

POSITIVE PARENTING TIPS FOR CLINICIANS

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OBJECTIVES

- Connect positively with parents about child development and behavior
- Encourage families to consider their own positive approaches to child development and behavior
- Be aware of available parenting resources for families

DISCLOSURES

- No financial disclosures.

POSITIVE CLINICAL CARE

- Focus today on transferable tips to child/family encounters that we have every day
- Our positive interactions with both children and parents help us provide better care
- All specialties and all levels

Kids need

- Safe, Stable, Nurturing, Positive Relationships and Environments that allow them to **THRIVE**
- We can help parents understand and provide these essentials
 - Building skills in parents supports skill development in their children
 - NOTE – think about who may need extra help or encouragement
 - Parents who experienced maltreatment during childhood
 - Parents who have fewer supports
 - Children with certain developmental and/or behavioral challenges
 - Who else?

intentional joyful initiates inquiring
PURPOSE punctual interest CURIOUS
trusting calm listener integrity curious playful honest
efficient conscientious intelligent nurturing respectful
committed warm
innovative enthusiastic grit curiosity effective
tenacity enthusiasm PASSION patient fair
practical leader loyal charismatic wise modest altruistic considerate
productive determined disciplined wonder willing fearless excited
successful organized honorable independent brave generous expressive
problem-solver tactful accountable POSITIVE faithful
perceptive capable attentive forgiving skillful knowledgeable reliable
energetic COURAGEOUS resourceful trustworthy CREATIVE
happy dedicated assertive thoughtful loving POLITE
versatile responsible COMPASSION empowering
easy-going sincere connected humble

Parents matter

- Parents are the experts for their own children
 - They are typically with the child the most
 - May need help to interpret behaviors or know what to do
- Parents are often highly motivated
 - 83% of parents from all backgrounds agree that good parenting can be learned.
 - 54% of parents wish they had more information about how to be a better parent.
 - 69% of parents say that if they knew more positive parenting strategies, they would use them.
- May not agree with your recommendations
 - Maybe there are factors you don't know
 - One solution doesn't fit all
- We can help parents locate and adapt resources to fit their needs

Where and from whom do parents get info on child developmental and behavior?

- TV, internet, family, friends, strangers
- Medical providers are a trusted source
- Childcare providers and teachers often know the child well

Radecki, et al (Pediatrics Vol. 124 No. 3 September 1, 2009, pp. 858-865). Top things parents wanted in a well-child visit, one was more behavior and development, and another was effective communication in the setting of a relationship. Hurried explanations of positive and negative reinforcement do not effectively change parenting practices.

What is Positive Parenting?

“Positive parenting is the continual relationship of a parent(s) and a child or children that includes caring, teaching, leading, communicating, and providing for the needs of a child consistently and unconditionally.” (Seay et al., 2014, p. 207)

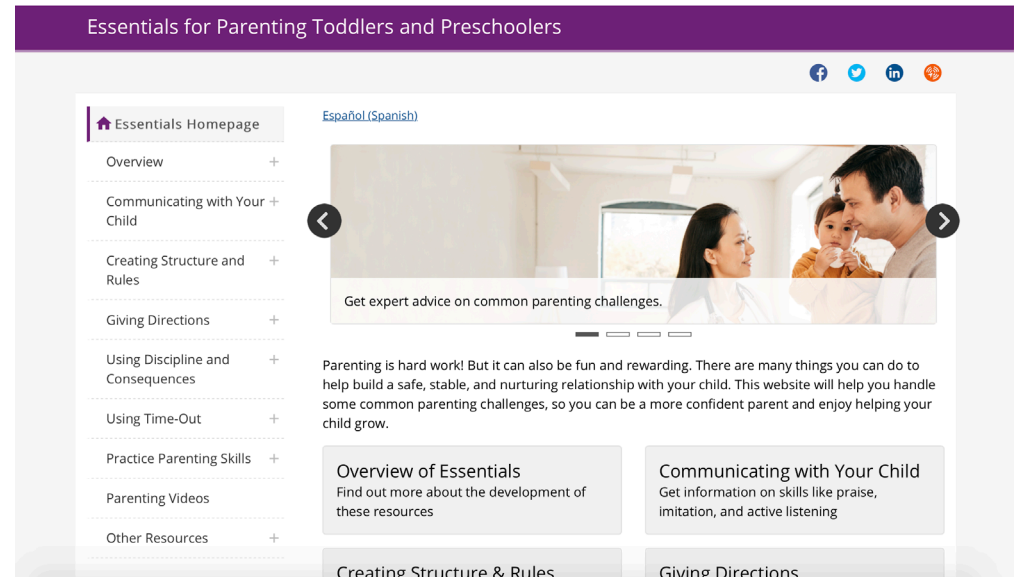
The Benefits of Positive Parenting

- There is empirical evidence for numerous benefits of positive parenting:

Improved attachment security among toddlers	Forgatch & DeGarmo, 1999
Improved school adjustment among children	Forgatch & DeGarmo, 1999
Long-term reductions in behavior problems among children	de Graaf, Speetjens, Smit, Wolff, & Tavecchio, 2008
Increased compliance and self-regulation among children	Bornstein, 2002
Improved ability to resist negative peer influences among adolescents	Lochman, 2000
Lower dysfunctional parenting styles, and higher sense of parenting competence	Sanders, Calam, Durand, Liversidge, & Carmont, 2008

Positive Parenting Practices

- Communicating with Children
 - Responding to Behavior
 - Active Listening
 - Special Time
- Giving Directions
- Using Consequences



CDC Essentials for Parenting

Communicating with Children

Tips for communicating with children:

1. Praise the child when he/she does something right.
2. Pay attention to the child when he/she is talking to you or trying to communicate with you.
3. Set aside time each day to talk and play with the child.



