



### Your turn

#### 1. What kind of adults would you like your children to grow up to be? What qualities would you like them to have?

Some parents have suggested humour, self-control, patience, confidence, tolerance, flexibility, consideration, helpfulness, politeness, positivity, organisation, assertiveness, creativity, kindness, integrity, openness, humility, focus, honesty, courage, willingness to take risks, responsibility, resourcefulness, resilience, gratitude, appreciativeness....

.....  
.....  
.....  
.....  
.....

Keep coming back to this list as it will provide goals for your child-training.

<b>2. Write down 5 qualities you appreciate about your child (repeat for each child, and for yourself)</b>
--

- ☺
- ☺
- ☺
- ☺
- ☺

#### Select an area where your children are showing improvement. Describe it in detail – focus on the progress, not the result.

For example: *Ethan is improving in organisation. This week, he remembered to ask me to sign his homework diary three times. He keeps it by the front door. He's beginning to plan ahead and think of solutions.*

.....  
.....  
.....

#### Choose an area of difficulty in your family (such as homework, mornings, car journeys, tidying up etc). Identify 5 things you CAN praise them for already in this area, rather than focus on what isn't working.

For example: "You asked me in a polite voice – you're not whingeing."

.....  
.....  
.....

**See if you can turn the following evaluative praises into Descriptive Praises**

When Sally takes her plate over to the dishwasher, instead of “Oh, good girl” ....

.....

When Ahmed does well in his maths test, instead of “Great result, clever boy”...

.....

When your 5 year old shows you his Lego construction, instead of “well done, darling” ...

.....

**And lastly**

When your 9 year finishes her homework what will you say?

.....  
.....  
.....  
.....  
.....