

Positive Parenting Practices

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Family Meals Together

- Prepare a meal together
- Sit down together to eat
- Have family snack time together
- Have a picnic in the living room
- Eat on the front porch
- Talk and connect!



Going Out

- **Go outside**
 - Do yard work together
 - Plant some seeds
 - Take a trip to the store
 - Play Hopscotch together
 - Blow bubbles
- **Take a walk**
 - Identify plants and flowers
 - Pick up trash
 - Play "I Spy With My Little Eye"
 - Go on a savenger hunt for rocks and sticks
- **Go to a park**
 - Look for wildlife and bugs
 - Enjoy the swings together



Singing

- Sing a song
- Sing a story

Playing with peers

- **Connect with other children**
- Play outside
- Play board games
- Outside activities
- Tag, hopscotch, red rover, bubbles
- Make something in the kitchen

Reading

- **Read books together**
- Read text or point to pictures
- Have your child tell the story
- Ask questions
- Make sounds
- Be excited!
- **Tell stories**
- Tell family stories or read new stories



Limit Technology

- Set a reminder to turn off devices
- Limit screen time (tv, phone, video games, etc.)
- Put electronic devices away to focus on family