CDC Essentials for Parenting

Responding to Behavior

- Praise
 - Providing attention to the child for something he/she has done that you like
 - Be specific! Labeled praise tells the child exactly what you expect/like
 - Hugs, high-fives, or pat on the back with labeled praise can give more power to your praise
- Imitation
 - Copy or mimic what the child is doing
- Description
 - Describe what the child is doing in as much detail as possible.

CDC Essentials for Parenting

Active Listening

- Give the child your full attention
- Make eye contact and stop other things you are doing
- Reflect what the child says
- Get down on the child's level
- Reflect or repeat back what he/she is saying and what he/she may be feeling to make sure you understand

Example

Your child is:
Crying / Seems sad

You say:
"I can see that you're upset."

CDC Essentials for Parenting

Special Time

- 5-10 minutes each day where the child leads the play
- Be consistent with special time
- Allow the child to lead the play
- Praise the good behaviors
- Imitate the child's behaviors
- Describe what the child is doing
- Be enthusiastic
- Limit questions/directions/criticisms
- Ignore minor misbehaviors



CDC Essentials for Parenting

Giving Directions

1. Get the child's attention
 - Be on the child's eye level
2. Give the direction
 - Be sure the direction fits the child's age
 - Tell the child the behavior you would like to see
 - Use a neutral tone
3. Check compliance
 - Make sure the child follows the direction
4. Add a consequence
 - Positive – labeled praise, hugs, high-fives
 - Negative – delay of privilege, time-out



CDC Essentials for Parenting

Using Consequences

Consequences increase the behaviors you would like to see or decrease the behaviors that you do not like to see.

- Positive
 - Rewards
 - Praise
 - Attention
- Negative
 - Ignoring
 - Distraction
 - Natural Consequences (i.e., getting your child to focus on something else)
 - Delay of privilege (i.e., the child has to wait to get something they really want)
 - Loss of a Privilege “common sense consequences” (i.e., you take away a privilege)
 - Time-Out

CDC Essentials for Parenting

What Positive Parenting Opportunities Did These Parents Miss?



CDC Essentials for Parenting

ROLE of CLINICIANS

Use your **POWERS**

- Model for parents in your own interactions (w/parents & kids)
- Notice how the parents and child relate, communicate, play, solve conflict
- Be positive and respectful in your own interactions
- Your general and specific comments may be useful to families
 - *CAUTION - careless remarks may also be heeded and remembered
 - Fine to judiciously NOT comment on select behaviors or interactions, though be aware maybe construed as agreement

Encourage **PARENT POWERS**

Developmental factors are intertwined

- Promoting child's developmental progress is an important input to and outcome of positive parenting.



**HELP PARENTS RECOGNIZE DEVELOPMENTAL LEVEL AND
OFFER TIPS THAT MATCH**

POWER of OBSERVATION

- Awareness of child's temperament - use positive words
 - Characteristics such as: sociability, activity level, emotional intensity, reactivity, persistence, frustration tolerance, etc.
 - Goal not to change a child's characteristics, but to support child as needed
- Knowledge of child's developmental skills
- Opinions on child's needs and preferences
 - TUNE IN by respecting the child, be responsive and sensitive

TUNE IN



- Recognize temperament & personality
 - Emotional intensity and reactivity
 - Maximum delight, but watch out for tantrums
 - Example – child with tantrum after an item removed. Model calm redirection, noting that such intense feelings may be difficult for the child to label. Normalize with empathy when appropriate (can be hard for families!).
 - Frustration tolerance
 - Example – baby doesn't seem to like tummy time. Notice when she stays on tummy even briefly, even if needs a bit of encouragement. Connect developmental level, even for babies. Suggest incremental changes.

4 Months - Lets you know if he is happy or sad



Learn the Signs.
Act Early.



U.S. Department of Health
and Human Services

Centers for Disease
Control and Prevention

cdc.gov/Milestones

TUNE IN



- Recognize temperament & personality
 - Activity level
 - CAUTION – don't offer or agree with words like “hyper” frivolously; couch in developmental norms when can.
 - Sociability
 - Tends to be shy or outgoing? Prefers a few/many friends?
 - Example – if shy, encourage & help join in play with others.
 - Helps to be on a child's level if seems cautious/anxious.
 - Coping with change
 - Example – transitions can be eased with planning and announcements (vs. “warning”).

18 Months - May cling to caregivers in new situations



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Act Early.

