



"Connecting Back to Humanity through Positive Words"

There is so much negativity in the world and many people have forgotten how to be positive. Positive Word Packs are to help you express positive words with family friends and people that you meet.

There are different packs aimed at relationships, children, bullying, business owners and even Random Acts of Kindness packs.

What to do with your Positive Words Packs

1. **Toilet Tutor** is an A4 Poster that is ideal for the back of the toilet door, where you can read it on a regular basis
2. **Fridge Focus** Cards are A5 Cards that can be put on the refrigerator
3. **Wallet Words** are cards that can go in lunch boxes/phones/wallets/briefcase as a pick me up or to encourage someone

Parenting Power Points

Discipline works best with patience, clear rules, consistency and realistic

- **Discuss family rules:** Make expectations and limits clear. Begin with a few easy-to-remember rules – e.g.

We look after each other, we speak nicely to one another, we help each other.

- **Reward emotionally:** Praise your child and let them know when you are proud and happy with their behaviour. Try to keep material rewards to a minimal as this may encourage behaving only for a treat.
- **Encourage forward thinking and offer choices:** Discuss upcoming changes with your child so they can learn to problem solve, manage feelings early and feel included in making choices - e.g. If your child wants to play for longer, you could say "we need to head home in 10 minutes to get dinner ready, do you want to play on the slide or the swing for the last 10 minutes?".

Notice positive behaviour: Let your child know what you like about their behaviour. Be descriptive - e.g. "I'm really happy with how well you were sharing with your friend." When your child receives positive attention through praise, they feel rewarded and will likely want to keep up the positive behaviour.