



# Positive Outlook

When parents show a positive outlook, children learn how, too.  
Seeing strengths and positives helps us handle life's challenges and gives us hope.

## SHARE a "positive outlook" with your child...

- **Point out your child's positive behavior and strengths**
  - *"You and your sister are sharing so well. You're really having fun together!"*
  - *"You waited very patiently. It's hard to wait, and you did it!"*
- **Find positives in daily events**
  - *"Getting up early in the morning is hard, but it gives us time to talk."*
  - *"I'm looking forward to the fun we'll have at the park together."*
- **Talk about things that you enjoy**
  - *"The brown puppy is my favorite. Which is your favorite?"*
  - *"I like working on puzzles with you."*
- **Express your positive feelings**
  - *"I feel happy about spending time together."*
  - *"I felt good when I... fixed the cabinet door, finished the laundry, etc."*



## ASK your child to find the positives...

- *"What did you like about... going to the park, going to the market, etc.?"*
- *"Tell me three good things that happened today."*

## PAUSE and THINK of positive things at different times during the day...

- mealtime
- bedtime
- first thing in the morning
- outside in nature
- reading or playing with your child

## AND babies and toddlers, too!

- Smile at your baby throughout the day.
- Find things that make your baby smile.



More FREE online resources to build your child's resilience

[www.reachinginreachingout.com/parents](http://www.reachinginreachingout.com/parents) (videos, books, parent stories, articles, newsletter and more)