

CARE Training

CARE stands for **Child Adult Relationship Enhancement**. Whether you are a parent, grandparent, educator or caregiver, these simple strategies can strengthen your relationship with any child, not just those facing behavior challenges.

The 3 Qs - What to Avoid

Quashing the need to lead

Step back from unnecessary commands.

Quit unnecessary questions

For example, if a child says, 'I'm going to color the dog purple,' and the adult replies with 'You're coloring it purple?' This may lead the child to think that you aren't listening or that you are disagreeing with their idea.

Quiet the criticisms

Quiet statements with words: No, stop, quit, don't, not. Negative talk often fuels negative behavior. Look for positive behaviors you can highlight.

The 3 Ps - What to do Instead

Praise

Use specific praise to reinforce positive behaviors.

Paraphrase

When a child says something, repeat it back in your own words.

Point out behavior

Simply describe what you see the child doing.