Parenting Pyramid®

- Clear Limits
- Household Rules
- Consistent Follow-Through
- Ignoring
- Distracting
- Redirecting
- Empathy
- Listening
- Talking
- Coaching
- Praise
- Encouragement
- Rewards
- Celebrations
- Use Liberally
- Use Selectively
  - Time out
  - Loss of Privilege
  - Natural & Logical consequences

- Problem Solving
- Cooperation
- Self Esteem
- Attachment
- Social Skills
- Thinking Skills
- Motivation
- Benefits for Child

Parent Skills & Strategies