

Positive Parenting

Facilitated by:

Jennifer Chan, School Mental Health Consultant
PS 174, William Sidney Mount

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Today's Agenda



- What is an EFFECTIVE PARENT?
- Which style works? Easy, Firm, or Tough
 - What is your parenting style?
- Effective Positive Parenting
- Challenging Behaviors
- Taking Care of Yourself
- Take Home Messages



Employment Opportunity



WANTED:

One couple to raise a child.

No experience necessary.

Applicants must be available 24 hours per day, 7 days a week, and must provide food, shelter, clothing and supervision.

No training provided.

No salary - applicants pay \$180,000 over the next 18 years.

Accidental applications accepted.

Single people may apply but should be prepared the work.



Being a Parent



PARENTING IS NOT AN EASY JOB!!!!!!

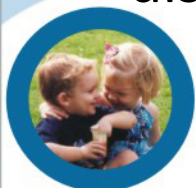
It is demanding, exhausting, and frustrating with no end in sight!

However, Parenting can also be:

- Rewarding
- Enjoyable
- Life changing

All parenting is learned through trial and error

Every parent has to develop their own goals and approach to discipline



Our Hopes and Dreams



- ❑ To raise healthy well-adjusted children who have the skills to:
 - Communicate their needs
 - Get along with others
 - Try to do their best
 - To live in a safe, secure, loving home
 - Manage their emotions
 - Be smart
 - Feel good about themselves
 - Be successful
 - Have a good family
 - **ULTIMATELY, we want our kids to be HAPPY**



Effective/ Positive Parenting



□ **Effective/ Positive parenting** is knowing how to care and be supportive of their child and to also set positive boundaries and rules.

- It is knowing when to say yes and when to say no.
- It is praising a child when they are doing well.
- It is helping with behaviors and setting boundaries.
- It is remembering that you are the adult and they are the child, and respect should be given in both directions.



Benefits for Children



❑ Effective/ Positive Parenting has shown to help children:

- Develop skills
- Do better at school
- Build friendships
- Feel good about themselves
- Have fewer behavioral and emotional problems
- Less likely to become involved in drug abuse or delinquent behavior



Benefits for Parents



❑ Effective/ Positive Parenting has shown to help children:

- Feelings of confidence and competence in parenting
- Less depression
- Less stress
- Less conflict with their partner
- Less conflict with their children



Parenting Styles

Which is best?



Parenting Styles



There are three basic parenting styles: Easy, Firm, or Tough

- **Quiz Time!**

The directions

- Please mark the following true or false.
- Please note there are not wrong or right answers.
- Go by your first instinct. Answer quickly and do not think about it too much.



Parenting Style Quiz



- 1) I try to help solve any problems my child has and get him what he wants.
- 2) How well my child does in school is basically up to him.
- 3) I try to give my child age appropriate choices, and I let her experience the consequences of the decisions she makes.
- 4) I praise my child's best efforts. I offer help and encourage if my child is struggling.
- 5) I often tell my children, "Do it and don't ask questions. Because I said so is reason enough."
- 6) No matter how well my child does in school, or elsewhere, I tell her to do better. She gets punished for any poor grades.



Parenting Style Quiz Results



- If you marked true on both 1 and 2, you have more of an easy parenting style.
- If you marked true on both 3 and 4, you have more of a firm parenting style.
- If you marked true on 5 and 6, you have more of a tough parenting style.



Parenting Style



- Your parenting style describes how you use your authority with your child. The style you use can have a positive or negative effect on your child's behavior and decisions.
- No parent has the same style all the time.
- Children learn and respond in a way that meets their needs.
- A parent with a FIRM style is very much in charge, but willing to listen.
- A parent with an EASY style let the children do as they please.
- A parent with a TOUGH style give children very few choices, often learned from their parent.



Effective/ Positive Parenting



Parents' Discipline Responsibilities



❑ Effective parenting off with a few things. It is not about crisis situation or the temper tantrum, it is all about what happens before and after.

- Please know that it does not happen overnight.
- It takes a lot of work on your end as the parent.
- Keeping it consistent is the only way children learn.
- Know that children will test you to your breaking point.
- **Encourage and praise good behavior!**



Parents' Discipline Responsibilities



- Set clear and consistent limits.
- Set and apply fair consequences.
- Be involved in their lives. Know what is going on and what is affecting them. Share your own experiences.
- Be a model of the behaviors you value.
- Keep your promises as much as possible. (This includes rewards and discipline!)
- Use the power of routine.
- Demonstrate love and respect.