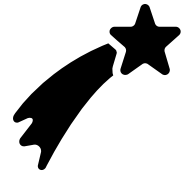


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[cdc.gov/Milestones](https://www.cdc.gov/Milestones)

POWER of ATTENTION



- Child-directed
- Time IN
 - Give positive attention for good behavior
 - Praise, hugs, smiles, nods, listening, responding
 - Time it right, but be consistent and reliable
 - Example – in a challenging visit, notice when a child cooperates or stops a misbehavior even briefly and try to connect positively when that happens. If you have success and especially if parent notices, share the process and result. Pausing the visit briefly to make a connection can save you time.

POWER of PRAISE

- Effective praise:
 - Is specific (describes the behavior or portion of behavior that is appreciated)
 - Focuses on behaviors or effort over outcomes
 - Occurs as soon as possible following a behavior
 - Sounds genuine and positive
 - Can catch the child being good
 - Increases the chance the behavior will occur again
 - Makes the child feel good for what they have done
- Everyone should be able to find something positive to praise, even if small or it takes a bit of thinking!
 - Praise to parents for efforts, too!

2 Years - Shows more and more independence



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Act Early.



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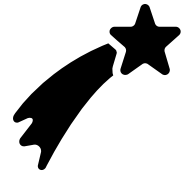
cdc.gov/Milestones

POWER of ACTIVE LISTENING



- Active listening skills
 - Give full attention and respond thoughtfully
 - Get to the child's level
 - Reflect back what the child says
 - Label emotions - state what the child appears to be feeling
 - Especially helpful to promote child's own awareness and development of personal coping strategies
 - Use gestures such as touch, smiles
 - Example – ask the child about at least some part of the medical history or his/her impressions. This can be helpful to model for parents even for a younger child.

POWER of OFFERING CHOICES



- Increasing size and frequency of choices allows for growth in independence
 - Example – even small choices such as “which ear do I check first?” can be empowering to a child. Give choices that are pre-approved, and if compliance is needed, offer “opt-in” type choices. CAUTION – don’t set up “yes/no” from the child unless you’ll follow through exactly.
 - Example – child has limited variety in his diet, encourage child making some choices at the grocery store.

POWER of PLAY



- Use play for a great connection (and fun!)
 - Child-directed (when engaging in appropriate play)
 - Describe the child's play
 - Keep being positive and use praise
 - Keep using active listening skills in communication
 - Use selective attention to encourage behaviors you want to see and active ignoring of annoying (but not harmful) behaviors
 - Example – especially if you suspect parent is not engaging in much positive play, model how it's done and relate to developmental levels. Appreciate reciprocal play between parent and child.

18 Months - Shows interest in a doll or stuffed animal by pretending to feed



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4 Years - Plays "mom" and "dad"



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[cdc.gov/Milestones](https://www.cdc.gov/Milestones)

Developmental factors are intertwined

- Promoting child's developmental progress is an important input to and outcome of positive parenting.
- Consider child's development as a critical factor when recommending specific positive activities.
- Overall parental expectations should be based on developmental level. Normalizing skills and behaviors helps parents create reasonable expectations.



**HELP PARENTS RECOGNIZE DEVELOPMENTAL LEVEL AND
OFFER TIPS THAT MATCH**

6 Months - Shows curiosity about things and tries to get things that are out of reach



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9 Months - Puts things in his mouth



PROMOTE DEVELOPMENTAL MONITORING

- No matter the pediatric/early childhood profession, noticing and encouraging appropriate developmental activities can be helpful
- Everyday moments are plentiful and perfect for positive comments
- Know evidence-based resources for developmental monitoring

Learn the Signs. Act Early.



Download on the App Store
GET IT ON Google Play

Download CDC's FREE Milestone Tracker App

 **Track Milestones**  **Share a Summary**  **Get Tips & Activities**

Learn more at cdc.gov/MilestoneTracker

 **TELL FAMILIES ABOUT FREE RESOURCES**

From birth to 5 years, your child should reach milestones in how he plays, learns, speaks, acts and moves. Track your child's development and act early if you have a concern.

Milestones
Milestones for children 2 months – 5 years of age

If You're Concerned
What to do if concerned about your child's development

Families
Track your child's developmental milestones

Healthcare Providers
Free tools to support developmental surveillance

Early Childhood Educators
Free tools to track milestones and engage families

Free Materials
Print or order free materials

WIC Program Staff
Free tools to help WIC staff support child development

Home Visitors
Free tools to track child development

Watch Me! Training
Training for early care and education providers

About the Program
Overview of the program, research, and evaluation

Milestones Matter!

