15 smok signəlz **DECEMBER 15, 2020**

HEALTH&WELLNESS NEWS





Using positive action language helps kids understand.

Try this:

Instead of:

- "Don't paint on the table."
- "Don't be rude."
- "Stop climbing on me."

- "Keep your food on the tray."
- "Ask me in a kind way."
- "I'd like for you to sit next to me."
- "Stop yelling." • "Let's whisper in the library."

Simple shifts in the language we use can make a big difference in helping kids hear us.



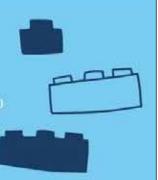


Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families.

WHEN CHILDREN **IGNORE OR TEST** LIMITS,

taking action can keep us from yelling out of anger or exasperation,

TAKE ACTION TO **PROTECT THINGS**

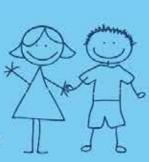


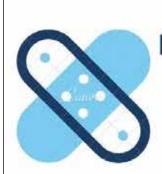


TAKE ACTION TO PROTECT THE CHILD

"I need you to be safe in the parking lot, so I'm going to pick you up."

TAKE ACTION TO PROTECT OTHER CHILDREN





TAKE ACTION TO PROTECT YOURSELF

"It hurts when you grab my face, I'm going to put you down,"



THIS INFORMATION IS PROVIDED TO YOU BY THE INDIGENOUS PROJECT LAUNCH (LINKING ACTIONS FOR UNMET NEEDS IN CHILDREN'S HEALTH), THE PURPOSE OF THIS GRANT IS TO FOSTER CULTURALLY RESPONSIVE MODELS TO SUPPORT AND PROMOTE THE WELLNESS OF CHILDREN AND FAMILIES.