



# Positive Parenting

**Parenting is HARD!** It is a rollercoaster of emotions. Some days you'll say...*Okay I got this!* Other days you may question yourself... *Am I doing the right thing or am I doing enough?*

**Positive Parenting** is the relationship between parents and children that **includes caring, teaching, communicating, and providing for the needs of their child consistently and unconditionally.**

## Benefits of positive parenting

- 1** Greater sense of family unity
- 2** Respect between parents and children
- 3** Increase in self-esteem
- 4** Increase in healthy behavior
- 5** Children learn to regulate behaviors and emotions
- 6** Encourages cooperation
- 7** Children become more empathetic
- 8** Success in school

**Practicing Positive Parenting helps children learn to**



**TRUST**



**EXPLORE**



**LOVE**

\*Parenting for Brain: [www.parentingforbrain.com/what-is-positive-parenting/](http://www.parentingforbrain.com/what-is-positive-parenting/)



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# Positive Parenting In Action

## Talk at your CHILD'S LEVEL

Meet them at their eye level. Speaking to your child eye to eye shows kindness, sincerity, and respect.



## PARENT by Example

When your child sees you make good choices in how you behave, it will encourage them, and give them permission to do the same.



## Provide ENGAGING and FUN Activities

Provide opportunities to have fun together, such as coloring or making crafts.



## Provide POSITIVE ATTENTION

Children need positive attention. When you see them do something good, let them know about it!



## YOU GOT THIS!

Challenges can be worked through with time, support, love, and humor!



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