

The Essentials of Positive Parenting

A four week online course

Sponsored by

The Academy for Learning Islam

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Points to ponder: Beginning with the end in mind

- What do I really want for my children?
 - This week
 - This year
 - Long term
- What are my strengths as a parent? What do I do well already?
- What are 3 challenges I face in raising my children?

Very long term

- I want to deliver my child to the doorsteps of Jannah
- *Most of my people who will gain entry into Janna will do so on the basis of God Consciousness and Good Character.*
- The Holy Prophet (saw)

Long range life skills for children

- Independence
- Responsibility
- Respect for self and others
- Ability to form healthy relationships
- Problem solving ability (conflict resolution)
- World view/social interest
- Internal motivation
- Self Esteem
- Happy disposition

My influences

- The New Learning Centre, London, England
- How to Talk so Kids will Listen (Faber & Mazlish)
- The 7 Habits of Highly Effective Families (S. Covey)
- MSW with specialization in children and their families
- Positive Parenting Program (Triple P, Level 5)
- >50+ books!!

Course Overview

- Week 1
- Parenting styles
- Key aspects of Positive Parenting
- **Encouraging desirable behaviour**
- The importance of Time
- Positive attention
- Descriptive Praise

Week 2

- Understanding and dealing with uncooperative behaviour
- The importance of Limits
- **Using positive discipline**
 - Ground rules
 - Clear instructions
 - Punishment vs. Consequences
 - Time outs

Week 3

- **Building positive relationships** with your children
- Quality time
- Showing affection
- Listening and talking to your children

Week 4

- **Taking care of your self** as parents
- “Being on the same page”
- Recognizing and managing stress

Getting to know ourselves as parents: an introduction to parenting styles

- Neglectful
- Authoritarian
- Permissive
- Helicopter
- Authoritative

Where do parenting styles come from? (dominant drivers of parenting style)

- Religious and cultural background
- Family context
- Parent's own upbringing
- FEAR!

Parenting practices of modern parents and their impact on children

Neglectful Parenting

- The parent is neither **demanding** nor **responsive**.
- Low involvement in children's lives
- Few limits
- **Impact on children:**
- Emotionally withdrawn
- May show patterns of truancy and delinquency
- Tend to lack self-control, have low self-esteem and are less competent than their peers

Authoritarian Parenting

- High demand, low responsiveness
- Parents tend to rely heavily on the use of coercion to force the child's compliance
- **Outcome:**
- Obedient and proficient but anxious, withdrawn, and unhappy
- May display aggression and hostility with peers
- May develop second identities

Permissive Parenting

- High responsiveness, low demand
- Friends rather than parents
- Few or no limits
- **Outcome:**
- Immature
- Self-centered, impulsive, disobedient, and rebellious
- Rank low in self esteem, self regulation and happiness
- Problems with authority

Imam Muhammad al Baqir (as) has said:

The worst of parents are those who transgress the limits in their love and goodness to their children.

Helicopter Parenting

- Over-involved in their children's lives
- They make sure that their children's needs are honoured wherever they go: they must have their foods, their routines must remain unchanged
- **Outcome:**
- Children grow up with a sense of entitlement but lack confidence and are unable to make decisions for themselves

“Think of your child standing to your right and the problem that she needs to solve is on your left. If you step between her and the problem, *you become the problem*. See cannot see around you and she cannot see the solution. Get out of the way”

Jeanne Norris

Authoritative Parenting

- Parents are in charge
- Listen to their children
- Encourage independence
- Encourage personal responsibility
- Place limits, consequences and expectations on their children's behavior
- Express warmth and nurturance
- Allow children to express opinions
- Encourage children to discuss options
- Administer fair and consistent discipline

Outcome of Authoritative Parenting

- Children tend to be more well adjusted in life and more successful in school.
- Children are more likely to be happy, capable and successful
- **Research shows that children tend to do best in homes where there is love and warmth but also clear rules and limits and the parents are in charge**

*Parenting styles tend to be stable
across generations.*

*What kind of parenting style do
you think most of us have?*

What is Positive Parenting?

- An approach to parenting that aims to guide children's behaviour and development in a constructive and non-hurtful way.
- It is based on taking the time to train the children in life skills, habits and to foster character development

What is Positive Parenting?

- The principles of positive parenting aim to foster self-discipline and internal motivation in children by setting appropriate limits for children while taking the time to discuss the importance of those limits
- Positive parenting requires that parents learn and use principles of effective communication to care for their children, help them reach their full potential and develop positive self-esteem

Key Aspects of Positive Parenting

1. Ensuring a safe, engaging environment
2. Creating a positive learning environment
3. Using assertive discipline
4. Having realistic expectations
5. Taking care of yourself as a parent

Essential parenting skills

- Developing positive relationships
- Encouraging desirable behaviour
- Teaching new skills and behaviours
- Managing undesirable behaviour

Encouraging positive behaviour

- Positive attention
- Taking the time to notice what is working
- Descriptive praise

Importance of praise

- What you give attention to, increases
- Descriptive praise versus evaluative or junk praise
- Praise often (at least 10x per day)
- Pay attention to detail
- Praise effort
- Praise the absence of the wrong thing

Your homework this week!

1. Begin to notice what is working
2. Verbalize this to your child/ren
3. At least 10x times a day
4. Please report what you notice next class

Questions and Comments

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