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**“**The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers.”

Thich Nhat Hanh

**P**raise(labeled)Give specific praise for positive behaviors

 “Thank you for sharing.”

**R**eflect Say what they **say**

 “Yes. That is green.”

**I**mitate Do what they **do**

 If child builds with blocks, you build with blocks.

**D**escribe Describe what they **do**

 “You’re pushing the tractor.”

**E**njoyRelax and delight in your child



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