



# Counselor's Corner

## Positive parenting ideas from the school counsellor

### Catch them being good

Research shows that praising children for behaviour you want to see, encourages them to do it again.

Loving praise also helps build positive relationships between parents and their children.

You might want to encourage your child to:

- Use manners
- Play quietly
- Wait patiently
- Play nicely with a sibling
- Comply with a request right away
- Put in a lot of effort on a difficult task
- Do chores

When your child does the behaviour you want, you can praise them by:

- Giving a high five
- Saying 'I love how your waiting/sitting/listening'
- Giving a hug or pat on the back
- Giving a thumbs-up
- Clapping and cheering
- Telling another adult how proud you are of your child's behaviour while your child is listening. For example saying 'she was so polite on the bus today'.

Research shows the more times you do this – the more likely children will do the behaviour again.

Anneke Porter-Heubeck is the Bridge Road School counsellor.

You can call Anneke on Tuesday and Friday on 9519 8389

if you have any questions.

