

# KooLKIDS Parent Tips

## Describe What You Like



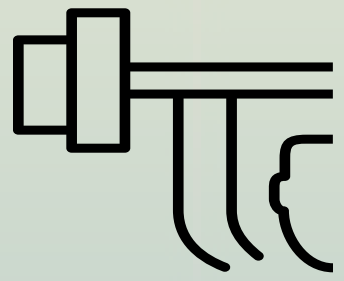
Tell your children what you like about their behaviour, attitude, and effort and use positive reinforcement often. Look for opportunities to 'catch' them demonstrating these positive attributes, and recognise and reward them.



### Play the 'Warm Fuzzies' game.

Pick something each day to compliment your children on.

### Focus on strengths.

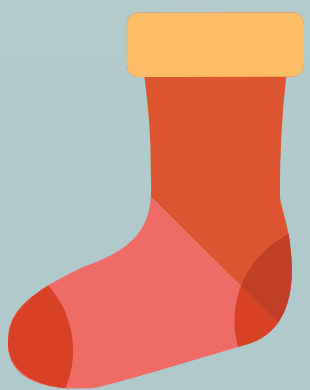


Look for and describe the strengths in your children and in your family, recognising that everyone may have different strengths. Make a list of each others strengths. What does everyone contribute to the family?



### Take care of yourself.

Remember to fill your own cup before you fill others! Make time for yourself so that you can be there for your children and your family.



### Set fun challenges for the family.

Maybe plan a:

- 'Silly Sock' Day,
- a 'Gratitude day'
- a Family picnic at home.

For further information on the KooLKIDS program please visit: [www.kool-kids.com.au](http://www.kool-kids.com.au)