

Being Intentional



- **Focus on what you want a child to do**
- **Acknowledge and encourage that behavior**
- **Praise is alright occasionally, however, it tends to increase external motivation**
 - ♦ It makes me happy when you share toys with your little sister! You are a terrific big brother.
- **Acknowledgement and encouragement build internal motivation**
 - ♦ You really are working hard at sharing with your little sister! You are a terrific big brother.

Early Start Plus

Using Positive Feedback and Encouragement



- **You can also use nonverbal forms of positive feedback and encouragement**
 - ♦ You could arrange a special signal if your child needs lots of encouragement
- **Individualize use of positive feedback and encouragement based on children's needs and preferences**
 - ♦ Some children prefer quiet, subtle encouragement
- **Encourage everyone in the family to use positive feedback and encouragement**
 - ♦ Children can learn to give compliments (and they enjoy it!)

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Making Emotional Deposits

- Think of your child with a big piggy bank on his or her chest
- Every positive interaction is like making an emotional deposit in the bank!
- We need to have lots of deposits before we make any withdrawals



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Making Deposits At Home

- You can do an activity, especially with older children
- Decorate a lunch bag and have slips of paper you can use for making emotional deposits
- On the paper, write down the person's name, your compliments, encouragements, things you appreciate about this person in your family
- Let your child draw or dictate theirs to an older child or adult
- Put the papers in the bag and read them once a week (or more often) at dinner or breakfast!

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