Positive Parenting Practices

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 scavenger 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