

Skills in Positive Language

Parent support Tools by The Opening Path

- _____ Give yourself a point for each positive you can write about your child
- _____ I have told my child how proud I am of them in the last week
- _____ I have thanked my child for something this week.
- _____ When my child is upset, while I may point out something they need to improve or change, I tell them I am fully confident they can do this, I expect them to do this and I will help them do this.
- _____ For each negative statement I make to my child, I say at least nineteen neutral or positive statements.
- _____ I attend events at my child's school, such as teacher/parent conferences.
- _____ I attend sporting events that my child participates in at least 60% of the time, as my work allows.
- _____ I say positive things about my child to others while my child is in earshot.
- _____ For every complaint I make about my child to others, while my child is in earshot, I make nineteen positive or neutral statements about my child.
- _____ My child can tell me at least four things I like about them*
- _____ Examine the problem solving strategy items below and give yourself a point for each one your own problem solving strategies include:
- Correct analysis (how did this happen)
(why did the milk spill on the table,--joe reached across the table instead of asking to pass, or there was not enough room on the table for it, or someone jostled Joe.)
Or (how do you discover why your child is getting an F in reading—they have been sick, Forgot to do their homework, is genuine difficulty learning, or someone is Bullying them in school and they are too scared to talk)
Or (there is one shoe in the kitchen and the other in the living room—someone was throwing shoes, child has attentional difficulties and became distracted, there is no place set aside in the house for shoes, or one child is teasing another)
 - Imagining a positive solution that involves the child as well as the parent
("you can ask us to pass the milk" or
"I will talk to your teacher about your F (or for an older child "You can ask your teacher about the F" and we will talk about it tomorrow night)
Ask "what do you think you can or would like to do about it"
Ask "how can you remember to put your shoes by the door"
- *Create a Plan to Implement the Change