The Challenges



- The Power Struggle
- The Manipulation
- The Challenging Behaviors



Challenging Behaviors



Promoting Development



Promoting Positive Relationships

Encouraging Desirable Behavior

Teaching New Skills & Behaviors

Managing Misbehavior



Promoting Self-Control



Promoting Positive Relationships

Encouraging Desirable Behavior

Teaching New Skills & Behaviors

Managing Misbehavior



The Important Lesson

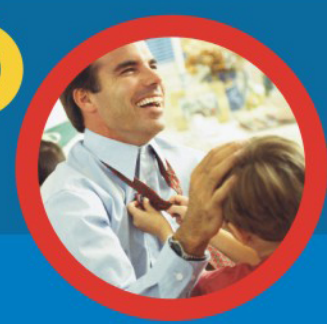


❑ The point of managing challenging behaviors is to teach children new skills to:

- accept necessary rules and limits
- develop self-control
- consider others
- express their feelings in ways that respect the needs of others
- take responsibility for their actions



Setting Consequences



- Set and apply fair consequences.
 - These should be set in advance and should be known.
- Apply logical consequences.
 - Grounding them for a year punishes you. Not the child.
 - Do not threaten with the police or removal from home.
- Use natural consequences.
 - If a toy breaks, do not buy a new one.
 - Cancel plans, if necessary.
- Back up instructions with quiet time.
- Use time-out for serious misbehavior.
 - 1 minute per year of age.



Consequences Works When:



Consequences works best when:

- children live in a predictable world
- children receive plenty of attention for good behavior
- parents have reasonable expectations
- parents use fair, predictable consequences consistently
- parents support each other



Anger Iceberg

Sometimes when we are angry, there are other emotions under the surface

Icebergs are giant floating pieces of ice found in the coldest parts of the ocean. What you can see from above is just a tiny part. Most of the iceberg is hidden under the surface.

Angry

Anger, Straight Ahead!

Watch Out!

Let's go deeper!

Embarrassed Annoyed
Offended Attacked Rejected
Pressured Shame Scared
Overwhelmed Guilt Alone
Grumpy Unsure Grief Distrustful
Angry Nervous Insecure Disappointed
Hurt Tired Trapped Disrespected Helpless
Jealous Tricked Sad Frustrated
Regret Uncomfortable Worried Name another feeling



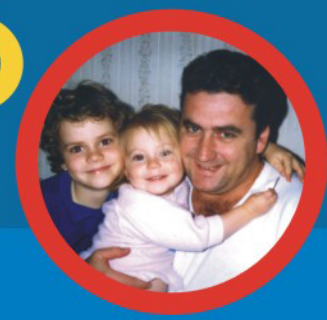
The Climax



- Tantrums are going to happen. They will be loud, embarrassing, frustrating, scary, etc.
- SAFETY is most important factor.**
- Use directed discussion for rule breaking.
- Give clear, calm instructions.
 - start instructions
 - stop instructions
- Take away a problem activity.
- They are probably not going to listen to you.
- Calmly tell them what is expected.



Helpful Tips



- Prepare in advance
- Arrange activities
- Set some ground rules
- Praise good behavior
- Watch and supervise
- Use planned ignoring for minor misbehavior
- Use your voice effectively
- Have realistic expectations



Taking Care of Yourself

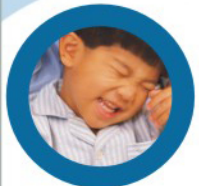
So you can be a better parent



Balancing Work and Family



- Have realistic expectations of yourself
- Reduce unnecessary commitments
- Develop good transition time routines
- Avoid conflict after work and prepare for the 'second shift'
- Teach your child to be independent
- Organize good, reliable child care



Negative Thinking



Unhelpful thoughts:

- He knew I was tired
- She did that on purpose to upset me
- He's never going to learn
- She's just bad

Helpful thoughts:

- We were both tired
- Maybe she's bored when I'm on the phone
- It will take time for him to learn
- Her behavior is annoying



Take Home Messages



- Make your family a priority
- Create a warm, loving, safe environment
- Encourage your child's learning
- Use assertive discipline
- Have reasonable expectations
- Take care of yourself
- Small Changes, Big Differences



Resources



Talk 1-888-NYCWell (1-888-692-9355)

Text WELL to 65173

Chat NYC.gov/nycwell

This resource can be used to locate mental health services for most insurance providers. Help is free and confidential.

Hite Site: <http://www.hitesite.org>

Free and confidential referral source for mental health and social services.

Family Resource Centers: <http://ocfs.ny.gov/main/publications/Pub5071.pdf>

* Provide parent-to-parent support

* Help navigating the mental health, education, and other child-serving systems in New York City



Questions?

Small changes,
Big differences

