



## Positive Environment Assessment

Look at each of the following points and rank your family from 0-3 on how you're doing with each (0 = not good, 1 = sort of OK, 2 = pretty well, 3 = excellent)

### Clear, fair and accepted rules and consequences:

- Rules are clear, simple and few in number
- Children have had a chance to help determine what the rules and consequences should be
- Rules are posted in your home for all to see
- Consequences are quite consistent
- Children understand the "why" behind each rule

**Love:** You tell your children frequently and sincerely how much you love them.

**Interest and eye contact:** You show real interest in the things they want to tell you and make a point of really looking them in the eye as they talk.

**Choices:** You ask their opinions on things and frequently give them clear, simple choices.

**Physical affection:** You give hugs and kisses, pats on the back, shoulder massages, etc.

**Assumptions:** You assume the best of your children and don't jump to negative conclusions.

**Attention:** You make a point of spending time playing with, reading with, and actively interacting with your children daily, reducing their need to act out to get your attention.

**Appreciation:** You tell them what you appreciate about them daily; give sincere and specific compliments frequently.

**Public praise:** You talk regularly with your husband and others about the good things your children did that day, often in earshot of your children.

**Praise:** You lavish praise on them for good behavior – if one child is being good and another is acting out, you make a point of praising the good behavior and ignoring bad behavior where possible.

**Realistic expectations:** You don't set kids up for failure by making rules that are too strict, insisting they do something too fast, or asking them to do something too complicated or difficult without your direct help.

**Answering requests and needs:** You strive to develop a balance between stopping what you're doing immediately to meet children's needs and making them wait for your attention for too long.

**Apologies:** You own your own misbehavior and apologize to your children when you've yelled, etc.

**Good example:** You model good behavior and practice what you preach.