

ALI 262: The Essentials of Positive Parenting

A four week online course

Sponsored by

The Academy for Learning Islam

March 2014



Review from Week 1

- Recognizing our parenting style and its impact on children
- Key Aspects of positive parenting
- Encouraging positive behaviour through descriptive praise

Agenda for today

Managing undesirable behaviour

- Discipline versus Punishment
- Understanding misbehaviour
- Discipline Strategies
 - Family Meetings
 - Natural and logical consequences
 - Time outs
 - 6-step process for encouraging cooperation

Points to ponder

- What does discipline mean to me?
- Why do I want to discipline my children? What is my goal?
- Are my current methods of discipline effective in shaping behaviour and in moving my children towards self discipline and self reliance?

What is the difference between
discipline and punishment?

What is Punishment

Imposing external controls by force on children to change their behaviour.

Includes:

- Inflicting pain, such as by spanking, slapping, or hitting
- Imposing suffering, for example by withholding food
- Enforcing penalties that are not related to the unacceptable behaviour, such as a week of grounding for spilling a glass of milk
- Personal or emotional attacks like name-calling, ridicule, and insults
- **Many forms of punishment are against the law.**

The problem with punishment

- Adult oriented,
- Imposes power from without,
- Arouses anger and resentment,
- Invites more conflict,
- Is preoccupied with blame
- Does not look for solutions
- Demonstrates a parent's ability to control a child.

Why do parents use punishment?

- The misbehaviour often stops immediately
- Children often show remorse during punishment
- The parent gets to blow off steam
- The parent feels in control
- The parent hasn't let the children "get away with it"
- The parent was raised that way
- Punishment has some immediate rewards, but they are offset by long term disadvantages

The impact of punishment on children

- Depends on having you or another authority present.
- Teaches children to lie and sneak around behind your back in order to avoid punishment.
- Teaches children what **not** to do, but not what **to** do.
- Inhibits rather than promotes the learning process.
- Can actually encourage undesired behaviour if misbehaving is being used to get parental attention.
- Can escalate into more violence.
- Leads to children using force to solve disagreements.
- May lead to children seeking revenge.

What is discipline?

- Discipline is defined as training to develop children's behaviour through instruction and practice; especially to teach self-control

Discipline

- The paradigm is training
- Not arbitrary, confusing, or coercive.
- Not something we do to children.
- It is restorative, and invites reconciliation.
- Goal is to instruct, guide, and help children develop self-discipline—an ordering of the self from the inside, not an imposition from the outside.

Criteria for Discipline

- Shows children what they have done and what to do instead
- Gives them as much ownership of the problem that they can handle – enhances self esteem.
- Gives them options for solving the problem.
- Leaves their dignity intact.
- Promotes growth in the five areas of development (physical, intellectual, social, emotional and moral)

Discipline can include consequences

- **Reasonable** (and relevant)
- **Simple,**
- **Valuable,** and
- **Practical.**
- *Adapted from: Parenting with Wit and Wisdom Barbara Coloroso*

Understanding why children misbehave and preventing uncooperative behaviour

Why children misbehave

Reason for misbehaviour	Guidance Techniques
Wanting to belong	Unconditional acceptance
To get attention	Pay positive attention when things are going right
Lack of confidence	Praise and encouragement
Does not feel well	Sleep, nutrition and medical attention
Upset by changes	Predictable routines, reassurance, attention and planning ahead
Disappointment, frustration	Teach and model coping skills
Discouraged	Reassurance, acceptance
Feels unloved, ignored	Attention, affection
New situations, insecurity	Plan ahead, talk and explain
Imitation	Parental self management, desirable role models, effective use of TV and internet
Testing limits	Be firm and consistent about important things
Standing up for self	Listen attentively and discuss ideas respectfully
Because it works	Teach acceptable behaviour (not giving accidental rewards for misbehaviour)
Chaos in the environment	Organize home and family life

Discipline strategies

- 1. Family Meetings**
2. Time Outs
3. Natural and Logical Consequences
4. 6 Step Method for achieving cooperation

1. Family Meetings

- Good training ground for learning how to negotiate and live together
- Used to establish, explain and clarify family ground rules
- Best to have rules that everyone can live by
- Proactive rules
- Reactive rules
- Discussing values and family vision

Structure

1. Regular – once per week
2. Invite everyone to add to agenda
3. Establish ground rules (e.g., meeting time, one person speaks at a time, listen, no put-downs)
4. Involve everyone
5. Keep it short!

Content

1. Opening Dua
2. What is working
3. What needs to be fixed
4. What can we do together
5. Closing dua

Making Rules

- Positively stated
- Start small – no more than 4 or 5 at a time
- Include children in rule making
- Check for understanding
- Write them down
- Discuss consequences for not observing rules

Common family rules

- Safety and supervision (answer door only when adult present)
- Violence free home (keep your hands and feet to yourself)
- Hygiene and self care (wash hands before meals)
- Akhlaq: (pleasant tone of voice – discuss)
- Deen: (Salaat before meals)

Your homework this week!

1. Consider what rules you want to implement
2. Organize a family meeting
3. Continue to notice what is working
4. Continue to verbalize this to your child/ren
5. At least 10x times a day
6. Please report what you notice next class

Questions and Comments

- Email: marziahasan@hotmail.com
- Website: www.familyconnectionsint.com
- Facebook:
<https://www.facebook.com/pages/Marzia-Hassan/1386821174875939>
- Twitter: <https://twitter.com/marziahassanTO>
- Blog:
<http://wordpress.com/read/blog/id/38287476/>

From the *Academy for Learning Islam*

Thank you for attending this course: ALI 262.

- ❖ Talk to friends and families to also register for online courses; we have room for 200 participants
- Send your emails to academyofislam@gmail.com to receive weekly *Qur'anic Reflections* on Fridays
- Visit our sites to learn about other ALI programs
 - ✓ Donate to ALI for educational and Islamic programs. Canadian residents receive Tax receipts.
- Please get involved as volunteers for ALI projects
 - We would like to hear from you; send your feedback about ALI courses & programs.