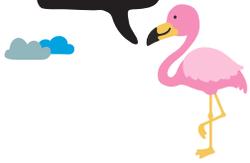


# CATCH THEM BEING GOOD

DID YOU KNOW?



**Did you know children learn to behave better when they get praise after they do something good?** It makes them feel happy and want to do more of that same behavior.

**Catch your child being good.**

Knowing what to do when your child is struggling or not following directions can be tough. To improve your child's behavior, instead of focusing on what looks like bad behavior, catch your child being good and praise what they do well.

PRAISE CAN HAVE A BIG IMPACT ON HELPING YOUR CHILD IMPROVE THEIR BEHAVIOR.

WHEN YOU TELL YOUR CHILD THEY ARE DOING SOMETHING POSITIVE AND PRAISE THEM, THEY ARE MORE LIKELY TO REPEAT THE GOOD BEHAVIOR. THIS WILL MAKE YOU HAPPY AND WILL MAKE YOUR CHILD FEEL GOOD.



THANK YOU FOR PICKING UP YOUR TOYS



CATCH YOUR CHILD BEING GOOD.



Here are examples of how to praise them for being good:

## • TELL THEM YOU LIKE WHAT THEY ARE DOING.

You can say, "Thank you for picking up your toys" or "I am happy that you helped your sister put her puzzle together."

## • INSTEAD OF FOCUSING ON WHAT THEY'RE DOING WRONG, LET THEM KNOW WHAT THEY CAN DO RIGHT.



For example, say something like, "I can tell you want dessert right now and I am glad you will be patient and wait until you finish your dinner."

## • SHOW YOUR CHILD YOU LIKE THEIR BEHAVIOR.

To show your child you like their good behavior, give them a hug, a kiss, a pat on the back, or a high five.

You can smile, say, "thank you," or even take your child to get ice cream as a special treat!



CATCH THEM BEING GOOD

## WAYS TO ENCOURAGE GOOD BEHAVIOR

### CREATE A WARM FUZZY JAR

Mark a jar with each child's name and buy lots of colorful pom-poms from a craft jar. Every time you catch your child being good, add a "warm fuzzy" to the jar.

Soon they will be competing to be good!



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