

Building Trust and Cooperation

Parent Strategies: Learn how to encourage your child and build self-confidence by accepting and naming your child's emotions and using positive praise.

WHAT



Accept and Name Emotions

WHY

Accepting your child's emotions helps him/her feel supported and understood. Teaching children names for their emotions gives them the language they need to express how they feel.

HOW

RESPOND to your child's needs promptly to reduce stress.
A **CALM** voice communicates your willingness to help.
A **GENTLE** embrace lets your child know he/she is safe.
WARM eye contact shows acceptance of your child's feelings.



WHAT



Give Positive Praise

WHY

Positive praise focuses on the child's abilities and strengths. Praising effort is more important than praising success. Repeated successful experiences build your child's self-esteem.

HOW

Notice your child doing something **GOOD**.
Focus on what your child **CAN DO** and give specific praise like "You're working so hard" instead of "Good job!"
ENCOURAGE your child with reassuring body language and facial expressions. (thumbs up, high-five, winks, hugs, etc.)

