

# TOP 5 BEHAVIOR STRATEGIES EVERY PARENT SHOULD KNOW



SUPPORTIVE.  
PRACTICAL.  
ROOTED IN  
CONNECTION.

## Catch the Calm Moments

01

✨ Reinforce the behaviors you want to see more of.

Instead of waiting for misbehavior, try noticing when your child is playing quietly, sharing, or solving a problem on their own—even if it seems small. A simple “I love how focused you are right now” goes a long way. Reinforcement makes those positive behaviors more likely to happen again.

**Try this:**

“Thank you for using kind words!” or “You stayed calm when your brother took your toy—that was awesome!”

## Say What You DO Want

🗨️ Turn “don’ts” into clear directions.

Kids do better when we tell them what to do instead of what to stop doing. Replace vague or negative commands (“Don’t run!”) with clear, actionable ones (“Use walking feet.”)

**Try this:**

Instead of “Stop whining,” say “Use your calm voice and tell me what you need.”

## Pick ONE Thing to Focus On

03

🎯 Behavior change starts with focus.

If everything feels like a problem, it’s hard to know where to start. Choose one behavior that’s most disruptive or stressful and focus on that first. Keep the rest in “maintenance mode” and celebrate small wins.

**Try this:**

“This week, we’re working on listening the first time. I’ll remind you and celebrate when I see it happen!”

## Routines Reduce Meltdowns

🕒 Predictability helps kids feel safe.

Transitions and surprises can trigger big emotions. Use visual schedules, countdown warnings, or simple morning/evening routines to help your child feel more in control.

**Try this:**

“5 more minutes, then we’re putting shoes on!” or a picture checklist for bedtime.

## Regulate You First

05

💛 You can’t co-regulate from a dysregulated place.

Your calm is your child’s anchor. When emotions run high, take a breath, pause, and choose connection over control. You don’t have to be perfect—just present.

**Try this:**

“I’m feeling frustrated. Let’s both take a break and try again in 2 minutes.”

### 💡 Want more support?

Get weekly tips, practical tools, and real-life examples delivered straight to your inbox—plus learn how to use our LIGHT Framework to bring more calm and connection into your home.