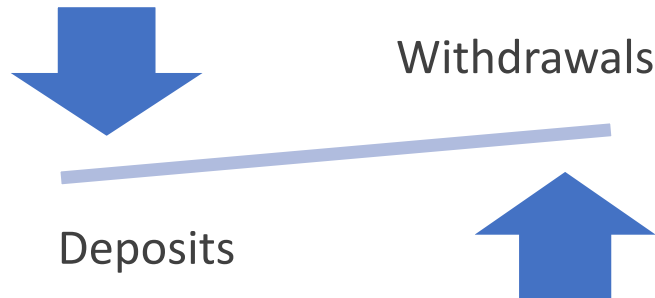




PEACE AT HOME
P A R E N T I N G S O L U T I O N S

The Emotional Piggy Bank



Take time each day to make regular deposits into your child's emotional piggy bank to promote independence and set your child up for success. When their bank is full, children can withstand less-than-ideal parenting moments. On the other hand, if their emotional piggy bank is low, your child is less likely to cooperate and more likely to demand our attention. Next time your child is being "needy," ask yourself "How is their account? Is it running low Take 15-20 minutes at least 3 times per day to connect with your child and make regular deposits throughout the day.

Deposits:

- Play/Playful behavior
- Acknowledge child's successes
- Delight in exploration
- Connect one-on-one
- Hug/physical touch
- Empathize with their feelings

Withdrawals:

- Ignore child when they are talking
- Yelling or screaming
- Correcting or stopping behavior
- Giving instructions
- Breaking promises
- Shaming or criticizing