

# Strategies to Foster Positive Childhood Experiences

## Sportscasting:

- Describing child's behavior - what you observe
  - a. Neutral – positive tone
  - b. Observe with curiosity and interest what we are seeing
  - c. Describes a “play by play” of what you see happening
- What the child experiences when the parent sportscasts
  - a. “I have my parent's attention. They are noticing me.”
  - b. DELIGHT : The child feels “delighted in.”
  - c. SEEN : The child feels seen by the parent - even from a distance
  - d. JOY : To be held in the “mind's eye” of the other.”

## Special Time:

- Dedicated amount of time (10-15 minutes, 2-3 x/ week) where the parent plays and FOLLOWS THE CHILD'S LEAD
- [Child's Name] Time
- Rules : 1:1 time; Child chooses activity; No phones; No books;
- Toys that can promote cooperative play , and shared JOY
- Set a timer
- GOAL – Play together, and have fun
- Follow Child's lead (and sportscast!)
- Special Time should not be structured
- Happens consistently – not a reward for good behavior

## P.R.I.D.E. Skills

**P**

**PRAISE:** Tell the child specifically what you liked about their behavior: *“I like the way you used your words to tell me your feelings ...”*

**R**

**REFLECT:** Repeat or paraphrase what the child says, *Child: “Tall tower. Parent: “Yes, what a tall tower! You made it so big!”*

**I**

**IMITATE:** Join in the child's play and mirror what the child is doing, following the child's lead in play

**D**

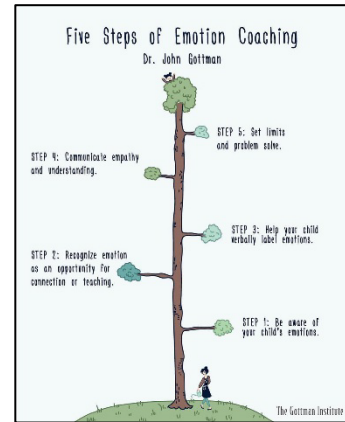
**DESCRIBE:** Narrate what the child is doing. *“You are making a long racetrack for the cars. The cars go zoom!”*

**E**

**ENJOY:** Demonstrate enjoyment and enthusiasm in facial expression, body posture and tone of voice. (This is a phone-free time!) Have Fun! (or fake it till you make it!)

## Emotion Coaching: 5 simple Steps

1. Be aware of your child's emotions
2. Recognize emotion as an opportunity for connection and teaching
3. Help your child verbally label emotions
4. Communicate empathy and understanding
5. Set limits and problem solve



## Strategies to Calm the Stress Response:

**Calming the stress response does not need to be elaborate.**



### Belly Breathe

Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).



### Color

Color something. Focus on the colors and designs.



### Mindful Meal

Pay attention to the smell, taste and look of your food. No multitasking.



### Blow Bubbles

Notice their shapes, textures, and colors.



### Squeeze Muscles

Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release and notice how your body changes. Repeat exercise moving up your body.



### Meditate

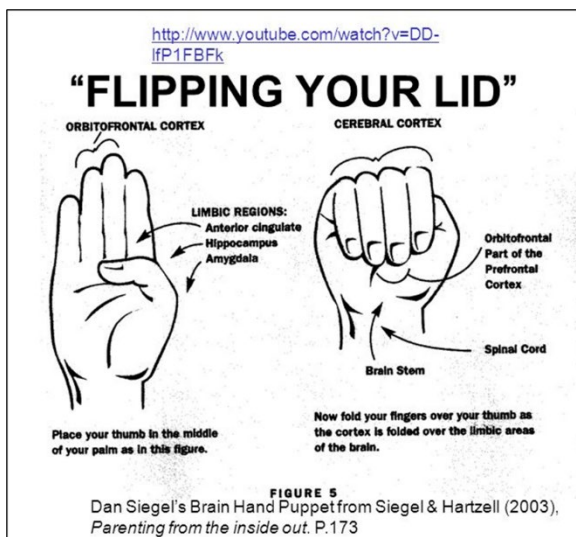
Sit in a relaxed, comfortable position. Pick something to focus on (eg, a religious passage, words of affirmation). When your mind wanders, bring your attention back to the passage.



### Listen to Music

Focus on the whole song or listen specifically to the voice or an instrument.

## What to Do When You Have “Flipped Your Lid” :



- Identify strategies to return to the **GREEN ZONE**

