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TO BUILD STRONG

- ❑ Catch kids showing positive behaviors. Give them praise and positive recognition. Help them improve one behavior at a time.
- ❑ Use kind words, tone and body language when giving instructions or directions.
- ❑ Spend some time every day in positive, loving interactions with your child. Look for opportunities to spend time with a family, like taking after-school walks or reading books together.

For other wellness topics, please