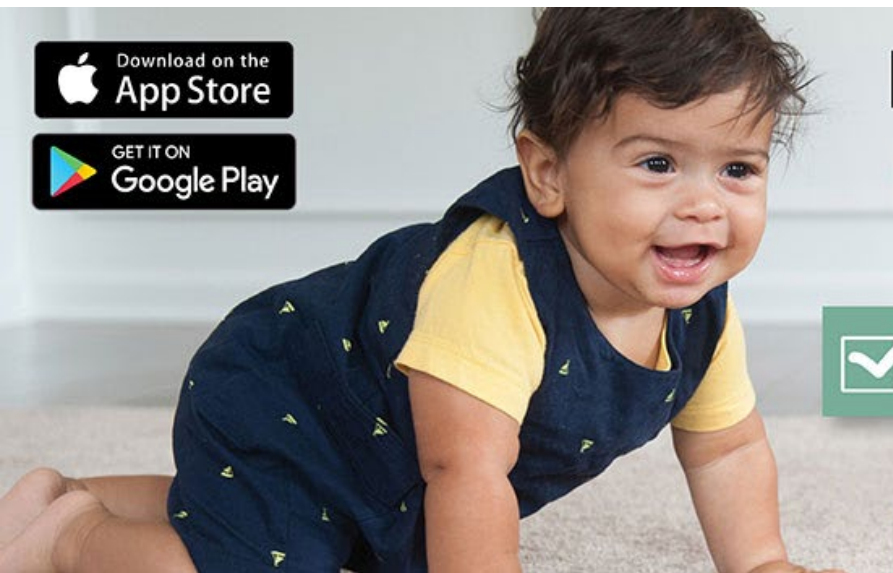


CDC Milestones Matter for Families!

[Audio Description](#) [Low Resolution Video](#)

[View](#)

Developmental Milestone Tracker App



Download CDC's FREE Milestone Tracker App



Track Milestones



Share a Summary



Get Tips & Activities

Learn more at cdc.gov/MilestoneTracker

- FREE app
- iPhone & Android OS
- Track Milestones
- Checklists provided
- Share a Summary
- Tips & Activities provided

Learn the Signs. Act Early.

Milestones in Action

Learn the Signs. Act Early.



See *Milestones in Action* – FREE photos and videos of developmental milestones



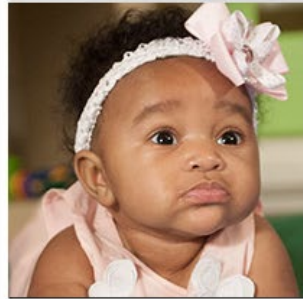
Learn the Signs. Act Early.

Milestones in Action

Welcome to *Milestones in Action* - a FREE library of photos and videos of developmental milestones.



2 months



4 months



6 months



9 months



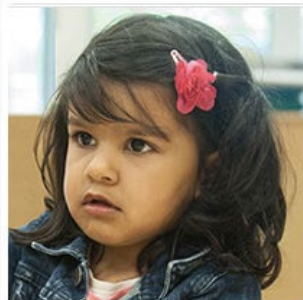
1 year



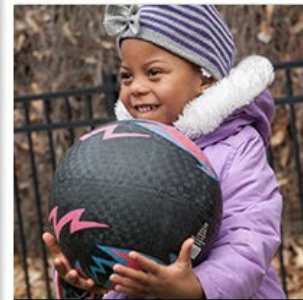
18 months



2 years



3 years



4 years



5 years

Learn the Signs. Act Early.

Milestones in Action – Example 18 months Social/Emotional

Learn the Signs. Act Early.

Learn the Signs Home	
Milestones	+
Milestone Tracker App	
Milestones in Action: Photos & Videos	-
2 months	
4 months	
6 months	
9 months	
1 year	
18 months	
2 years	
3 years	
4 years	
5 years	
If You're Concerned	+
Free Materials	+
Families	+

[Learn the Signs Home](#) > [Milestones in Action: Photos & Videos](#)

Milestones In Action : By Eighteen Months




Language: English (US) ▼

Milestones Photo and Video Library

Social/Emotional	Language/Communication	Cognitive	Movement/Physical Development
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18 Months - Likes to hand things to others as play



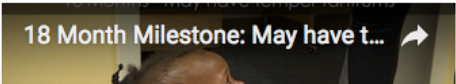
Likes to hand things to others as play

Description

In this image, a child is showcasing an 18-month social/emotional milestone by handing a toy to an adult as a way of playing.

[Right click here and select "Save Target As..." for hi-resolution image \(32.81 MB\)](#)

18 Month Milestone: May have t...



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Milestones in Action - Example 18 months Language/Communication

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[Learn the Signs Home](#) > [Milestones in Action: Photos & Videos](#)

Learn the Signs Home

- Milestones + **Milestones In Action : By Eighteen Months**
- Milestone Tracker App
- Milestones in Action: Photos & Videos -

2 months

4 months

6 months

9 months

1 year

18 months

2 years

3 years

4 years

5 years

If You're Concerned +


Free Materials +

Milestones Photo and Video Library

Language: English (US) v

Social/Emotional **Language/Communication** Cognitive Movement/Physical Development

Says several single words



Says several single words

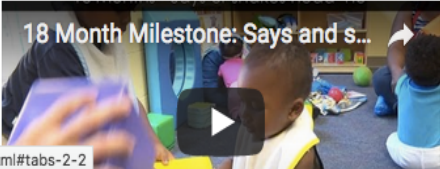
Description

The little girl in this video says several single words, an 18-month language/communication milestone.

[Right click here and select "Save Target As..." to download the video](#)

[Low Resolution Video](#)

18 Month Milestone: Says and s...



Says and shakes head "no"

Description

In the first video segment, a little boy says "No!". In the second segment, a little girl

sbddd/actearly/milestones/photolibrary/18months.html#tabs-2-2

Learn the Signs. Act Early.

