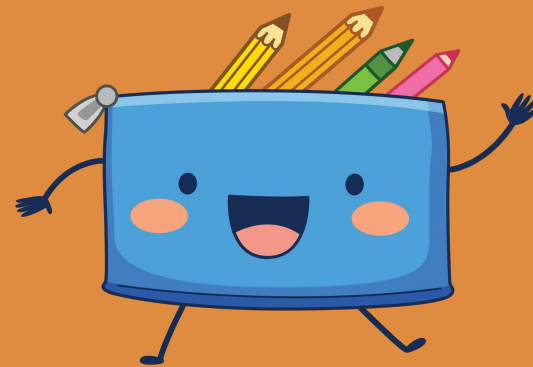
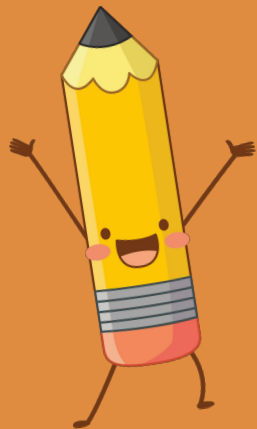


Thriving Together: Positive Parenting Techniques for Early Learners

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Welcome Parents!

The goals of this session are:

- Assist parents in enhancing communication skills with their preschoolers
- Share strategies on how to foster an environment that supports early cognitive and emotional development



Icebreaker Activity



- Parents, please type into the chat one hope that you have for your child's preschool experience.

Understanding Positive Parenting

Definition: Positive parenting is a parenting approach that focuses on respect, empathy, and support while setting and enforcing clear boundaries in a nurturing manner. It emphasizes the positive points of behavior, rather than focusing on punishments for negative behavior.

Source: *American Psychological Association (APA)*

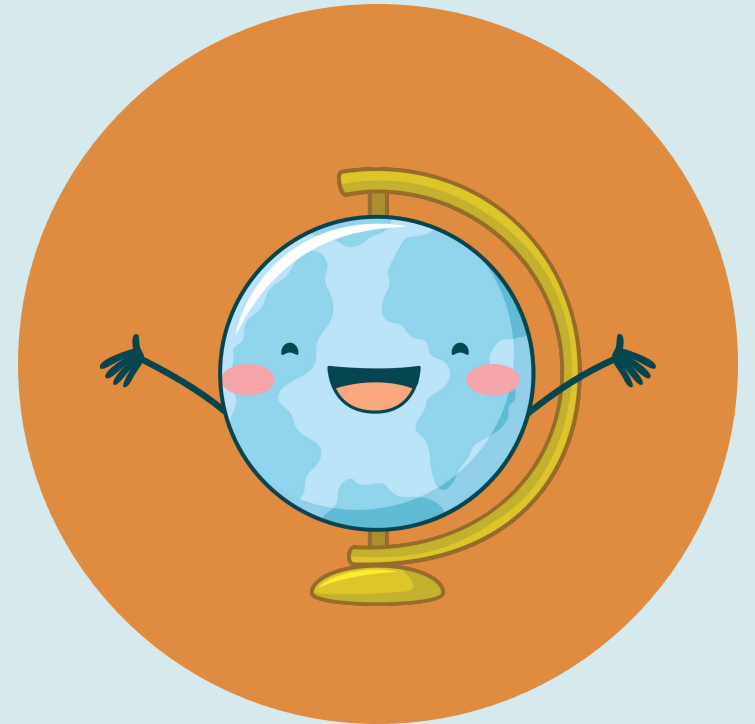
Techniques for Effective Communication

Use Simple and Direct Language

- Keep language straightforward and concise to match the preschoolers' understanding level.
- **Real World Scenario:** Practice giving simple instructions for an activity at home such as cleaning up toys.

Encourage Using Words to Express Feelings

- Teach children to verbalize their emotions, which helps in managing their feelings and improves their communication skills.
- **Real World Scenario:** Guide your child to express feelings using sentences like "I feel sad because..."



