

Parent Resource

Positive Parenting

This infographic has key elements to build positive parenting.

Click the image to be taken to Zero to Three's website.

Positive Parenting



ZERO TO THREE
Early connections last a lifetime

Positive parenting describes a set of parental behaviors that foster a child's capacity to **love, trust, explore and learn**. The goal of positive parenting is to help parents guide their children's healthy development in the context of the family's culture. Key elements of positive parenting include the ability to:

Understand or imagine the **child's point of view**, especially during challenging moments.

Respond with interest and **sensitivity** to the child's cues.

Recognize that **parenting can be stressful** and missteps are a natural part of child-rearing.

Recognize and **celebrate** the child's strengths, abilities, and capacity to learn and develop.

Provide consistent, **age-appropriate guidelines** and limits for child behavior.

Work toward a **balance** of meeting parental needs and child needs.

Delight in **moments of connection** with the child;

Recognize and **regulate their own feelings** and behaviors before they respond to the child.

Seek help, support or additional information on parenting **when needed**.

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