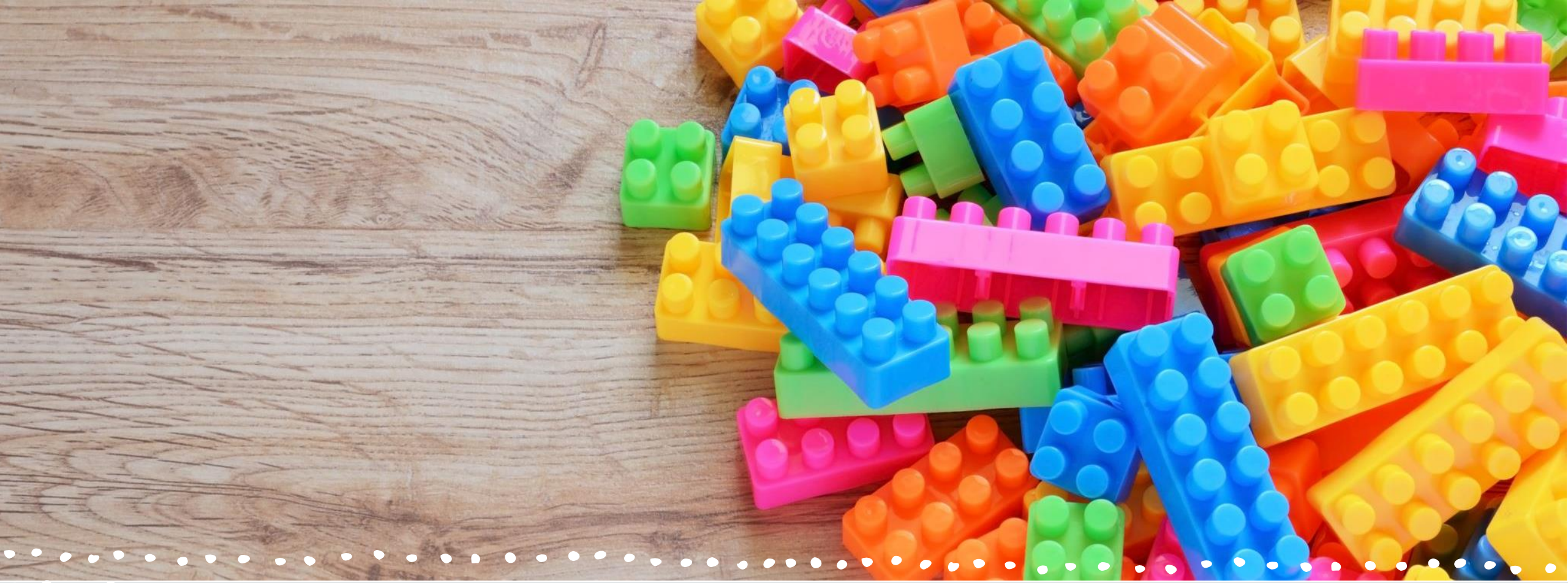


Play & Praise

AUDUBON PARENT EDUCATION SERIES

Norms

1. Keep your microphone muted.

2. This presentation will be recorded, please keep your camera off.

3. Type questions or comments into the chat. A staff member will monitor and provide questions to the presenter at an appropriate time.

"Connection is more important than correction"