Milestones in Action - Example 18 months Cognitive

Learn the Signs. Act Early.

Learn the Signs Home > Milestones in Action: Photos & Videos


Milestones In Action : By Eighteen Months

[f](#) [t](#) [+](#) Language: English (US) ▾

Milestones Photo and Video Library

Social/Emotional Language/Communication **Cognitive** Movement/Physical Development

18 Months - Knows what ordinary things are for; for example, shoe, brush, spoon



Knows what ordinary things are for; for example, telephone, brush, spoon

Description

This little boy is trying to put a shoe on his foot. Knowing what ordinary things – like shoes – are for, is an 18-month cognitive (learning, thinking, problem-solving) milestone.

[Right click here and select "Save Target As..." for hi-resolution image \(9.89 MB\)](#)

Learn the Signs. Act Early.

Milestones in Action - Example 18 months Movement/Physical Development

Learn the Signs. Act Early.

[Learn the Signs Home](#) > [Milestones in Action: Photos & Videos](#)


Milestones In Action : By Eighteen Months

[f](#) [t](#) [+](#) Language: English (US) ▾

Milestones Photo and Video Library

Social/Emotional Language/Communication Cognitive **Movement/Physical Development**

18 Month Milestone: Walks alone



Walks alone

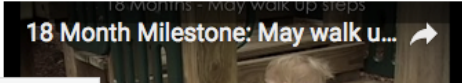
Description

The toddler in this video walks alone, an 18-month movement/physical development milestone.

[Right click here and select "Save Target As..." to download the video](#)

[Low Resolution Video](#)

18 Month Milestone: May walk u...



May walk up steps and run

Learn the Signs. Act Early.

Child Development

Child Development



 Child Development

Child Development Basics +

Developmental Screening +

Positive Parenting Tips -

Infants (0-1 year)

Toddlers (1-2 years)

Toddlers (2-3 years)

Preschoolers (3-5 years)

Middle Childhood (6-8 years)

Positive Parenting Tips

[Español \(Spanish\)](#)



As a parent you give your children a good start in life—you nurture, protect and guide them. Parenting is a process that prepares your child for independence. As your child grows and develops, there are many things you can do to help your child. These links will help you learn more about your child's development, positive parenting, safety, and health at each stage of your child's life.

CDC Positive Parenting Tips

- From the CDC's National Center on Birth Defects and Developmental Disabilities
- Tip sheets available for age ranges up to Birth to 17 years
- Developmental Milestones and Positive Parenting tips on front
- Safety and Health tips are on the reverse side
- Free PDFs for reprinting are available for all from <http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/infants.html>
- Additional Information:
 - <http://www.cdc.gov/childdevelopment>
 - <http://www.cdc.gov/info>
 - 1-800-CDC-INFO (800-232-4636)

Positive Parenting Tips for Healthy Child Development

Infants (0-1 year of age)

Developmental Milestones

Skills such as taking a first step, smiling for the first time, and waving "bye-bye" are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

In the first year, babies learn to focus their vision, reach out, explore, and learn about the things that are around them. Cognitive, or brain development means the learning process of memory, language, thinking, and reasoning. Learning language is more than making sounds ("babble"), or saying "ma-ma" and "da-da". Listening, understanding, and knowing the names of people and things are all a part of language development. During this stage, babies also are developing bonds of love and trust with their parents and others as part of social and emotional development. The way parents cuddle, hold, and play with their baby will set the basis for how they will interact with them and others.

For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early." campaign website. <http://www.cdc.gov/ncbddd/actearly/index.html>

Positive Parenting Tips

Following are some things you, as a parent, can do to help your baby during this time:

- Talk to your baby. She will find your voice calming.
- Answer when your baby makes sounds by repeating the sounds and adding words. This will help him learn to use language.
- Read to your baby. This will help her develop and understand language and sounds.
- Sing to your baby and play music. This will help your baby develop a love for music and will help his brain development.
- Praise your baby and give her lots of loving attention.
- Spend time cuddling and holding your baby. This will help him feel cared for and secure.
- Play with your baby when she's alert and relaxed. Watch your baby closely for signs of being tired or fussy so that she can take a break from playing.
- Distract your baby with toys and move him to safe areas when he starts moving and touching things that he shouldn't touch.
- Take care of yourself physically, mentally, and emotionally. Parenting can be hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.



Talk
Answer
READ
Sing
Cuddle
Play

Essentials for Parenting Toddlers and Preschoolers



🏠 Essentials Homepage

- Overview
- Communicating with Your Child +
- Creating Structure and Rules +
- Giving Directions +
- Using Discipline and Consequences +
- Using Time-Out +
- Practice Parenting Skills +
- Parenting Videos +
- Other Resources +

Parent Information

[Pregnancy](#)

[Español \(Spanish\)](#)



Giving Directions

Parenting is hard work! But it can also be fun and rewarding. There are many things you can do to help build a safe, stable, and nurturing relationship with your child. This website will help you handle some common parenting challenges, so you can be a more confident parent and enjoy helping your child grow.

