

FIT MODULE 1:

STRENGTHENING THE PARENT-CHILD RELATIONSHIP



KEY CONCEPTS TO REMEMBER:

Sensitive and Responsive Parenting Strengthens the Parent-Child Relationship

Parenting that is sensitive and responsive helps strengthen the parent child relationship.

Attention from parents can motivate children to behave in different ways

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Parent-child playtime strengthens the relationship and is a time for practicing parenting skills

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Children benefit when their environment is consistent and predictable

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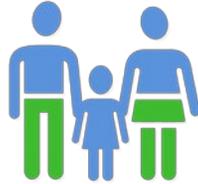
FAMILY INTERACTION TRAINING



COURSE FOR PARENTS

FIT PARENTING STRATEGY:

[COMMUNICATION]



REMEMBER THESE IMPORTANT COMMUNICATION SKILLS:

ACTIVE LISTENING

- eye contact
- putting down what you are doing to look at your child and listen for moment
- listening to really understand what your child is thinking and expressing

REFLECTION - Just like a mirror - reflect back what your child says!

If your child is building a tower and says ***"I did it!"***, you can:

- Repeat back exactly what they said: ***"You did it!"***
- Put it into your own words: ***"You built the tower!"***
- Expand it without changing its meaning: ***"You did it all by yourself!"***

LABELING EMOTIONS: *Giving words to your child's feelings helps them to identify, understand, and manage them*

Remember these examples:

- "You're so ***mad!***"
- "You're so ***excited!***"
- "It's so ***disappointing*** when your turn is over!"

USING GESTURES: Nonverbal gestures

- Gestures can be as simple as ***smiling, nodding***, or giving a ***thumbs up***.
- Use **facial expressions that match their feelings** or the situation.
- Touch can include **hugs, pats on the back**, and **high fives**.

[COMMUNICATION] WORKSHEET

Develop Your “Feelings Vocabulary”

Think of 5 feeling words that you could start to use with your child this week:

- 1.
- 2.
- 3.
- 4.
- 5.

Before you leave, **brainstorm with your trainer** here to prepare for practice at home:

When and how will you practice the communication skills at home?

What do you think might make it hard to practice the skills at home with your child? How will you manage these challenges?

[COMMUNICATION] **HOMework**

As you practice, take some notes here to bring back to your next session with the trainer:

When did you use the skills? (Day, situation)	What skills did you try?	How did it go?

FIT PARENTING STRATEGY:

[PRAISE]



Praise is a very powerful form of positive attention. When you see positive behaviors, let your child know that you appreciate what they did.

When praising your child, remember to...

Be Specific	Focus on the Efforts & Process	Praise Right Away
<p><i>Saying exactly what you like about what your child is doing lets them know what you want to see in the future.</i></p> <p>***</p> <p>"Thank you for sitting quietly in your chair."</p> <p>"Good job waiting so calmly for your turn."</p>	<p><i>Focusing on your child's behaviors and efforts encourages them to keep trying with new or difficult behaviors even if the result is not always perfect!</i></p> <p>***</p> <p>"I like the way you are working so hard to find the right place for that puzzle piece."</p> <p>"You are doing a great job staying calm and trying again even when your tower keeps falling over."</p>	<p><i>Praising in the moment, right after a desired behavior happens, helps your child relate their behavior with being praised.</i></p> <p>***</p> <p>"Thank you for listening and minding me right away."</p> <p>"I like the way you are walking calmly with me in this store"</p>

Here are a few phrases to rely on while you get used to using specific praise:

"I like the way you are..."

"Thank you for..."

"You did a great job with..."

[PRAISE] WORKSHEET

What are other phrases you might like to use to praise your child at home?

- 1.
- 2.
- 3.
- 4.

Think ahead to using this strategy at home with your child & record notes below:

What are some positive behaviors you will try to praise this week?

What could you say?

Positive Behavior	Praise

[PRAISE] HOMEWORK

Take some notes this week as you practice to share in your next session:

What was your child doing?	What praise did you give them?	How did your child respond?

