



Positive reinforcement to encourage good behavior

Positive reinforcement may encourage good behaviors, like listening or doing their chores, and prevent less desirable ones, like arguing or hitting.

Positive reinforcement doesn't have to be complicated. Reinforce positive behavior by:

- Clapping or cheering
- High-fiving
- Offering specific praise directly to your child (such as, "Great job putting your toys away before dinner!")
- Hugging
- Offering a tangible reward (like a sticker) or special activity (like playing a game together)

Learn more healthy discipline strategies at [healthychildren.org](https://www.healthychildren.org).