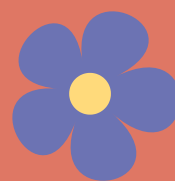




# Positive Parenting

## Tips for Caregivers of Children with PWS



### Focus on the behaviors you want to see

Positive parenting focuses on what we want to see and what we want our child to do. Identify the behaviors that help your child to be successful and happy, and make those behaviors that focus of your attention.



### Set you child up for success

If you can reliably predict situations when your child is most likely to engage in challenging behavior, you can try to set your child up for success by avoiding those situations or managing the difficult aspects. Its not always possible, but if it is then you can prevent problems before they start.



### Control the environment

Whenever possible, try to control aspects of the environment that could lead to challenging behavior. Specifically, pay attention to the situations, foods, or environmental conditions that tend to predispose challenges, and try to provide your child with the environmental supports that he or she needs to be successful.

### Establish a predictable schedule

Unpredictability can often predispose behavioral challenges, especially if your child has certain expectations that are not met. When possible, establish a predictable schedule and communicate the schedule to your child. Consistency can help cut down on power struggles and can reduce tantrums and anxiety related to uncertainty and difficulty with transitions.



### Ensure time for transitions

Switching from one task to another, even for small transitions, can be hard. Switching from a preferred to non-preferred task, such as going from playing to cleaning up, can be even more difficult. Be sure to allow enough time for your child to transition. Whenever possible, give five-minute, two-minute, and thirty second warnings.



### Prepare your child for what is expected

Any time there is a big change in your child's schedule, or they are attending a new event or going on a new outing, it can help to prime them for the event by giving them all the necessary information in advance and having them practice any expected behavior or changes. Removing the uncertainty from new situations through priming and practice can help prevent challenging behaviors.



### Offer choices

Offering choices, especially over aspects of less preferred tasks and routines can help to reduce power struggles and make these tasks and routines more reinforcing to your child. Whenever possible, consider offering a small choice or series of choices. This does not mean give your child control over everything, but small age-appropriate choices can help to reducing arguing and resistance.

