Three Stands/Strategies of the ‘Nurtured Heart Approach’

Three Stands Used Together in Concert

- **Refuse to Energize Negativity**
  - Negative Behaviors
  - Broken Rules
  - Problems
  
  w/ Big Reactions or Relationship

  Enforce limits with as little interaction as possible.

  **Without** explanation, lecture, questions, analysis, anger, or punitive measures.

  **Make it boring to break a rule!**

  Recognize own triggers & emotional reactions.

  & Have strategies & plan to not engage or escalate negativity.

- **Relentlessly Energize Positive Behaviors**
  
  In the ‘Moment of Success’

  (4 Techniques)

  1) **Active Recognition**
     Describe the Details of Positive Behaviors or Qualities

  2) **Experiential Recognition**
     Attach Meaning & Value to the Behaviors & Qualities
     Ex. Perseverance, Focus, Integrity

  3) **Proactive Recognition**
     What’s NOT happening that could be?
     ‘Self-Control’ ‘Following Rules’

  4) **Creative Recognition**
     Help Success Happen
     - To teach new behaviors
     - Shift the momentum to positive

- **Absolute Clarity**
  - Clear expectations
  - Predictable consequences
  - Back to Success ASAP

  **DON’T LET THINGS SLIDE!**

  **Avoid Warnings!**
  Warning make rules unclear!

  **Immediate Brief & Mild Consequences- ‘Reset’**

  Then...

  Welcome back child ASAP with 100% forgiveness;
  back to start for ‘Another Try’ or ‘Redo’

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"The quality of the relationship & interactions with ‘important adults’ is the most powerful environmental dimension influencing how children learn tasks, competencies and self-regulate."

Dr. Jack Shonkoff, Director for Center on the Developing Child at Harvard University

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Core Concepts Nurtured Heart Approach is Built On

➢ **Relationship is the Reward**

"Studies of brain development show that positive interactions with important adults is the most powerful external dimension influencing how children learn:

- Specific tasks
- Competencies
- Ability to self-regulate

Dr. Shonkoff, Dir. Center of Dev. Child, Harvard

➢ **We Can Choose what we give Relationship to**

or

- Negative Behaviors
- Problems, Poor Choices
- Positive Behaviors
- Strengths, Good Choices

Communication is 55% facial expression, 38% tone, 7% actual word

➢ **'Video Game Principles' to Engage & Level up.**

- CLEAR AND PREDICTABLE EXPECTATIONS AND RULES
- IMMEDIATE FEEDBACK FOR BEHAVIORS & CHOICES
- STRONG & PREDICTABLE INCENTIVES FOR SUCCESS
- BRIEF & MILD CONSEQUENCES FOR MISTAKES; RESET

*Video Game Principles are used to engage attention, and compel children to 'level up'.*

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