

POSITIVE PARENTING

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WHAT IS POSITIVE PARENTING

- Positive parenting is focused on developing a strong, deeply committed relationship between parent and child based on communication and mutual respect. Positive Parenting focuses on teaching children not just what but also why. Positive parenting means training children toward self-control.

3 MAJOR COMPONENTS TO POSITIVE PARENTING

- Rules and consequences are laid out, discussed often, and followed through.
- Parents focus on helping children internalize discipline, rather than obey orders based on fear of punishment, in order to develop self-discipline.
- Parents use active listening to understand children's thoughts. This allows parents to correct misunderstandings or mistaken links of logic.

BENEFITS OF POSITIVE PARENTING:

- **A stronger parent/ child relationship.** The parent shows and models respect to the child while expecting respect in return.
- **Greater trust.** Specifically, the child trusts the parent won't use power to force the child – unless absolutely necessary. Necessity includes threats to safety and wellbeing.
- **Better lifelong outcomes.** Children who are parented with authoritative parenting are less likely to have mood disorders such as depression and anxiety
- **Higher internalized morals.** Children who are expected to unquestionably obey their parents' orders are less likely to demonstrate high moral reasoning.
- **A greater opportunity to become leaders.** When strong willed children are coached rather than forced to obey, they have a better opportunity to grow into the natural leaders that they are.

HOWEVER POSITIVE PARENTING:

- **Is more involved than authoritarian parenting** – it doesn't take a one-size-fits-all approach to parenting.
- **Takes practice.** This is especially the case if the parent is used to yelling, threatening, and punishing.
- **Relies on being open to debate and conversation.** Positive parents explain their rules and are open to negotiation on matters that have wiggle room.
- **Requires a lot of patience.** When parents stop using force to make children cooperate, there are times they have to hold their ground to wait for compliance. Other times patience is necessary is when the child is emotionally charged. People, regardless of age, are not receptive to listening in this state of mind.

INTRODUCTION

- We know that every child and every parent is unique. You face many different situations and challenges every day. We don't take a one-size-fits-all approach or think of this as a set of strict parenting rules that must be followed. We hope to give you new ideas for parenting so you can make the best decisions about what can work with your child and family.
- Good communication between you and your child is important for developing a positive relationship. As your child gets older, good communication will make it easier for you to talk about things like alcohol and drugs.
- Positive Parenting is an idea based on the assumption that all children are born good, are altruistic and desire to do the right thing.
- Positive Parenting teaches discipline that builds your children's self-esteem, while at the same time correcting their misbehavior

STEPS FOR POSITIVE PARENTING

- Create a safe, interesting environment.
- Have a positive learning environment. If a child or teenager comes to you for help or a chat, they're ready to learn.
- Use assertive discipline.
- Have realistic expectations.
- Take care of yourself as a parent.

NINE STEPS TO MORE EFFECTIVE PARENTING

- Boosting Your Child's Self-Esteem.
- Catch Kids Being Good.
- Set Limits and Be Consistent With Your Discipline.
- Make Time for Your Kids.
- Be a Good Role Model.
- Make Communication a Priority.
- Be Flexible and Willing to Adjust Your Parenting Style.
- Show That Your Love Is Unconditional

WHAT IS ACTIVE LISTENING

- Active listening is a good way to improve your communication with your child. It lets your child know you are interested in what she has to say.

TO PRACTICE ACTIVE LISTENING

- Give your full attention to your child
- Make eye contact and stop other things you are doing
- Get down on your child's level
- Reflect or repeat back what she is saying and what she may be feeling to make sure you understand
- *It can be tempting to brush off our children's problems, especially if we have had a bad day or if we are busy. But our children need to know that we are going to listen to them. This will make it more likely our children will talk with us about their hopes and problems when they are older.

EXAMPLE OF ACTIVE LISTENING

- Your child's baseball game is at 6:00. You only have a short time to make dinner, help with homework, and get everyone ready for the game. While the kids play, you quickly start making dinner. Soon, you hear your son crying. He comes and tells you that his brother hit him and called him a bad name. You are tempted to keep making dinner while nodding your head at what your child is saying, but then you decide to show him you are actively listening. You stop what you are doing, turn to him, make eye contact, and summarize what he has told you and how he seems to be feeling. You say, "It sounds like your brother made you feel sad when he hit you and said mean things." By doing this, you have let your child know that he has your full attention. He knows that his emotions and feelings are important to you.