Techniques for Effective Communication

Positive Reinforcement

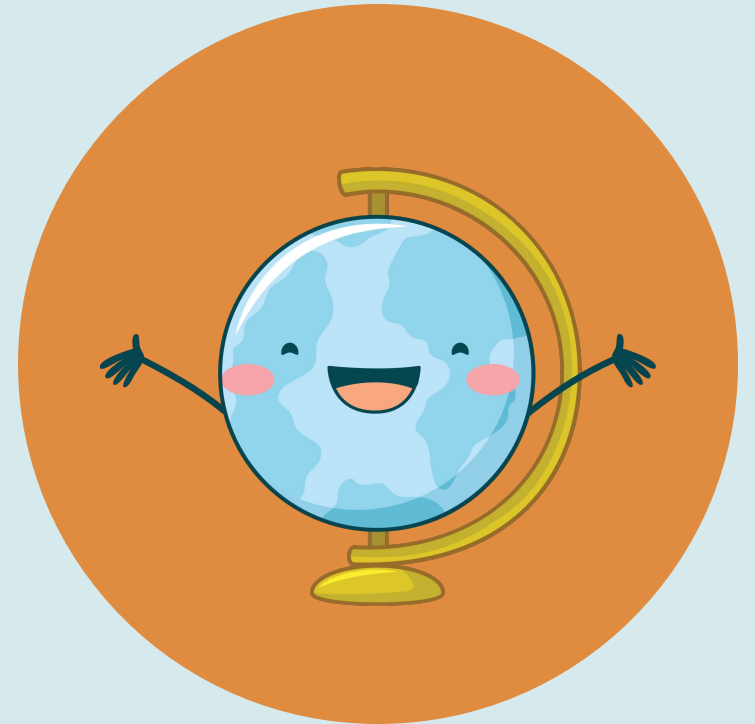
- Use positive feedback to reinforce good behavior and successful communication attempts by the child.
- **Real World Scenario:** Practice responding to your child's good behavior, such as listening attentively or completing a task, with verbal praises like, "Great job listening!" or "Thank you for cleaning up your toys!"

Active Listening

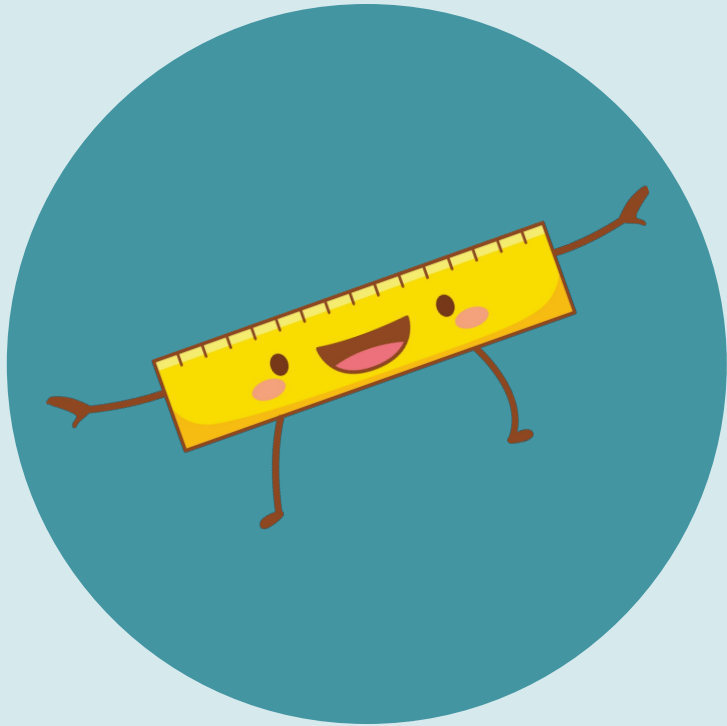
- Show attentiveness to the child's verbal and non-verbal cues. This includes nodding, smiling, and verbal affirmations.

Consistent Use of Gestures and Visual Aids

- Support verbal instructions with gestures or visual aids to help your preschoolers better understand and follow along.



Setting Routines for Success



Establishing Predictability

- Daily routines help create a predictable environment for children, reducing anxiety and promoting emotional stability.
- Predictability helps children feel more secure and understand what to expect next.