How did it feel to use the praise strategy this week? What went well with the skills?
What was hard and needs more practice?

FIT PARENTING STRATEGY:

[USING YOUR ATTENTION STRATEGICALLY]



Attention from parents can motivate children to behave in different ways. It is important to use your attention strategically to encourage positive behaviors and discourage negative ones!

Giving **POSITIVE ATTENTION** such as...praise, comments, hugs, smiles, pats, high fives, and nods when your child is behaving well shows your child that you like what they are doing and encourages them to act that way more often!

Watching, talking, scolding or yelling is also paying attention and may unintentionally reinforce problem behaviors because ANY attention from parents may be more rewarding than no attention. Using **ACTIVE IGNORING** in response to minor and annoying misbehaviors teaches children these behaviors won't be rewarded with attention!

It is important to remember these active ignoring skills:

- Don't talk to your child
- Look away and don't make eye contact
- Keep a neutral facial expression
- Wait for positive behavior before re-engaging

[STRATEGIC ATTENTION] WORKSHEET

BRAINSTORM:

What are some **positive behaviors** that you would like to start encouraging with positive attention?

List them here:

1.
2.
3.
4.
5.

BRAINSTORM:

What are some of **negative behaviors** you would like to start actively ignoring?

List them here:

1.
2.
3.
4.
5.

REFLECT:

What are some things that might make it hard to practice these skills this week? How can you work around these obstacles?

[STRATEGIC ATTENTION] **HOMEWORK**

Positive Attention

When did you use positive attention this week?

<i>What was your child doing?</i>	<i>What positive attention did you give them?</i>	<i>How did your child respond?</i>

How did it feel to use the skills? What went well? What was hard and will take more practice?

[STRATEGIC ATTENTION] **HOMEWORK**

Active Ignoring

When did you practice active ignoring this week?

<i>What was your child doing?</i>	<i>What did you do?</i>	<i>How did your child respond?</i>

How did it feel to use the skills? What went well? What was hard and will take more practice?

FIT PARENTING STRATEGY:

[SCHEDULED PARENT-CHILD PLAYTIME]



Parent-child playtime strengthens the relationship and is a time for practicing parenting skills

FOLLOW Your Child's Lead!	Follow along with the play that your child chooses instead of leading the game with questions, corrections, & rules.	Let them choose the toy or activity. Join in and copy your child's appropriate behavior
DESCRIBE Your Child's Play!	Watch your child and report what you see like a sportscaster!	"You are stacking a new block on the tower." "You are looking for just the right piece." "You are coloring the sun orange in the sky."
Bring POSITIVITY & PRAISE to Playtime!	Keep it positive by following your child's lead. Avoid questions, corrections, and rules, Use praise to encourage positive behaviors you want to see more of! Resist the temptation to ask questions and give directions.	"Great job being so gentle with the blocks!" "Thank you for sharing your colors with me." "I like the way you are sitting so calmly." "Good job using your words to ask for the car you wanted!"

Scheduled Parent-Child Playtime is the perfect time to practice not just the skills above but **ALL** of the Module 1 strategies and skills you've learned, so remember to use active listening, **reflection, labeling feelings**, use your **attention** strategically, and give specific **praise!**

[SCHEDULED PARENT-CHILD PLAYTIME]

WORKSHEET

Before you leave, spend some time with your trainer planning for practicing scheduled parent-child playtime at home:

What time of day will you have scheduled playtime?

Which toys will be choices for scheduled playtime?

What do you think might make it hard to practice scheduled playtime at home with your child? How will you manage these challenges?

[SCHEDULED PARENT-CHILD PLAYTIME]

HOMEWORK

Take some notes each day this week to share in your next FIT session:

Day	Did You Practice?	What time of day? Which toys did you use?	How did it go? What went well? What was hard?
M			
T			
W			
TH			
F			
S			
SU			

Do you have any questions for your trainer or thoughts on how to keep up with daily Scheduled Parent-Child Playtime going forward?
