

Positive Outlook

When parents show a positive outlook, children learn how, too. Seeing strengths and positives helps us handle life's challenges and gives us hope.



SHARE a "positive outlook" with your child

Point out your child's positive behavior and strengths

- "You and your sister are sharing so well. You're really having fun together!"
- "You waited very patiently. It's hard to wait, and you did it!"

Find positives in daily events

- "Getting up early in the morning is hard, but it gives us time to talk."
- "I'm looking forward to the fun we'll have at the park together."

Talk about things that you enjoy

- "The brown puppy is my favorite. Which is your favorite?"
- "I like working on puzzles with you."

Express your positive feelings

- "I feel happy about spending time together."
- "I felt good when I... fixed the cabinet door, finished the laundry, etc."



ASK your child to find the positives

- "What did you like about... going to the park, going to the market, etc.?"

- "Tell me three good things that happened today."



PAUSE and THINK about different times you can encourage your child

- mealtime
 - bedtime
 - first thing in the morning
- outside in nature
 - reading or playing with your child



AND babies and toddlers too!

- Smile at your baby throughout the day.
- Find things that make your baby smile.

Reaching IN...Reaching OUT[™] (RIRO),

is a set of resilience skills trainings designed to strengthen well-being and resilience in adults and children through role modeling and relationships.



Learn more at www.wellington.ca/riro



[™] Official Mark of The Corporation of the County of Wellington
Alternate Formats Available Upon Request.

Positive Outlook



™ Official Mark of The Corporation of the County of Wellington
Alternate Formats Available Upon Request.