



How to Encourage Good Behavior

Lesson 5 - Three Things Every Child Should Know

1. You love them.
2. You know what is best for them.
3. You will make sure what's best for them is done.

Show them you love them by _____ a _____!

Don't give them any reason to doubt that you always _____ the _____.

Explain you do things because you _____ about _____.

"Remember, if you are struggling, something needs to change!"

CALL TO ACTION

1. Say twice a day that you love your child.
2. Teach them why you want them to do healthy things.
3. Teach them you will make sure what's best for them is done.

Notes



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Lesson 6 - Eye to Eye Dos & Don'ts

Goals for Eye to Eye Time

- Build your _____.
- Learn about _____.
- Head off _____.
- Share their _____.
- Discern _____.

CALL TO ACTION

1. Train them to look you in the eye.
2. Set up time twice a day to practice.
3. Discuss this with other child's parent.

List of Dos & Don'ts

- #1 Look at them and have them _____ at _____.
- #2 Let them _____ the discussion.
- #3 Don't do _____.
- #4 Don't _____ unless they are too!
- #5 If they aren't sharing, you _____.
- #6 Keep _____ to yourself.
- #7 Keep it _____.
- #8 It's not a _____.
- #9 Remember _____ implications.
- #10 Teach & train _____!



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Lesson 7 - Establishing a Routine

When children know what is coming next, they _____ and feel a sense of _____ and _____.

ROUTINES:

- ♥ Establish a sense of _____
- ♥ Bring _____ & _____
- ♥ Give knowledge that _____ will be met.
- ♥ Give stability & _____ in their lives.
- ♥ Give sense of well-being & _____.

TODDLER DAILY ROUTINE

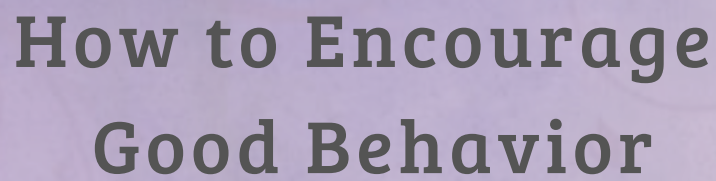
-  Wake Up/Get Dressed
-  Breakfast Time
-  Brush Teeth/Chores
-  Variable
-  Lunch Time
-  Naptime
-  Variable
-  Dinner Time
-  Variable
-  Bedtime Routine

"Children are more ready to cooperate when they can prepare themselves for each day with a sense of order."

Notes

CALL TO ACTION

1. Write down a daily routine.
2. Rearrange events to coordinate.
3. Make a routine picture chart..



My Toddler's Daily Routine

Module Two: *How to Train Your Child to Behave*
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Lesson 8 - Bedtime Routines

Before you start the bedtime routine...

#1 Fill their _____
_____ during the day.

#2 Take care of all potential
_____ before saying "Goodnight".

Every Night Toddler Bedtime Routine

- ♥ Brush Teeth
- ♥ Small drink
- ♥ Go potty
- ♥ In bed - prayers/song

♥ *The end...*


Toddler Attention Grabs

- _____ - "I'm thirsty!"
- _____ - "I'm hungry!"
- _____ - "I have to go potty!"
- _____ - "I'm scared!"

CALL TO ACTION

1. Make picture chart of bedtime routine.
2. Check out extra downloads!
3. Plan out Mommy/Daddy script or other audio resources.

"Any bedtime routine will not be as effective if their need for attention is not addressed during the day."



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Lesson 9 - Parenting No-nos

"If you excuse bad behavior, you can expect more of it."

Circle which no-nos are challenging for you as a parent.

1. Setting up situations that have a difficult _____.
2. Being slow and _____.
3. _____ at the time of correction.
4. _____ bad behavior.
5. Distracting rather than expecting _____.
6. Allowing children to _____ you.
7. Allowing _____ to escalate.
8. Allowing social _____.
9. Making fun of their _____ or _____.
10. Asking questions instead of stating _____.
11. Doing _____ for them.
12. _____ your kids.
13. Not enough _____ words.

Reason:

The cause of the _____ to
behave badly.

Excuse:

Giving _____
for the bad behavior.

CALL TO ACTION

1. Circle challenging no-nos for you.
2. Discuss your mistakes with the other parent of your child.
3. Email:
holly@mommyanswerlady.com!

"No matter how tired, hungry or shy a child may be, bad behavior is not an acceptable response."

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Lesson 10 – Rewards & Consequences

"Make the activity itself the reward as much as possible."

- ♥ Train your child to be _____ - _____.
- ♥ Children are _____ by rewards that are _____ to the activity.
- ♥ A reward that is given without any correlation to the _____ will _____ from the feeling of accomplishment.
- ♥ Talk to you child about how THEY should feel about their own _____.

#1 - Try to make rewards _____ to the activity.

#2 - Help your child focus on their own _____ of _____.

#3 - Contributing to the needs of the _____ does not deserve a reward in most circumstances.

Guidelines for Consequences

1. Child should know the behavior is not _____ first.
2. Child should know consequence _____ if they misbehave.
3. Consequence should _____ to the crime!
4. Consequence should be _____.

CALL TO ACTION

1. Change praise to focus on their feeling of accomplishment.
2. If outside reward is appropriate, still help child focus on accomplishment.
3. Discuss appropriate & relative consequences with the other parent.

REWARDS & CONSEQUENCES should both _____ to the _____.

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