

# Positive Parenting Practices

Sherry D. Ramsey, M.S.  
AHS and Infant Mental Health  
Human Development & Family Services  
Oklahoma State University

David E. Bard, Ph.D.  
Associate Professor  
University of Oklahoma Health  
Sciences Center

Yui Yamaoka, MD, Ph.D.  
Research Fellow  
University of Oklahoma Health  
Sciences Center

Lana Beasley, Ph.D.  
Associate Professor  
Human Development and Family Science  
Oklahoma State University

## Family Meals Together

- Prepare a meal together
- Sit down together to eat
- Have family snack time together
- Have a picnic in the living room
- Eat on the front porch
- Talk and connect!



## Going Out

- **Go outside**
- Do yard work together
- Plant some seeds
- Take a trip to the store
- Play Hopscotch together
- Blow bubbles
- **Take a walk**
- Identify plants and flowers
- Pick up trash
- Play "I Spy With My Little Eye"
- Go on a scavenger hunt for rocks and sticks
- **Go to a park**
- Look for wildlife and bugs
- Enjoy the swings together



## Singing

- Sing a song
- Sing a story

## Playing with peers

- **Connect with other children**
- Play outside
- Play board games
- Outside activities
- Tag, hopscotch, red rover, bubbles
- Make something in the kitchen

## Reading

- **Read books together**
- Read text or point to pictures
- Have your child tell the story
- Ask questions
- Make sounds
- Be excited!
- **Tell stories**
- Tell family stories or read new stories



## Limit Technology

- Set a reminder to turn off devices
- Limit screen time (tv, phone, video games, etc.)
- Put electronic devices away to focus on family

