

Building Strong Families

Reinforce

Key Points

- Praise a child for the **specific behavior you want to see**. (For example: "I'm proud of you for picking up all of those toys and putting them in the toy box!")
- **Hug** your child. (In addition to boosting self-esteem, a hug is actually good for the health of both parent and child.)
- Provide **tangible rewards**. (For example, rewards can be playing a game or watching a favorite video.)
- Say those magic words: "**I love you.**" (Children like to hear that often.)

If there are any statements you would like to remember from the discussion, please write them down to use later.