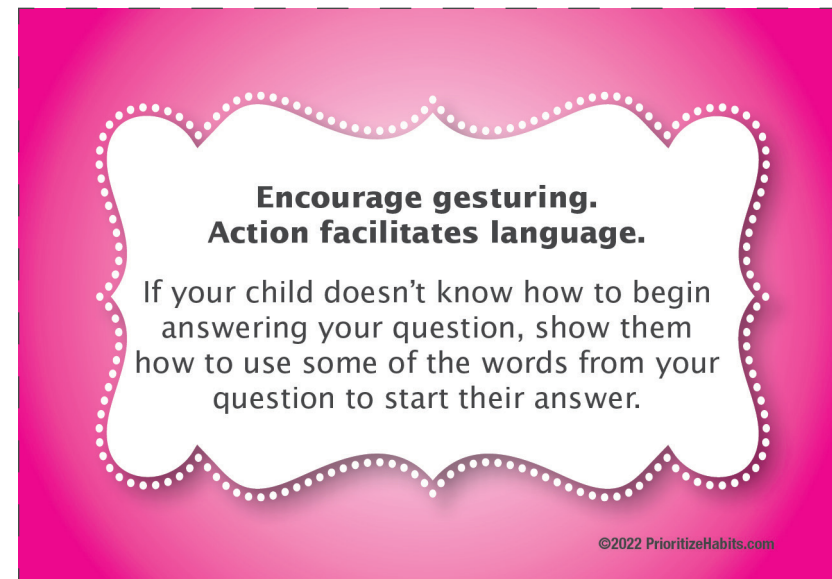


Sign Language for Parents are simple message cards to help facilitate communication and interaction between you and your child. These cards are instantly available to quickly and easily convey what you are thinking, feeling, or wanting to address. You may be unsure how to proceed. You may want to know what the experts feel is important to raising kind, confident kids. I've done the research-including my own experience as a parent and an educator so you don't have to. Some of the cards make it easier to facilitate connections and spark ideas for ways you want to relate with your child. You can choose a card to display so that you remember to do a certain behavior. You and your partner can choose cards to talk about how to raise your child so you are on the same page.

Sign Language for Parents was designed to have research-based techniques at your fingertips to raise an emotionally healthy, kind human beings...and enjoy all the moments.

Instructions: Please print out the sheets and cut each card out.



**Rather than give answers,
give choices.**

Good communication cannot take place without picturing what each other is saying. Give your child feedback about what their words are making you “see.”

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**Children are most like us adults
in their feelings and least like us
in their thoughts.**

—Lee Jenkins, PhD

Act and talk to your children as you would want to others to act and talk to you.

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Three to five seconds of wait time is important for you to give your child and your child to give himself before responding.

**Specific praise is
the best kind of praise.**

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The number of positive interactions should outweigh the number of negative interactions every day by at least 5:1.

Hug your child daily.

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Never do for your child what he can do for himself. Be consistent in word and deed. Be calm. Use one minute behavior modifiers.

The greatest gift you can give your child is to love him for who he is.

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It's easier to build children than repair adults.

—Anonymous

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Increased interactions with family members **increases language use** and complexity. Playing games, singing songs, reading together, and eating at least one meal together as a family are examples of such interactions.

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Powerful Language Strategy #1:

Language Expansions either extend or the child's sentence structure or the meaning of the statement.

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Powerful Language Strategy #2:

Open-Ended Questions:

- Stimulate critical thinking and prompt more complex language
- Have no right or wrong answer
 - Are child focused
- Are natural and easy to learn.

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Use the words **choose/decide/pick** until you're sick of hearing yourself say those words. Then say them some more.

Repeated use of the three words above helps children realize that they are responsible for their reactions to the **what is** of their lives.

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Powerful Language Strategy #3:

Conversational Recasts are not corrections. They are repeating what the child has said with a good model.

It is an effective strategy for grammatical structures and articulation errors.

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Use the words **choose/decide/pick** to formulate and implement consequences.

Regularly use **Grandma's Rule**.
You simply ask the child to do the thing he doesn't want to do before the thing he really wants to do.

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A parent has three jobs. They are:

1. **Encouraging** good behavior
2. **Controlling** obnoxious behavior and
3. **Strengthening** your relationship with your child.

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When wanting your child to **STOP** behaving a certain way, remember:

NO Talk. NO Emotion. NO means NO.

Give your child 1,2,3 chances to change their behavior. (From *1-2-3 Magic* by Thomas Phelan, PhD)

**If it's not worth your time,
it will never be worth *their* time.**

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To strengthen family relationships,
remember:

Small things often.

—John Gottman, Ph.D.

What you do and say every day matters.

Respect always; repair often.

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When you want your child to **START** (or continue) doing what you want them to do, remember: **Grandma's rule.**

Work and play. Teach responsibility. Teach your child the steps of a job well done. Have systems in place. Specific praise. Incentives.

Pay attention to the positive;
ignore the negative.

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**I say what I mean
and I mean what I say.**

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Catch your child being good,
i.e. doing what you want them to do.

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Calmness is strength.

—Fred Jones, PhD.

Silence has an impact like no other.

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For your child to become
a happy, successful, responsible adult,
start teaching your child early;
from the age of 2 on.

Learned helplessness
is difficult to overcome.

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Pick your battles.

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**Build a culture of conversation
and respect** in your family early,
so as your children grow up,
talking to each other about fun—and
difficult—subjects feels natural.

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Don't be mean!

—Jonathan Mooney

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The more words you use,
the less children hear.

Never assume comprehension.

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Measure backwards.
Daily wins; Wins for tomorrow

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***OWL**
Observe
Wait
Listen; then Imitate, Comment; Expand
Hanen.org

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AAA Way
Allow your child to lead*
Adapt to share the moment
Add language and experience

Hanen.org

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Questions, comments, testimonials?

At Prioritize Habits, communication is key and we would love to hear from you! Tell us about your concerns, suggestions and best of all, your success with our products and your relationships!

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