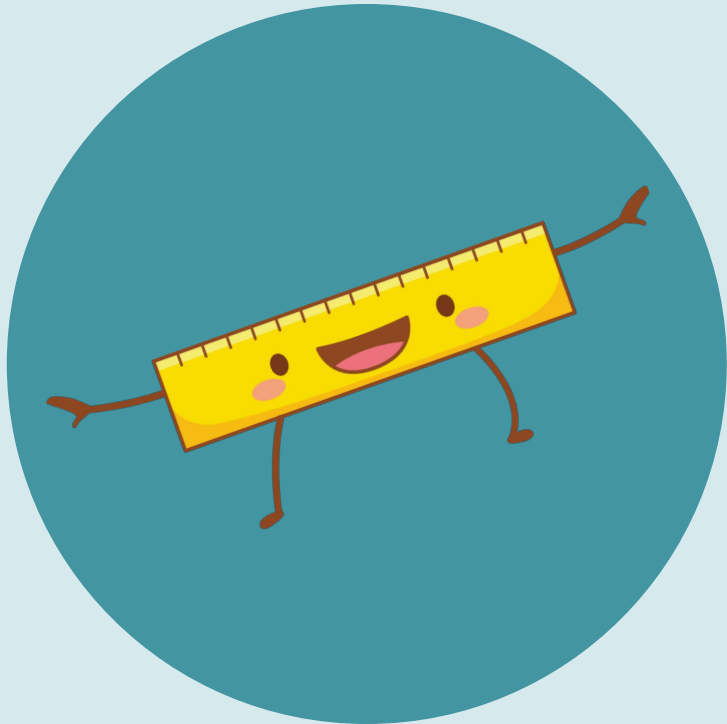
Building Independence

- Consistent routines encourage children to develop independence as they learn to perform tasks such as dressing themselves and tidying up.
- Independence in daily activities builds self-esteem and decision-making skills.

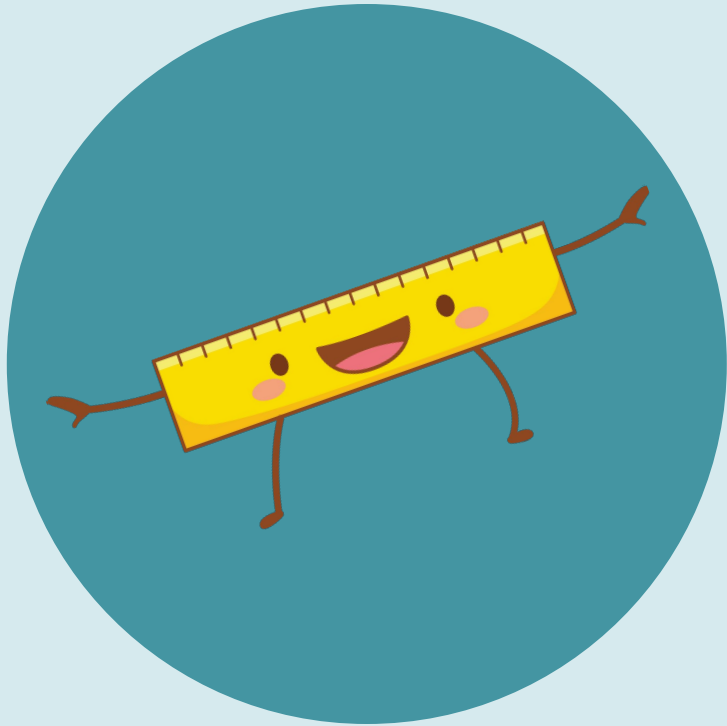
Setting Routines for Success

Examples of Effective Preschool Routines for Home

- **Morning Routine:** Waking up at the same time, washing up, getting dressed, and having breakfast before school.
- **Mealtime Routine:** Setting the table, discussing the day's events, eating together without electronic distractions, and helping to clear the table.
- **Bedtime Routine:** Dimming the lights, changing into pajamas, brushing teeth, reading a bedtime story, and lights out at the same time each night.



Setting Routines for Success (summary)



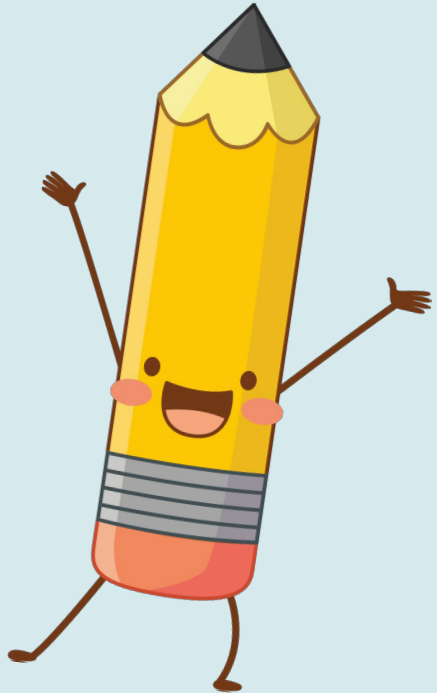
Enhancing Learning and Development

- Routines are opportunities for learning; for example, mealtime can include lessons about nutrition, while bedtime can involve reading stories.
- Structured routines aid in developing time management skills from a young age.

Improving Behavioral Management

- Clear routines minimize power struggles because expectations are known and consistent.
- Routines help establish limits and boundaries that guide positive behavior.

