

Nurturance and Prevention Tool



**Show Interest In What
The Child Enjoys**

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**Prepare The Child For
Difficult Situations**

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**Help The Child Manage
Change**

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Move Physically Closer

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**Change The
Environment**

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**Tell The Child What You
Like About How They
Are Behaving**

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**Behave The Way You
Want Your Child To
Behave**

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Take A Break

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**Find Time To Have
Fun Together**

Example: Say, “We’re going to the store in 10 minutes. You can play 5 more minutes and then we have to clean up.”

Example: You tell the child before the child has to get a shot, that it might hurt a little but you will hold them.

Example: Your child likes dinosaurs. You go to the library together to get a dinosaur book.

Example: I like the way you are putting your toys away.

Example: Move breakables out of reach.

Example: Siblings fighting over toys, mom goes closer instead of yelling from across the room.

Example: Set aside some time to play a game your child enjoys.

Example: Go in the next room and take a few deep breaths.

Example: If you don’t want your child to swear; Don’t swear.

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Change The Activity

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Give Specific Directions

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Really Listen

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Help Child Feel Safe

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Redirect The Child

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Show Affection

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**Tell Stories To Teach
Values**

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**Encourage Humor And
Fun**

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**Change How You Think
About Behavior**

Example: You are washing dishes and your child wants to tell you something. Stop washing for a moment and give him your full attention.

Example: Instead of saying, “Clean up your room”, say, “Put your clothes in the laundry basket and put your toys in the box.”

Example: Your children are fighting over a video game. Turn off the game and take the children to the park.

Example: Give your child a hug when you pick him up from child care.

Example: Your toddler wants to play with the electric cord; you move her away and give her a toy to play with.

Example: Your child is scared by a dog. You pick her up and say, “I will keep you safe”.

Example: If you are upset because your toddler makes a mess when she eats, calm down and accept that all toddlers do that.

Example: Be silly and playful with your children; play music and dance.

Example: Tell stories to the child that teaches kindness.

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See Child's Point Of View

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Provide Routines

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Physically Stop The Child

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Help Child To Calm Down

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Be Clear About Your Rules

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Explain The Reason For A Rule

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Use "DO" Instead of "Don't"

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Help Child With Frustrating Tasks

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Acknowledge And Accept Feelings

Example: Your child is hitting his little brother. Take his hand and stop him.

Example: Your family bedtime is at 8:00pm and you read to your children every night before they go to bed.

Example: When you are walking through a crowd, your child can only see people's knees.

Example: "No climbing on the table because you might fall and get hurt."

Example: Say, "The rule is— No climbing on the table."

Example: Your child is upset that her friend left. Sit with your child and talk with her calmly.

Example: Your child is scared of dogs. Say, "I know you are scared, I will keep you safe".

Example: Help your child when he is having trouble putting on his boots.

Example: Instead of "don't run in church", say "walk in church".

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Say A Firm “No”

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Ask The Child Politely

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Compromise

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Offer Substitutes

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**Remove Child From
Situations They Can't
Handle**

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Show Child “How”

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Be Consistent

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**Seek Support And Ideas
From Friends**

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**Listen To The Child's
Side Of The Story**

Example: Your child wants you to read three books before bed, you want to read one, and you compromise and read two.

Example: Please put your plate in the kitchen.

Example: The child wants to run in the parking lot. Say, “No,” firmly, “You need to stay by me”.

Example: Show child how to put his clothes in a hamper.

Example: Your child is starting to tantrum in the grocery store. Take the child out to the car and stay with her until she can calm down.

Example: Child is drawing on your gas bill; you give them a piece of junk mail to draw on instead.

Example: You are asking your child to get ready to go out, and he doesn't want to go— when you ask, you find out it is because he thinks you are taking him to the doctor to get a shot.

Example: Your child doesn't know how to stay in their room at bedtime. Talk to friends about how they have helped their children stay in their rooms.

Example: Every time your child runs in church, make her hold your hand and walk with you.

Consequence Tool



**Let The Child
Experience Natural
Consequence**

Consequence Tool



**Give The Child
Consequences For
Misbehavior**

Consequence Tool



**Take Desired Object
Away From The Child**

Consequence Tool



Use A “Time Out”

Consequence Tool



**Remove Child From
Activity**

Consequence Tool



**Express Strong
Disappointment**

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**Relax And Enjoy Your
Child**

Example: Your child keeps crashing the toy train into the wall. You take the train away, and tell your child she can't play with the train for the next half hour.

Example: Let your child know that if he throws sand at the playground that he will have to leave the playground.

Example: Your child doesn't want to put on her coat. You let the child walk out the door without the coat, letting the child feel the cold.

Example: Your child bites you. You say, "Ouch! That really hurts. You know you should not bite people!"

Example: Your child is playing with playdoh, but keeps eating it. Take her away from the playdoh activity.

Example: Your child is hitting other children during a play date. You take him away from the other children and have him sit by himself for a few minutes to calm down.

Example: Your child has been very whiny lately. You decide to stop trying to get the housework done and spend time going for a walk with your child and talking about all the birds and flowers you see.