

# MODULE 3: GIVING POSITIVE DIRECTION AND PRAISE

---

## GUIDE FOR THE FACILITATOR

### SUMMARY OF MODULE TOPIC: STAY POSITIVE! GIVING POSITIVE DIRECTION AND PRAISE

The goal for this week is to learn how parents can be more effective in providing direction for their child to follow.

This is done in two ways:

- 1. By providing specific, positive, and realistic direction**
- 2. By using praise for children when they follow the direction and other times**

When parents provide specific, positive, and realistic direction, it is clear to the child what behavior is expected of them.

For example, "Please put your toys in the bin." This tells the child exactly what to do by describing the behavior expected of him. The direction is also realistic because it is appropriate to the child's abilities. Compare this to, "Don't make a mess," which does not describe the behavior the parent wants to see. It is also not specific, and may not be realistic if the child is not yet able to play without making a mess.

Children also have difficulty with sequential directions—especially when they are young. They are better able to follow directions when they are given one at a time. Parents can wait for their child to follow one direction before giving the next. This may take longer, but it helps the child remember and follow the directions.

Every child is unique and has their own abilities. When giving direction, it is important for parents to know what their child can realistically do. For example, it is difficult for children to keep quiet all day, but they may be able to play quietly for 15 minutes while a parent is on the phone.

When parents speak calmly, the child will be more likely to hear and understand the direction. The child will also be more likely to follow the direction calmly. Yelling, on the other hand, only confuses everyone's minds and emotions.

Giving praise expresses approval and appreciation.

When parents praise their child for following directions or doing something, they are encouraged to do that behavior more often. On the other hand, behavior that is ignored is less likely to be repeated.

As in the example above, the parent could say, "Thank you for putting the toys away, Jun-Jun," after he follows the direction. This will encourage Jun-Jun to put his toys away in the future. It will also improve the parent-child relationship and feelings.

## FOUNDATIONS OF GIVING POSITIVE DIRECTION

---

The foundations of providing positive direction are **to be Positive, Specific, and Realistic**.

- Know what positive behavior you would like to see in your child.
- Make sure you have your child's attention before giving the directions.
- Give directions one at a time. • Give the child time to follow each direction. • Make sure the child can follow your directions. • For younger children, break down large tasks into smaller, one-step tasks.
- Praise your child immediately after they follow directions.

## FOUNDATIONS OF USING PRAISE

---

The foundations of using praise are **NOTICE, SAY, AND REPEAT**.

1. **NOTICE** - Notice your child's good behavior and praise them. They may not show it, but you will notice that they will do it again. They will also feel that you noticed them and that you care.
2. **SAY** - Be kind – be honest in what you say!
3. **REPEAT** - Find things to praise your children for every day. Even if it's simple.

## ISSUES THAT NEED TO BE PREPARED FOR

---

**Focus on positive behavior instead of negative behavior.** Often, parents notice when their child does not follow directions, and do not notice when they do. Parents need to know what behavior they want to see in their child and describe it when giving directions.

**It may be difficult to give positive direction at first .** At first, it may be difficult for parents to give positive direction because they are used to giving direction in a negative way. Your goal as a facilitator is to model how

provide positive direction. In this way, parents will be encouraged to provide specific and positive direction.

**Supporting children with disabilities** Parents should support the child in following directions by breaking down large tasks into smaller, step-by-step tasks, while giving the child the opportunity to do it independently.

This increases the child's confidence while still providing support. Let your child try to do the task first. Give them time before helping.

**Using praise can be a new experience at first.** Many parents have never received praise or positive attention before. They may be shy and hesitant to praise their child. However, the use of praise becomes easier with practice—and the child's reaction to receiving praise is a reward.