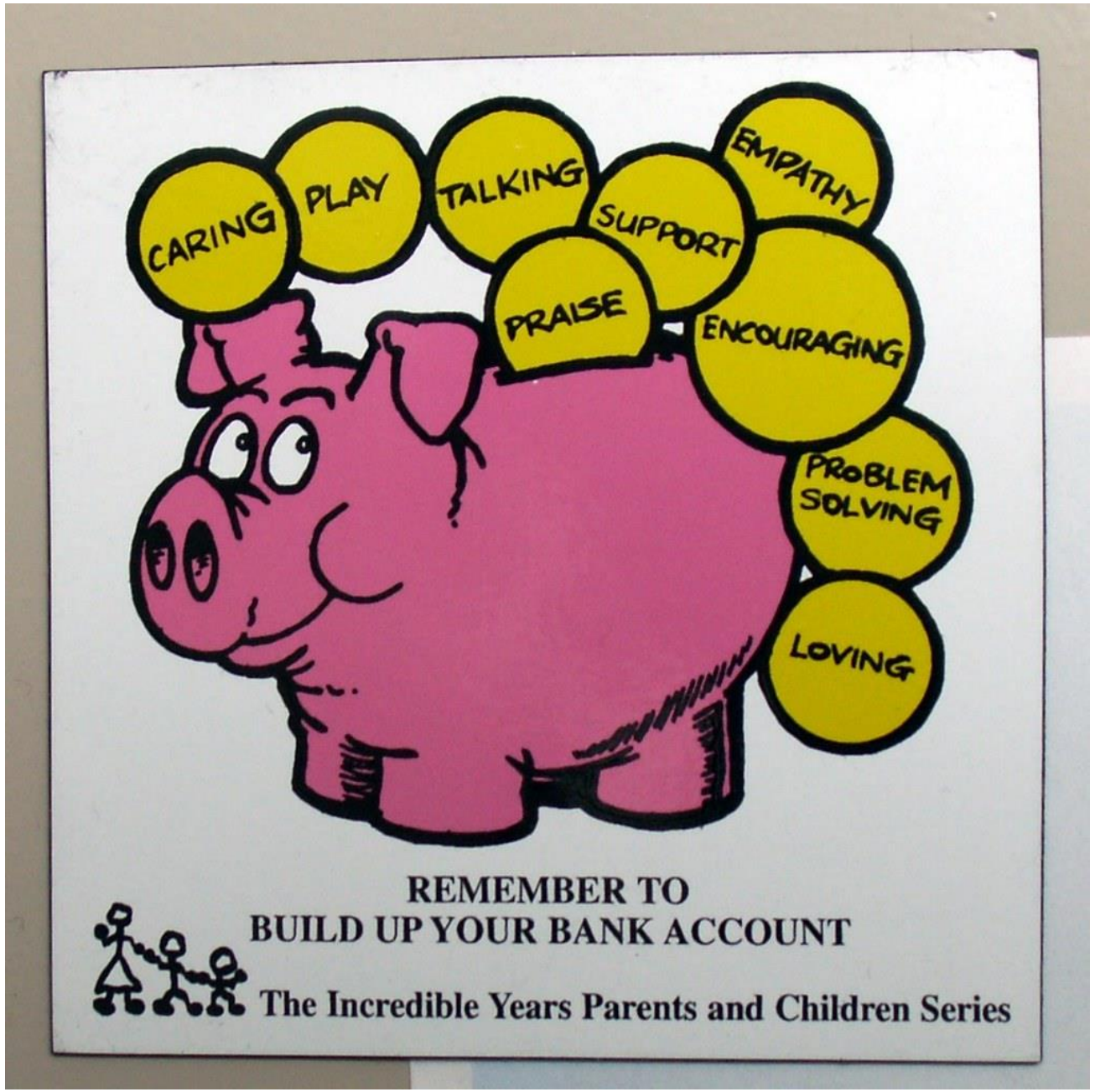
The Magic Ratio

- The 5:1 Principal = A ratio of five positive feelings or interactions for every one negative feeling or interaction leads to healthy relationships
- Idea originated in 1970 from John Gottman's research study on married couples, but has been expanded and replicated to include workplaces, children, business strategies, etc.



The Magic Ratio

Positive Examples	Negative Examples
- Quality time aka PLAY - Verbal praise (ex. "You are working so hard, nice job!") - Nonverbal praise (ex. Thumbs up, smiles, high fives) - Compliments - Rewards or special privileges - Favors or acts of kindness	- Commands (ex. Brush your teeth, clean up your room, set the table, finish your homework) - Punishment • Giving something undesirable (ex. Timeout or an extra chore) • Taking away something desirable (ex. Loss of screen time or other privileges) - Verbal interactions (ex. Arguing or reprimanding) - Nonverbal interactions (ex. Body language)


CARING
PLAY
TALKING
SUPPORT
EMPATHY
PRAISE
ENCOURAGING
PROBLEM SOLVING
LOVING
REMEMBER TO
BUILD UP YOUR BANK ACCOUNT
The Incredible Years Parents and Children Series



Play and Quality Time

Strengthening bonds and growing relationships

- Scheduling and consistency
  - Designated Game Nights
  - Game breaks throughout the day/week
  - Structured times allocated for activity
  - Consistent schedule

