Positive Outlook

When parents show a positive outlook, children learn how, too. Seeing strengths and positives helps us handle life’s challenges and gives us hope.

SHARE a “positive outlook” with your child...

- **Point out your child’s positive behavior and strengths**
  - “You and your sister are sharing so well. You’re really having fun together!”
  - “You waited very patiently. It’s hard to wait, and you did it!”

- **Find positives in daily events**
  - “Getting up early in the morning is hard, but it gives us time to talk.”
  - “I’m looking forward to the fun we’ll have at the park together.”

- **Talk about things that you enjoy**
  - “The brown puppy is my favorite. Which is your favorite?”
  - “I like working on puzzles with you.”

- **Express your positive feelings**
  - “I feel happy about spending time together.”
  - “I felt good when I... fixed the cabinet door, finished the laundry, etc.”

ASK your child to find the positives...

- “What did you like about... going to the park, going to the market, etc.?”
- “Tell me three good things that happened today.”

PAUSE and THINK of positive things at different times during the day...

- mealtime
- bedtime
- first thing in the morning
- outside in nature
- reading or playing with your child

AND babies and toddlers, too!

- Smile at your baby throughout the day.
- Find things that make your baby smile.

More FREE online resources to build your child’s resilience

www.reachinginreachingout.com/parents (videos, books, parent stories, articles, newsletter and more)