



Encourage Positive Behaviors

- **Create a “Bucket list”** - Have parents record 3 or 4 ways they already show their children they love them and compliment them. Ask them to record 3 or 4 more ideas on how they can “fill their child’s bucket.”
- **Practice PRIDE skills** – Model an example of how to use the PRIDE skills to interact with the child. Allow the parent to interact using the PRIDE skills next.
- **Make “Gentle Hands”** – For children who are struggling with using gentle hands with siblings and friends, create “gentle hands” to show an example of a soft touch. Trace the child’s hand and cut out, glue or tape on a popsicle stick, and glue or tape feathers on the fingertips. Have the child practice using the “gentle hand” with parent.
- **Send a Text Message to Fill Someone’s Bucket** – Encourage parent and child to choose a friend or family member to send a text message to with encouraging words. This is a way for them to practice “filling a bucket” and hopefully the parent and child will get a “bucket filler” message back!
- **Make a Post Card** – Assist the parent and child in creating a post card to mail to a friend or family member to “fill their bucket.” Encourage them to come up with a message and picture together.
- **Family Mailbox** – Assist parent/caregiver and child to create a “family mailbox” using a shoebox and crayons, stickers, etc. Provide a stack of index cards to write “letters” of encouragement to family members. Encourage child to check the mailbox daily and deliver encouraging messages.
- **Pocket Full of Pennies** – Have parents put 20 pennies in their pant pocket. Every time they have a positive interaction with their child, transfer a penny to the other pocket. The goal is to move all the pennies by the end of the day!
- **Wish List** – Have parent and child sit down and come up with a wish list the child would like filled. Encourage child to come up with activities to do with their parent/caregiver and not items. For example: Play soccer, go on a bike ride, go exploring in a forest, fly a kite, paint a picture, etc.
- **Sign up to Volunteer** – Emphasize to parent how volunteering to help others not only fills others buckets, but theirs as well. Visit websites to find volunteer opportunities for parent and child to sign up to do together. (For example – volunteermatch.com, Ronald McDonald House, churches, etc.)
- **Bake Cookies** – Assist parent and child in spending quality time together by baking cookies, muffins, bread, etc.
- **More Ideas:**