- Added to student Schedule / Create supplemental Play Time Schedule (Ask teacher for schedule outline)

Play and Quality Time: Family

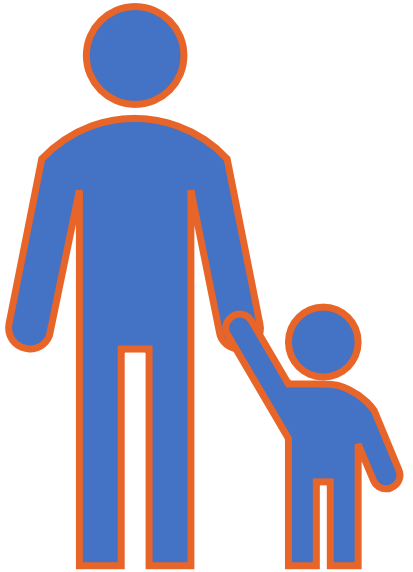
Strengthening bonds and growing relationships



•Family Ideas (Interactive)

- Family Game Nights
- Family Competitions
- Create a list with family and post it somewhere

  (Consider age and developmental level)
- Consider having a "Buddy Family" and partnering up to spend virtual time together with games/activities with both parents and kids.

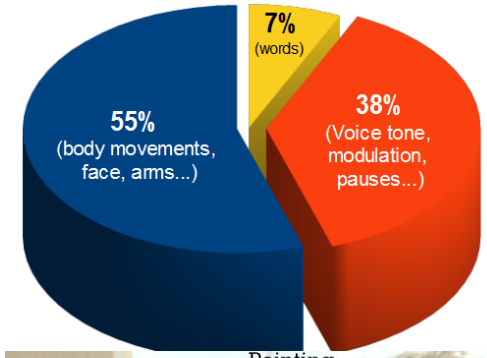


Play and Quality Time: Friends

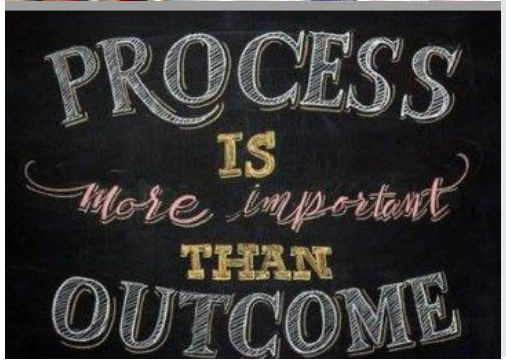


Strengthening bonds and growing relationships

Ideas	What does it look like?
Buddy families	A family to connect with, both kids and adults for play dates, chatting sessions, interactive social activities.
Virtual playdates/online games	Battleship through Teams, Online Video Games with Chat, Scavenger Hunt through Teams, Interactive games, simultaneous play, pen pals.
Student to student chat groups	Friend chat groups monitored by adults.
Lunch bunches	School staff/students, friends, buddy families.







Praise and Positive Feedback

Praise and positive feedback – to help our kids to grow and thrive

1) Body language and tone of voice
2) Be present and be genuine
3) Meaningful and specific feedback
4) Effort is more important than the result
5) Providing meaningful opportunities for student's success

Examples

Scenario	Praise or Positive Feedback
Child draws a picture	Giving a Hi-five and having a smile shows the child you are happy about their effort and achievement. And then talking about what you like about the picture.
Child talks about his/her new friend	Make eye contact with the child and ask a few questions genuinely get to know about the friend.
Child gets an 'A' on his /her assessment	I appreciate the effort you put in to score an 'A' on the assessment. I am proud of you!
Child drops his/her plate in sink after eating	Thank you for dropping the plate in the sink.
Child says the math is boring	Do you want to try subtraction instead of addition? The child should be able to do the math and feel a little challenged.

