

Video 3: Encouraging Positive Behavior

This “Video Library” version of the *Active Parenting: First Five Years* group discussion program is designed for parents to view on their own or in groups. Because group viewing can be enhanced through discussion, the following questions are designed to help a leader facilitate such a discussion. Most of the questions are aimed at helping parents apply the information in the video to their own lives. They can be used in a large group or with parents in pairs or small groups. Ask as many questions as time allows and add or delete questions as you think best for your audience. For longer and more in- depth discussions of the topics covered by the video, you can order a copy of the *Active Parenting: First Five Years* Leader’s Guide from the Discussion version of the program. Experience has shown that parents who read the accompanying *Parent’s Guide* (and complete the home activities that are included) will best be able to utilize the skills presented in the video.* However, when this is not possible, the Parent Handouts (also available for download from www.ActiveParenting.com/FFY) will help. Permission is granted to photocopy the Parent Handouts for this use.

Leading a Group Discussion

Introduce the video by asking a few questions such as:

- ◆ Who can share a success they had at home this week using any of the skills we learned from Video #2?
- ◆ This video is about using discipline with young children. Do you have any discipline problems with your children that you hope to address?
- ◆ This video is also about encouraging young children and learning to avoid discouraging them. Why is this so important?

Video and Discussion (Play the video and follow with questions such as these:)

1. What is one thing that you learned or relearned from watching this video?
2. The video introduced a very effective discipline method called “choice and consequences.” How did the dad in the first scene use this to handle the problem of his children fighting?
3. What were some of the guidelines the narrator suggested for using choices and consequences?
4. How did Dr. Popkin use this method to teach his daughter not to stand on the rocking chair?
5. Who has a problem that we can use to brainstorm some choice and consequences you might use at home this week? (Share as time allows.)
6. What are some ways the video talked about building our children up with encouragement?
7. And what are some ways to avoid putting our children down with discouragement?

Closing

Practice using the skills we learned in this session and be sure to read Chapter 3 in your *Parent’s Guide*. Our next video will help you think about some good ways to encourage your child’s learning and prepare them to succeed in school. I look forward to seeing you then.

*Order Parent Guides, Leader’s Guide, and other materials at www.activeparenting.com or 800-825-0060.