



## Positive Discipline

### Build Positive Connections Every Day

- Notice, accept, and reflect your child's feelings.
- Respond warmly and positively to what your child says.
- Observe and respond to what your child's body language shows.
- Match your expectations to your child's age and stage.
- Accept your child as a unique person. Your child has his or her own temperament, interests, and likes and dislikes.
- Allow your child to try new things, explore, and fail.
- Show interest in your child's point of view and opinions.
- Spend some fun time together every day.