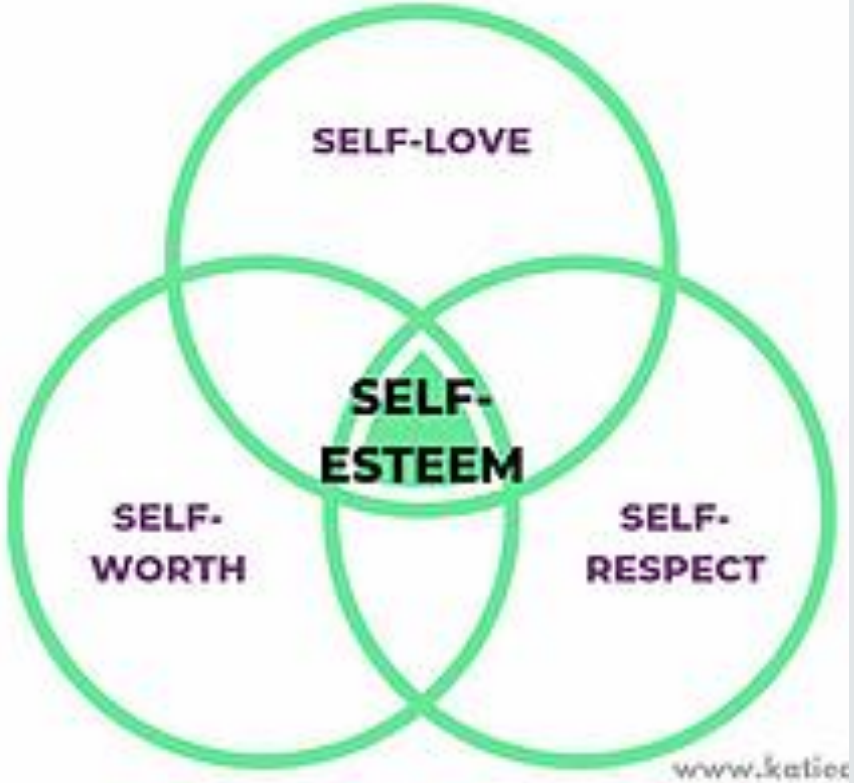
Behavior-Specific Praise

BEHAVIOR-SPECIFIC PRAISE:
A STEP-BY-STEP GUIDE
FOR FAMILIES



Ci3T

"Recognition and praise contribute to good self-esteem"



Corrective and Negative Feedback

Key factors to effective negative feedback:

1) Use a neutral tone of voice
2) Sandwich strategy – positive, negative, positive
3) Keep it objective and avoid blaming
4) Pair with a coping statement (what they can do to help themself) or a positive forecast (a predication about how things will get better in the future, similar to growth mindset)
5) Move on by ignoring negative behavior, walking away, distracting, or talking about something positive (remember the ratio!!!)

Examples

Scenario	Negative or Corrective Feedback
Child is refusing to complete work and writing "this is stupid" on their paper	"It looks like you are working on math. I know you can do it and if you get stuck, you can always ask me or your teacher for help!" (coping statement)
Child won't get out of bed even though you checked on them and asked them to get up five times	"It's time to get ready for your morning meeting. I am going to make coffee downstairs and be back in five minutes. You are a good student and I bet you will be on time to greet your teacher and friends today!" (positive forecast)
Child is crying during an asynchronous writing assignment because they don't have any ideas	"I can tell that you are feeling frustrated, but I know that you can take a break or take deep breaths to help you feel better." (coping statement) "You are working so hard on your assignments today! You do need to write three sentences before snack. Show me how good you are at taking deep breaths!" (Sandwich statement)
Child is refusing to share toy or item with sibling	"Sharing is such a kind thing to do. I know that _____ is a good friend and I bet that they will share when they are ready." (positive forecast)

Resilience and Growth Mindset



Praise and Self-Care for Adults

- Praise/special time/bucket filler for your partner

  Building Bank Awareness
- Schedule in self-care time
- Confidence and growth mindset – Your kids are resilient, and you are learning a lot of new skills, too. We are here to help! 😊 Network with other parents, if it feels helpful.
- Check-in with your own emotions – How am I feeling? Are my emotions making the situation better or worse?
- It is OK to take a 5-10 min break – you are modeling good skills for your kids!



Resources for Kids and Families

- Growth Mindset for Kids - https://www.youtube.com/watch?v=2zrtHt3bBmQ
- Grit for Kids - https://www.youtube.com/watch?v=uwsZZ2rprqc
- https://www.ci3t.org/covid
- Social Emotional Learning and the Brain by Marilee Sprenger

Questions?

Feel free to contact us privately at:

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- Taylor Caldwell – tcaldwell@lwsd.org

We'd love your feedback!

Please consider helping us by providing feedback on the survey that will be sent to you at the end of the evening