EXAMPLE OF ACTIVE LISTENING

- You pick up your daughter from preschool. She is crying and tells you that her friend took her favorite toy and stuck out his tongue at her. You show her that you are actively listening when you say, “It seems like you are sad about your friend taking your favorite toy.” Your daughter continues to cry and nods her head. She says that she thinks her friend will break the toy. You show her that you are still actively listening by saying, “So you are scared that your friend might break your toy.” At this time, your daughter calms down a bit. You and your daughter continue to talk, and she knows that it is okay to be upset. She has begun to learn how to label and cope with her feelings by talking to someone.

USING REFLECTIONS TO SHOW YOU'RE LISTENING

- Reflection is one way for you to show you are actively listening to your child. You can do this by repeating back what your child has said or by labeling and summing up how you think he feels.

REFLECTIONS OF WORDS

- When you reflect your child's words, you are giving attention to him for his use of words. This increases the chance that your child will talk more because he wants your attention. You don't have to repeat exactly what your child said but what you say is usually very similar. You can add detail, shorten, or correct what your child has said. Here is an example:

REFLECTION EXAMPLE

- Child: “I drew some sghetti.”
- Parent Response: “You drew some long spaghetti.”
- In this example, the parent corrects the grammar, pronounces “spaghetti” for the child, and adds detail by describing the spaghetti as “long”.

REFLECTION OF EMOTIONS

- When you reflect your child's emotions, you watch your child's behavior and describe the emotions he seems to be having. This gives your child a word for the emotion and helps him learn that it is ok to talk about feelings. Reflection of emotions is not always easy.

HERE ARE SOME TIPS TO MAKE IT EASIER:

- **Take a guess even if you are unsure.**

There may be times when you are unsure what your child is feeling. For example, your child may be crying but you may not know if he is angry, scared, or sad. Let him know that you are paying attention by saying, “It seems like you are upset or “It sounds/looks like something is bothering you”. Your child may not know himself what he is feeling and by talking you can figure it out together.

- **Words aren’t needed all the time.**

You can let your child know you are paying attention to how she feels by what you do even if you don’t say anything. You can just sit with your child while she is upset or stay physically close and hold or comfort her.

- **You don’t always have to agree.**

Sometimes it is difficult to summarize or label your child’s feelings because you think he should be responding in a different way. Telling your child to stop feeling a particular way does not show your child you are trying to understand how he feels. Help him deal with and understand his feelings, by talking with your child about his feelings.



MORE TIPS

- **Talk about other feelings.**

Children may have several emotions at the same time. For example, your child might feel sad and afraid at the same time. Show your child you care about what she is showing on the outside and may be feeling on the inside by talking about all the feelings.

- **Don't worry about getting it wrong.**

Sometimes when parents are learning active listening skills, they worry that they will incorrectly summarize and label their child's feelings. You should not worry. Children usually correct their parents if their feelings are described incorrectly. If your child corrects you, try again. Reflect what he has said to you, and expand on it to give him more words and to learn ways to describe his feelings.



EXAMPLES OF HOW TO USE POSITIVE PARENTING

- **In everyday life, this can be saying:**
- “Hands to yourself,” instead of “No hitting.”
- “Quiet voice,” (while modelling a quiet voice) instead of “Stop yelling.”
- “Take a deep breath and try again,” instead of “Don’t whine.”
- “Maybe you could save up for that,” instead of “You’re not getting that.”
- “Say ‘Excuse me,’” instead of “Stop interrupting.”
- “Let’s work through this,” instead of “It’s not a big deal.”

REDIRECTION

- The most effective positive discipline strategies are **redirection**, positive reinforcement, "time-in" (carving out quality moments with your child), single-word reminders, and selective ignoring of objectionable behavior.

POSITIVE PARENTING VIDEO

- It can be tempting to brush off our children's problems, especially if we have had a bad day or if we are busy. But our children need to know that we are going to listen to them. This will make it more likely our children will talk with us about their hopes and problems when they are older.
- https://www.youtube.com/watch?v=tAsMyj2S_H8