

# Provider Tip of the Week

January 5, 2022

## Noticing Positive Behavior



Research shows that giving attention to any behavior - positive or negative - increases the likelihood that you'll see more of it. In the exam room, you can use the power of praise to notice and comment on *positive behaviors* and model this technique for parents. Try something like, "Great job taking in a deep breath. That really helps me to listen to your lungs." Or, "Thank you for holding still for the exam, you listened so well to all of my instructions." By encouraging parents to *notice* the behaviors they would like more of, you can help change their focus on more positive behavior.



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