
Stop playing with your food	Food goes on the spoon and then in your mouth Say all done
Stop splashing the water	Keep the water in the tub
Don't get out of bed	Stay in bed