Overview of Essentials

Find out more about the development of these resources

Communicating with Your Child

Get information on skills like praise and active listening

Creating Structure & Rules

Set expectations using family

Giving Directions

Encourage your child to listen by

Share with Your Friends

Share information about Essentials for Parenting with your family, friends, or co-workers. Click on a link below.

- [Share on Facebook](#)
- [Share on Twitter](#)

READING



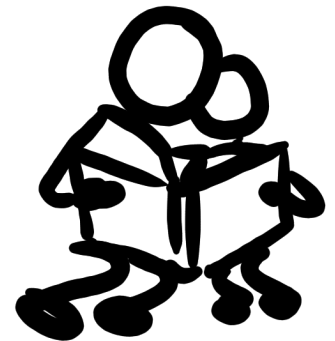
READING

- Is critical for language and other development
- Shared reading has many additional benefits

Early Shared Reading Is Associated with Less Harsh Parenting

Jimenez, Manuel E. MD, MS, FAAP^{*,†,‡,§,||}; Mendelsohn, Alan L. MD[¶]; Lin, Yong PhD^{**}; Shelton, Patricia[§]; Reichman, Nancy PhD^{*,†,††,‡‡}

Journal of Developmental & Behavioral Pediatrics: September 2019 - Volume 40 - Issue 7 - p 530–537
doi: 10.1097/DBP.0000000000000687
Original Article



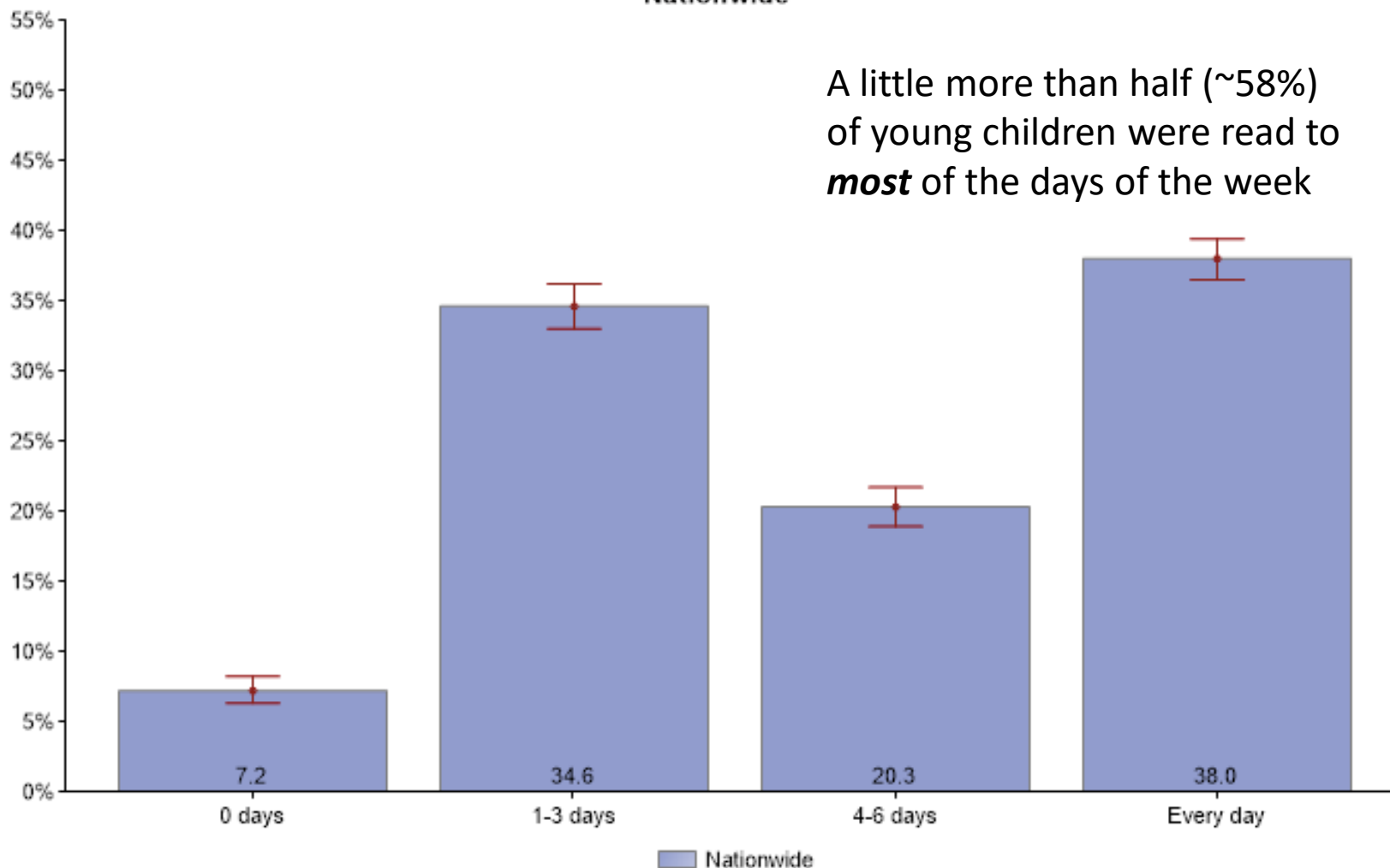
2016-2017

Number of days children were read aloud to during the past week

Children age 0-5 years

Nationwide

A little more than half (~58%)
of young children were read to
most of the days of the week



READING TIPS



- TV's mostly off (seriously!) per AAP recommendations
 - <18 months, avoid use of screen media other than video-chatting,
 - 18 to 24 months can consider introducing high-quality programming with parents watching it with their children to help them understand what they're seeing,
 - 2 to 5 years, limit screen use to 1 hour per day of high-quality programs with parents co-viewing to help children understand what they are seeing and apply it to the world around them,
 - 6 years+, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity, etc.

