



# 3 HIGH FIVE PARENTING TOOLS CHECKLIST

## Re-direct Aggressive Behavior

If your child struggles with biting, hitting, kicking or other aggressive behaviors, ask him or her to high five instead (e.g. We don't bite. Show me how you high five instead.).

## Use in Place of a Hug

When saying hello or goodbye to a friend or family member, high five is a great alternative to hugs.

## Use as an Affirmation

High five is a wonderful way to offer praise and encourage your child without using the word "Good Job!"