



# 2 minute drill

*for parents*



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monthly tips from Positive Coaching Alliance

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## The Magic Ratio

Research shows that about five Emotional Tank-fillers per criticism is optimal for motivation. Keep track of the tank-fillers and criticisms you deliver to your child over the course of a day with pluses and minuses on a piece of paper. You will be amazed at how many criticisms you hand out. Once you get to 5:1 (truthful and specific praises), you'll see why it's called the Magic Ratio. Your child's emotional tank will be so full they'll do things you would have thought were impossible!

Remember, the kinds of things that fill tanks are praise (truthful and specific), reinforcing positives, listening and nonverbal actions (nodding, clapping, smiling). Criticisms, corrections, ignoring and nonverbal actions (frowns) are things that tend to drain tanks.

adapted from *The Double-Goal Coach* by Jim Thompson



to purchase this and other books by PCA Executive Director Jim Thompson, please visit:  
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