



The Nurtured Heart Approach

By

Howard Glasser

Creating and Continuing Successes

- Remember: Your greatest asset is what you choose to **energize and how you choose to respond**.
- You can shift your child to positive and responsible choices by building a wide base of successes all around them.
- Remember to do **Kodak Moments**: Notice what your child is doing (when nothing is going wrong) and feed it back with detail. This is very nurturing and registers internally to your child as a success.
- Remember to do **Polaroids**: Teach your child important values like good manners, respect, and good attitude by giving acknowledgement and appreciation specifically for nuances of that quality. Other important values: making good choices, showing responsibility, using healthy self-control, handling strong feelings well, and cooperating. Creatively energize these traits to the greatest extent that you can imagine.
- Remember to do **Canons**: Be proactive. Avoid the trap of responding after the rule is broken. Actively let your child know when the rules are not being broken. Be specific and appreciate these instances powerfully. Acknowledgements when the child is not hitting, not arguing, not using bad words, not yelling or teasing are felt as powerful successes and go a long way toward teaching the rules.
- If you give **general** praise like **good job** and **thank you** take an extra second to explain specifically why you are pleased to increase the impact.
- Remember that lectures, warnings, yelling, reprimands, discussions, sermons, and other non-verbal ways of responding to negativity are really **rewards** of your energy. Be super-careful what you choose to reward.



- When rules are broken, simply give a consequence in your most unceremonious way. ***Oops, broke a rule. That's a time-out...or that was arguing, that's a time-out.*** Stay calm. Even subtle reactions are rewards.
- You can also create successes by making your requests to your child more specific and direct: ***I need you to...*** Remember to energize desirable response with recognition and appreciation.
- For very difficult children you must amp up both the level of appreciation and the level of limit setting, along with a cleaner level of not accidentally energizing negativity. ***You can have more impact with your appreciations by giving the recognition with more emotion, more detail and more frequency.*** You can help limit setting by giving more appreciation to rules not broken, by making rules more clear and by getting better and better about not accidentally rewarding negativity. If your goat has been gotten, keep that as privileged information. Only make a fuss about the good stuff and remember that you can see as many positives as you choose Get creative. Remember ***Shamu*** and ***The Tolltaker***.



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Recognition and Appreciation

Here's a list of examples of ways of acknowledging, appreciating, recognizing and energizing success. They can be custom tailored to your own way of showing gratefulness:

Kodak Moments (active recognitions)

I have noticed the extra effort you've been using
Billy annoyed you and you walked away. Wonderful self-control.
I see that you're upset and I appreciate that you're handling your strong feelings well.
I noticed the effort you put into putting your things away and you are very focused
I see that you are frustrated with the assignment and that you are sticking with it.
I notice that you 're getting along with your sister beautifully. You're being respectful.

Polaroids (experiential recognitions)

I appreciate the good choice you made to speak thoughtfully.
I love that you've shown responsibility in completing your homework assignments.
I appreciate that you just took "no" for an answer, without arguing or fussing.
I'm very pleased that you've been doing your chores without being told.
I appreciate that you've been using good manners. That's being respectful.
I appreciate that you've been sharing with your sister. That's a great attitude.
I appreciate that you've been doing extra reading. That shows responsibility.
I appreciate that you've been focused on your project. That shows thoughtfulness.
I like how nice you were to Billy when he felt sad. That really shows compassion.
I like that you were honest when it would have been easy to lie. That shows integrity.
You've been much nicer with your friends. I really appreciate the cooperation you are using.
You've been using much more self-control when you 're mad. I appreciate that very much.
You did what I asked right away. You followed directions beautifully.



Canons (unbroken rules - proactive recognitions)

I appreciate that you haven't been teasing or arguing with your brother.

You haven't been mean to the dog all day long. I appreciate that very much.

You have not been screaming or yelling since your time-out. I really appreciate the extra self-control you're using... especially since I can see that you're still disappointed.

I appreciate that you didn't throw a tantrum when you were told "no" to your question.

I appreciate that you haven't been demanding. Good job for being thoughtful.

You have not been a bully to your brother and haven't used bad words. I really appreciate that.

I appreciate that you haven't been aggressive. That's a healthy way to be powerful.

I appreciate that you have not been ditching school or violating curfew. Your effort helps me a lot

And it's really using good judgment and is a wonderful choice.

I appreciate that you haven't been rude to your teachers. Thank you for using good manners.

Thanks for getting back in control of your strong feelings. You were really mad and you calmed yourself down. Good job for choosing peacefulness.