

Positive Solutions for Families



Session 1: Making the Connection!





Overview of Sessions

1. Making the Connection
2. Keeping It Positive
3. Behavior Has Meaning
4. The Power of Routines
5. Teach Me What to Do!
6. Responding With Purpose
7. Bringing It All Together With a Plan



What's Happening Today?



- ✓ Introductions
- ✓ Purpose of the group
- ✓ Group ground rules
- ✓ Connecting with children
- ✓ Encouragement



Getting to Know You!

Please Share:

- Your name
- Name and age(s) of child/children
- First positive thing that comes to mind about your child/children
- What brought you to this group? What goal do you want to accomplish?



Examples of Ground Rules

- Start on time
- Put cell phones on vibrate
- Allow everyone the opportunity to share
- Ask questions
- What is shared in group, stays in group
- Be respectful of each other and acknowledge that each family is different



Relationship Activity

- Think about someone who was very important to you when you were growing up.
- What did this person do that made them so important and special to you?
- How did this person make you feel?



Activity 1

“Every child deserves a champion; an adult who will never give up on them, who understands the power of connection and insists that become the best they can possibly be.”

-Rita F. Pierson



Connecting with Your Children

Benefits

Barriers

Likes

Advantages

Pros

Obstacles

Challenges



Chart
Paper

Small Moments

- Building connections is about **positive time** and **attention**.
- When life gets busy, remember you can do small things often.
- Make everyday moments playful and interactive!





Apply It and Try It

- Name 5 things that you will try to do in the next week to increase connections with your child.
- Try to think of things that include playful interactions that make your child feel special!



Activity 2

Powerful Practice: Encouragement

Tips for Encouraging Your Child!

1. Get your child's attention.
2. Be specific-say what you see.
3. Keep it simple-avoid combining positive feedback with criticism.
4. Be sincere and genuine.
5. Double the impact with physical warmth.
6. Use positive comments and encouragement with your child in front of others.





Apply It and Try It

- Find at least 5 times in the next week when you give your child positive comments and encouragement.
- Write down what you said and did.
- Reflect on:
 - How did your child respond?
 - How did your child feel?
 - How did you feel?



Activity 3



Encouraging Statements

- “You put everything in the toy box! Wow! You did such a great job picking up your toys tonight.”
- “You shared your toys with me! It’s so much fun to play with you!”
- “You were being such a great helper when you helped me bring the groceries inside.”
- “Thank you for using your inside voice when your sister was sleeping.”





Apply It and Try It Review

1. Try to find ways to **connect** with your child (Handbook Activity 2)
2. Try to use **positive comments** and **encouragement** with your child (Handbook Activity 3)



Thank You

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