

Positive parenting with positive reinforcement

#positiveparenting #parentingtips #healthyparenting

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=MVELQKGEGJA](https://www.youtube.com/watch?v=MVELQKGEGJA)
<https://www.youtube.com/watch?v=MvELqKGEGjA>

SUMMARY

Discipline should focus on recognizing and reinforcing positive behaviors rather than solely correcting mistakes. By acknowledging good behavior, parents can help their children feel valued and encourage them to repeat those positive actions.

- *Parents often give more attention to negative behaviors than positive ones.*
- *Ignoring good behavior can lead children to believe they only receive attention when they misbehave.*
- *Positive reinforcement helps children associate good behavior with love and connection.*
- *A shift in parenting approach involves actively catching children being good and praising them.*
- *This method is supported by neuroscience, emphasizing the importance of positive feedback.*
- *Encouraging positive behavior can build children's confidence and emotional well-being.*
- *Parents are challenged to choose between perpetuating negative cycles or fostering a positive environment.*

Parents often think discipline means correcting mistakes. But what if I told you the real damage happens when you ignore the good? Think about it. When your child spills water, you notice instantly. But when they sit quietly drawing for 20 minutes, you don't say a word. And it's wiring your child's brain to believe, I get attention only when I mess up. Okay, let me share a quick story. A mother told me her three-year-old had become naughty on purpose. Now, why was that happening?

Because every time he hit or screamed, she scolded him. But that was still attention. When he played nicely, no one noticed. This is how brain learns. What gets attention should get repeated. Now, here's the secret shift. Flip the script. Catch them being good. Say, "I love how gently you're holding your toy." Or, "Thank you for waiting patiently." Suddenly, positive behavior becomes their shortcut to love and connection. That's not just feel-good parenting. It's neuroscience. So the question is, will you keep feeding the negative cycle or will you join the new movement of parents building confident children with positive reinforcement?

Which side are you on? Let me know in comments.