Encouraging Educational Play



Cognitive Development through Play

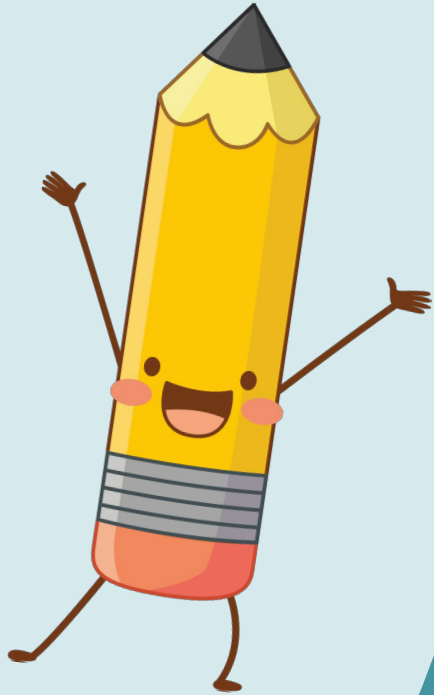
- Play encourages children to think creatively and solve problems, such as figuring out how blocks fit together or solving a puzzle.
- Games that require remembering rules or sequences, like "Simon Says" or matching games, boost memory and attention to detail.

Social Skills Enhancement

- Play activities require taking turns and sharing resources, teaching children how to interact socially and empathize with others.
- Play settings are natural opportunities for children to practice verbal and non-verbal communication, enhancing their ability to express themselves and understand others.

Encouraging Educational Play

Ideas for Play-Based Learning Activities at Home:



- **Role-Playing and Dress-Up:** Encourage children to engage in role-playing games, which allow them to boost their imagination.
- **Building and Construction Sets:** Use blocks, LEGO, or other construction toys to foster spatial awareness, fine motor skills, and problem-solving.
- **Arts and Crafts:** Activities like drawing, coloring, or crafting with recyclables promote creativity and fine motor skills while allowing for expressive freedom.
- **Science Experiments:** Simple home-based experiments, like mixing colors or growing plants from seeds, encourage curiosity about the natural world.
- **Interactive Reading:** Instead of just reading books, make it interactive by asking questions about the story, predicting what might happen next, or relating the story to the child's own experiences.

Reading Together

Role of Reading in Early Childhood Development

- **Language Skills Enhancement:** Regular reading helps expand vocabulary, improves language acquisition, and enhances listening skills.
- **Cognitive Development:** Reading stimulates imagination and curiosity, helping to develop thinking and comprehension abilities.
- **Social-Emotional Growth:** Stories provide opportunities for children to explore emotions and social situations, fostering empathy and emotional intelligence.

Reading Together: Tips for Interactive Reading

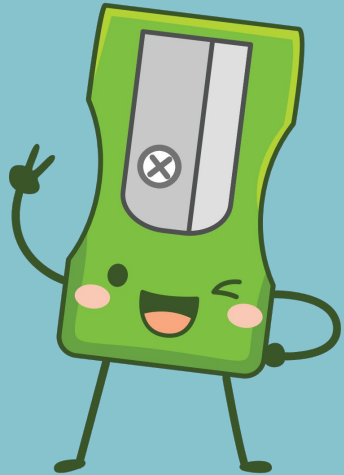
- **Engage with the Story:** Use different voices for characters, show enthusiasm, and make reading a dynamic activity to capture the child's interest.
- **Ask Questions:** Pause to ask questions about the story, such as "What do you think will happen next?" or "How do you think the character feels?"
- **Let the Child Lead:** Encourage the child to turn the pages and point out things they notice in the illustrations to make them an active participant.

Reading Together: Tips for Interactive Reading

Selecting Age-Appropriate Books

- **Consider the Child's Interests:** Choose books that align with the child's current interests, whether it's dinosaurs, space, or fairy tales, to keep them engaged.
- **Look for Rich Illustrations:** Books with colorful and engaging illustrations can help maintain interest and aid in understanding the story.
- **Appropriate Complexity:** Select books that are suitable for the child's language level—simple sentences and clear narratives for younger children, gradually increasing complexity as they grow.

Questions & Resources



<https://childmind.org/positiveparenting/>

(A series of free videos and print resources with practical, evidence-based information and skills to address your most common parenting challenges.)

<https://www.drchristianconte.com/four-cs-parenting/>

(The Four C's of parenting: Choices, Consequence, Consistency, and Compassion)

<https://www.readingrockets.org/topics/activities/articles/reading-tips-parents-preschoolers>

(Reading Tips for Parents of Preschool, printout available in multiple languages)

<https://headstart.gov/parenting/article/fun-learning-parents-children-activities-handbook>

(Fun & learning for parents & children: An activities handbook, available in Spanish)



Closing Remarks

Thank you!