Media-free times and media-free locations at home.

Ongoing communication about online citizenship and safety.

AAP, 2016

READING TIPS



- Screens for reading – just as good? Maybe *not*.
 - Munzer, et al (Univ Michigan) found that both parents and toddlers engaged in more frequent social control behaviors and less social reciprocity when reading tablet-based vs print books. “Parent-Toddler Social Reciprocity During Reading From Electronic Tablets vs Print Books”, *JAMA Pediatrics*. November 2019; 173(11);1076-1083.
- Books are fun!

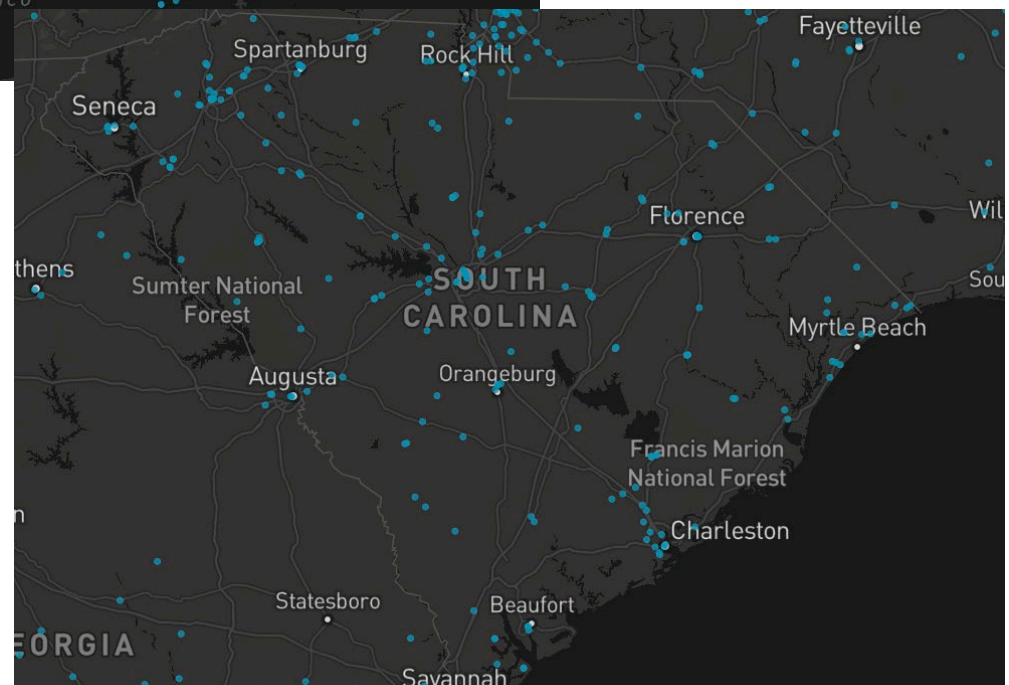
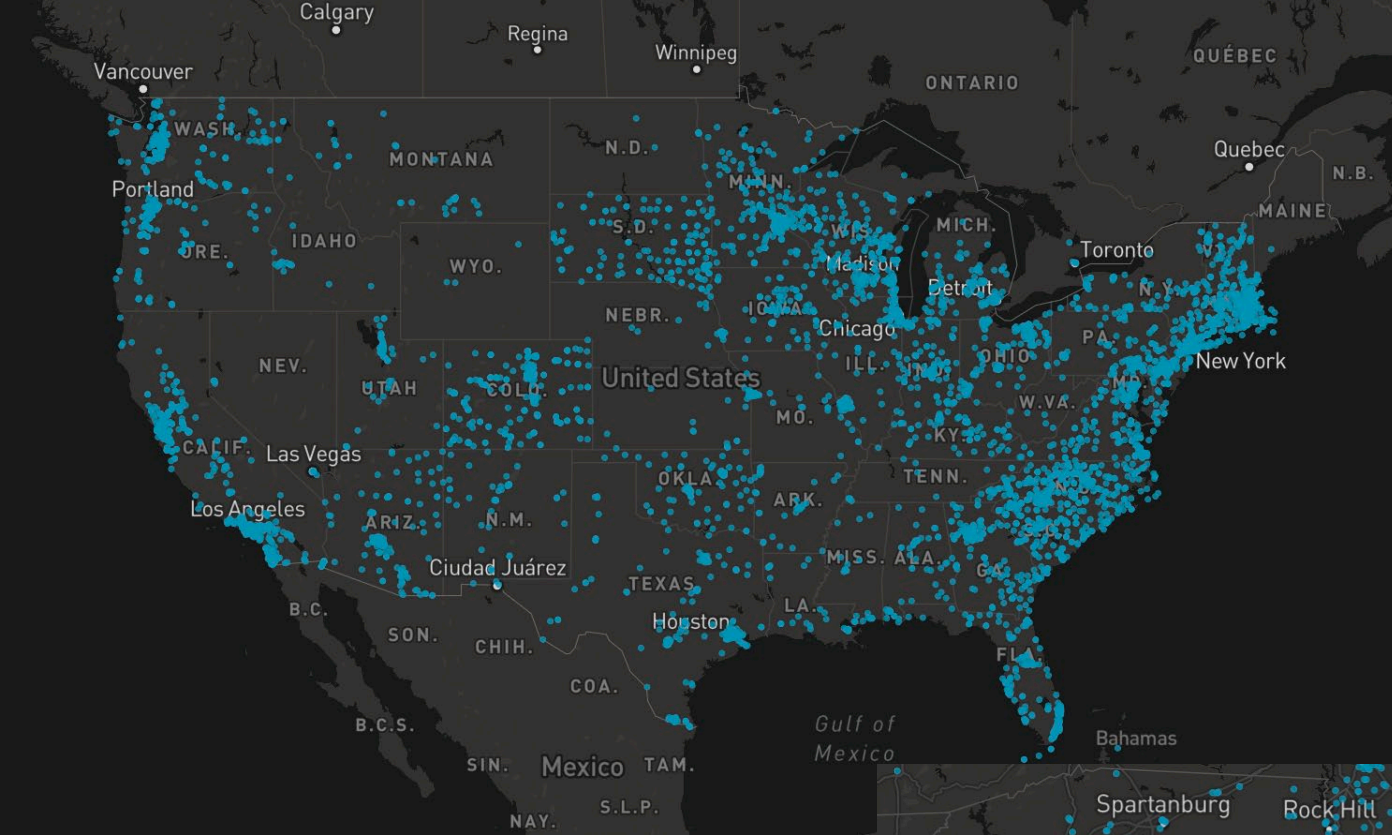
Example – model by having books present and sharing with a child, ask about reading at home, comment positively if you see it happening, and play along.

