

WHAT IS POSITIVE PARENTING?

Positive parenting is based on the work of several researchers focusing on the importance of empathy in communication.



Arguments, opposition, crises... What if you put yourself in your child's shoes to understand what they are going through and better manage difficult situations? That's what positive parenting is all about.

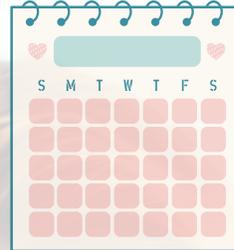
Listening to and respecting your child's needs: that's what positive parenting is all about. "With this approach, children learn to trust themselves, talk about their emotions, communicate respectfully, and recognize how others feel. They also learn to be independent and responsible for their actions. Discover this way of looking at your relationship with your child.

Source: <https://naitreetgrandir.com/fr/dossier/parentalite-positive-expliquee/>

Positive parenting in 10 tips



Listen to him before asking him to listen to you



Explain his day to him to avoid stressful surprises



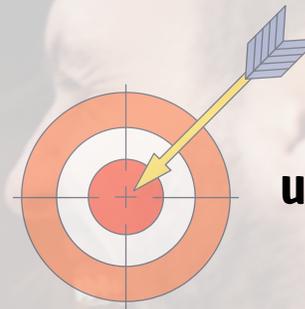
Talk to him about his actions instead of labeling them



Say STOP instead of saying no



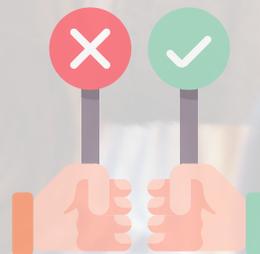
If he makes a mistake, teach them how to fix it



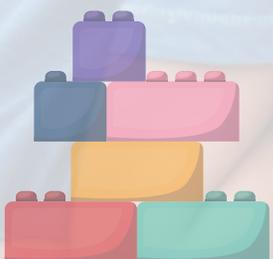
Say what you expect using positive language



Give him a role model



Offer him choices



Direct him toward an acceptable activity



Tell them often I LOVE YOU