

Too Much of a Good Thing

Raising children of character in an age
of materialism

ALI 259: WEEK 4

A.L.I Online Parenting Series

Winter 2014

Review from Weeks 1,2&3

- Material wellbeing coincided with crisis of conscience
- Decrease in protective factors
- Increase in risk factors
- The role of the media
- The role of peers
- The role of parents and parenting style

Review from Weeks 1,2&3

- Modern parenting practices
- The happiness of our children
- Reality check on our level of materialism
- Recognizing the essentials of good character
- The TEAM approach to raising a moral child
- Modeling
- Modeling a good marital relationship
- Advocating
- Teaching good character

Agenda for Week 4

- Using the TEAM approach to build character
- Teaching, continued
 - Teaching through praise
 - Preventative teaching
 - Teaching self control
- Enforcing

The essentials of good character

- Trustworthiness
- Respect
- Responsibility
- Fairness/Justice
- Caring
- Citizenship

The TEAM Approach

- Teach
- Enforce
- Advocate
- Model

2. Teach using descriptive praise

- Show your approval
- Describe the positive behaviour
- Give a reason



Words of Wisdom

“We increase whatever we praise. The whole creation responds to praise and is glad.”

Charles Fulmore

3. Preventative Teaching

The goal is for to give increasing independence to your child but with comfort for you knowing that they have been trained to handle the situation

3. Preventative Teaching

- Practice examples:
- Your 8 year old wants to go to friends party where there will be no halal food available
- You are having a large gathering at your house and you expect your children to take on specific tasks. Role play what you would tell them.
- Your teenager wants to go out with friends on Friday night, taking the bus home and getting in around midnight.
- You are aware that there are some children in your child's school using drugs and encouraging other children to use them

3. Preventative Teaching

- Describe what the child needs to know (plan ahead)
- Give a reason (talk about risks and concerns)
- Practice (select and role play specific strategies)
- Encourage and praise appropriate behaviour
- Use back up consequences and follow up discussion

The TEAM Approach

- Enforce:
- How parents react to child's behavior can be destructive or productive in building their character
- Enforce by praising good and giving consequences for not-so-good
- The goal, when we are building character is for the child to be able to think for themselves and self correct when they make mistakes



Words of Wisdom

“All men make mistakes, but only the wise men learn from their mistakes”

Sir Winston Churchill

4. Teaching Self-Control

- Use when child will not listen or self correct OR
- Has an emotional outburst



Words of Wisdom

*“Strength is not in physical combat but
rather controlling oneself when one is
angry”*

Holy Prophet (saw)



Words of Wisdom

“If you are patient in one moment of anger, you will escape a hundred days of sorrow”

Chinese Proverb

4. Teaching Self-Control

Practice exercise:

You have just told your son/daughter that s/he cannot go to the school dance. Your child gets angry, throws the gym bag across the room and screams: “you never let me do anything. S/he then leaves the room and slams the door behind them.

4. Teaching Self-Control

Part One: Calming down:

- Describe the problem behavior
- Give clear instructions
- Allow time to calm down

4. Teaching Self-Control

Part Two: Follow up teaching

- Describe what they can do differently next time
- Practice
- Give a consequence

Enforcing moral behaviour

- Make rules (remember family meetings!)
- Inform everyone about rules
- Have consequences spelt out
- Apply rules and consequences

The ask, don't nag method

- Ask questions that make kids aware of their behaviour
- Ask questions that help kids remember the rule

Ask questions that help kids remember the rule

- *Ask about* the rule, if child not sure, then
- *State* the rule
- Ask them to *repeat* the rule
- Ask child to *apply* the rule
- E.g. of a rule: TV only after Salaat and homework

How to question so kids will listen

- Keep voice at normal or lower-than-normal volume
- Speak in a respectful tone of voice
- Ask only ONE question at a time

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