

5-STEP PLAN

POSITIVE AND CONNECTING PARENTING



● ● ● STOP, THINK AND FIND THE (POSITIVE) INTENTION

01

Before correcting your child, pause and consider what behavior you'd like to see. Then consider what (positive) intention/need your child has with their behavior. Empathize, see the situation from your child's perspective!



● ● ● TELL, EXPLAIN, JOIN

02

Explain what behavior you want to see from your child. Do this as calmly, clearly, and concretely as possible. (So, not what your child shouldn't do, but what you do expect from them.)



● ● ● USE THE 'IF-THEN' RULE AND GIVE A CHOICE

03

For example: If your plate is empty, you can play outside for a while. Give a choice of a maximum of two options.



● ● ● FROM DEMAND TO EXPECTATION

04

Would you please take off your shoes? By asking this question, you're giving your child a choice. You have to accept the word "no." That's why it's better to set an expectation rather than asking a question. For example: "I need you to take off your shoes."



● ● ● TAKE GOOD CARE OF YOURSELF AND STAY OUT OF EMOTION

05

You're only human! You too, just like your child, learn through trial and error. If you're feeling down, take a time-out and stay out of your emotions. Take a step back, gather yourself, and only then take action!