

SIMPLE CONNECTIONS stronger families

Positive parenting builds family resiliency.



The way you support and guide the children in your life has an impact on their wellbeing. A positive authoritative parenting style means being warm and nurturing while at the same time also having high expectations and clear rules and boundaries. When you parent in a positive authoritative way, you help children become psychologically healthy and confident and develop good social and emotional regulation, reasoning, problem-solving and decision-making skills. An authoritative parenting style can be adopted by anyone who interacts with children.

Parenting in this way means you:

Are consistent, fair and clear. Make sure your child knows consequences for behaviours in advance and is clear on what will happen when rules are broken. Follow through. A child is less confused, frustrated and anxious when he/she knows what is expected of him/her. When discipline is necessary, don't jump to punishment. Instead of time-outs, threats and lectures, focus on what has been learned and ask for your child's ideas of what to do.

Are a positive role model. Learn to identify and manage your own emotions as a parent so you can teach these skills to your child. Hold the same expectations for your own behaviour as you do for children.

Communicate supportively. Encouraging independence and the expression of opinions. Listen so your child feels understood and explain reasons for your decisions in a way that makes sense to your child.

Always show your child love and warmth, even if you disagree with something they have done. Help your child calm down when they're upset. Then try talking about what happened, what's been learned and things to try next time.

For tips on how to practice positive parenting to build your family's resiliency, check out the Simple Connections, Stronger Families resources on YllMyHome.com



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Take a few minutes to explore the simple ideas that support a positive and authoritative parenting style. Check off the things that you are already doing; add your own ideas or make a list of things you would like to do.

Celebrate (✓) the simple things you already do to build resiliency:

- Celebrate the small, good things that happen each day.
- Be part of your child's activities and school community.
- Making mistakes is ok. Talk with your child about what they have learned.
- Decide on rules and consequences and stick to them.
- Apologize when you are wrong.
- Help your child understand and express their emotions.

Our positive parenting ideas:

Simple things we do:

- _____
- _____
- _____

Simple things we plan to do:

- _____
- _____
- _____

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