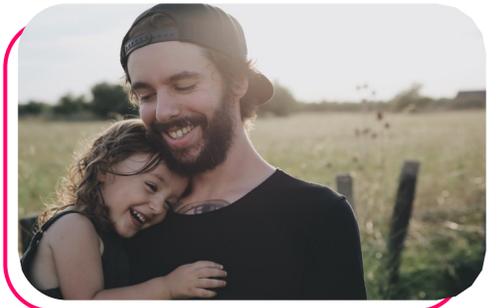




CATCH 'em BEING GOOD

Catch'em Being Good is about having a positive reaction to your child's behavior. A positive reaction is using words of praise and can include a high five, big hug, pat on the back, fist bump, three cheers, or thumbs up for things your child is doing that you like and want to see more of. Catch'em Being Good can be used to promote healthy behaviors, too. Research has shown that this is more effective in changing a child's behavior while also helping them be more confident and have better self-esteem. When children feel good about their behavior this motivates them to do it more and to get better at it. And you get to do less nagging and have a more nurturing relationship with your child.



HOW to Catch'em Being Good

- **Be specific.** Name the behavior and your feelings about it:
 - "I liked how you got your clothes for soccer together."
 - "I love seeing you running on the playground."
 - "It makes me happy to see you putting fruit in your lunch."
- **Use right after the behavior.** Focus on what they did right or the behavior you want to see.
Example: If they overfilled and then spilled the water glass, but they cleaned up right away, say: "I love when you clean up your own mess!"
- **Be sincere and enthusiastic.** Use Catch'em Being Good often, every day. Catch'em Being Good can feel awkward at first and challenging to do, but it does get easier and more natural.

What Catch'em Being Good IS/ISN'T:

- Catch'em Being Good is NOT bribery: "If you eat the broccoli I'll give you 5 more minutes on the Xbox."
- Catch'em being Good does NOT use food as a reward.
- Catch'em Being Good is NOT comparing to other people: "Way to go! You are ready before your sister."
- Catch'em Being Good is NOT unrealistic praise: You did that homework so fast. You are ready to be the school principal!
- Catch'em being good is NOT about how a person looks or what a person weighs. Those are NOT behaviors.
- Catch'em Being Good does NOT mean overlooking things that need to be addressed, it just does so in a **constructive way**. Instead of saying: "WHY do you leave your coat on the floor all the time!", try: "Your coat is on the floor. Put down your cars and come hang your coat." OR "You are such a mess!", try "Yes, you got some soup on your shirt. Next time let's put a napkin on your lap."
- Catch'em Being Good celebrates **the effort**: I know it can be challenging for you to taste a new food. I like how you gave it a try.
- Catch'em Being Good celebrates **the progress**: I remember when I had to help you to brush your teeth. Now you are keeping those teeth clean all on your own. I am proud of you!
- **Role model** Catch'em Being Good by catching yourself being good and avoiding the negative self-talk. Instead of, "That was stupid. I forgot to get the eggs." Try, "I forgot the eggs. Next time I need to make a list for the store." OR "I did it! I used the stairs instead of the elevator!"