Can suggest telling stories about pictures in books if needed.

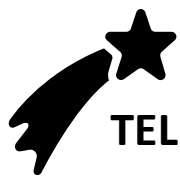


www.reachoutandread.org

- National program to promote reading aloud to young children as a daily routine.
- Integrates reading into pediatric practices, advises families about the importance of reading with their children, and shares books that serve as a catalyst for healthy childhood development.
- 6,100 program sites, serving children in all 50 states across urban, suburban, and rural communities.



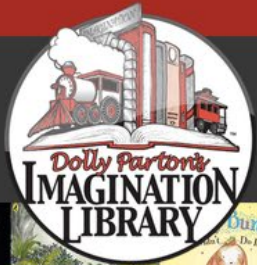
www.reachoutandread.org



TELL FAMILIES READING IS IMPORTANT & ABOUT FREE RESOURCES

ENGLISH

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ABOUT US

GETTING STARTED

NEWS & RESOURCES



- www.imaginationlibrary.com
- FIND <https://imaginationlibrary.com/usa/find-my-program/>
- FREE books mailed from birth to 5 years
 - Excitement of receiving by mail regularly!
- Sign up online
- Local partners help fund

South Carolina counties

SC - Aiken County
SC - Allendale County
SC - Bamberg County
SC - Barnwell County
SC - Beaufort County
SC - Berkeley County
SC - Calhoun
SC - Charleston Area
SC - Cherokee County
SC - Chester County
SC - Chesterfield County
SC - Clarendon County
SC - Colleton County
SC - Dillon County
SC - Dorchester County
SC - Edgefield County
SC - Fairfield County
SC - Fairfield County
SC - Georgetown County
SC - Greenwood County
SC - Hampton County
SC - Horry County

<https://imaginationlibrary.com/usa/find-my-program/>

SC - Jasper County
SC - Kershaw County
SC - Lancaster County
SC - Lexington County
SC - McCormick County
SC - McCormick County
SC - Newberry County
SC - Orangeburg County
SC - Richland County
SC - Saluda County
SC - Spartanburg County (includes Union County)
SC - Sumter County
SC - Williamsburg County
SC - York County



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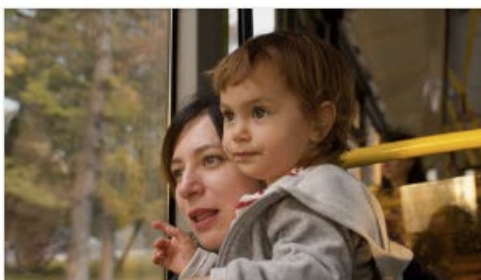
For an age range

- Member Exclusive
- Español



ARTICLE

Choosing Child Care



ARTICLE

6 Ways to Bond While You're on the Move

Thank you!

Contact:

twhitaker@uthsc.edu

avohs@uthsc.edu



