

ALI 262:The Essentials of Positive Parenting

A four week online course

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The Academy for Learning Islam

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Review from Week 2

- Discipline versus Punishment
- Understanding misbehaviour
- Discipline Strategies
 - Family Meetings

*New blog on Family Meetings at

<http://familyconnectionsint.wordpress.com/2014/03/18/the-little-known-secret-to-calmer-happier-family-life/>

Agenda for Week 3

- Managing undesirable behaviour, cont.
- Discipline Strategies
 - Natural and logical consequences
 - Time outs
 - 6-step process for encouraging cooperation
- Building positive relationships

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?

Discipline strategies

1. Family Meetings

2. Time Outs

3. Natural and Logical Consequences

4. 6 Step Method for achieving cooperation

What Is Time Out?

- Placing a misbehaving child in a quiet place alone for a few minutes and then talking about the problem.
- Short, boring time away from other people.
- Sometimes effective for ages 3 to 12 when they are noisy, fighting, or doing something so annoying you can't ignore it.
- Effective to calm everyone involved, not as a way to punish a child.

Advantages

- Puts limits on behaviours (acts as a deterrent when it takes child away from something fun)
- Invites little adult emotion.
- Increases consistency.
- Simple to do.
- Helps parents to calm themselves down.
- Better than spanking and hitting.
- Transferable among care-givers.
- Developed for children with ADD.
- Sometimes attains short term goals of stopping misbehaviour.

Disadvantages

- Fails to address long term goals of child developing belonging and attachment with family.
- Teaches that time-out is a negative punishment rather than a positive life skill.
- Invites power struggles.
- Encourages submission to a bigger sized person.
- Fails to teach problem solving or co-operation skills.
- Can incite anger, frustration, and resentment.
- Can promote rebellion, retaliation, and getting even behaviours.
- Fails to teach internal controls and self-discipline.
- Fails to teach conflict resolution and thinking skills.

Disadvantages

- Fails to teach how to make amends or restitution.
- Fails to teach how to self calm when child is in a high emotional state.
- Isolates child rather than promote connection. Not “mutually respectful”.
- Gives negative attention to misbehaviour which may increase misbehaviour.
- Label's child with unhealthy self esteem. “The naughty child goes to the naughty step”.
- Increases original and repeat behaviours because child's underlying needs not addressed. Children do not have reflective skills until age 7.
- Children often do not know or understand why they are in time out.

Using Time Out (from positive reinforcement) Effectively

- Ask whether your child's behavior is truly defiant or that she doesn't have the skills you think she has
- Use sparingly
- Balance with a rich diet of positive 'Time In'
- Talk about it before hand
- Frame it as a way to self-soothe and calm down
- Model it yourself
- Withhold attention while child is in Time Out
- Once TO is over, descriptively praise the first positive thing they do
- <https://twitter.com/marziahassanTO>

Discipline strategies

1. Family Meetings
2. Time Outs
- 3. Natural and Logical
Consequences**

Natural Consequences

- Occur without any interference on the part of the parent
- Not controlled by parent
- E.g.: Child forgets lunch and remains hungry

Natural consequences

- Takes longer for learning
- May be a lot more effective
- Takes patience from parents in the short term
- E.g.: School work and grades

Logical consequences

- Imposed on a child for behaving in a certain way
- Only effective if "logically" related to the behaviour the parent is trying to change.
- E.g.: Child refuses to wear a helmet when he goes bike riding, bike riding privileges are withheld for a period of time.

Deciding which Strategy to Use

- Preference is natural consequences UNLESS:
 - Safety issue
 - Natural consequences will take too long to occur
 - Social situation where misbehaviour impacts other people

Advantages of Natural and Logical Consequences

- Tied to the behaviour.
- Separates the deed from the doer, does not shame the child.
- It is concerned with present and future behaviour and helps children be responsible for their own actions.
- It is done in a calm environment.
- It lets children make a choice.

Challenges of Using Natural and Logical Consequences

- The parent must be able to think ahead and come up with a proper response.
- The parent must not step in and “save” the child.
- The child must be allowed to experience the consequence.
- The consequence takes time to put into action and may not work the first time.

Effective consequences

- Related
- Reasonable
- Revealed
- Respectful
- Repeated back

Discipline strategies

1. Family Meetings
2. Time Outs
3. Natural and Logical Consequences
- 4. The 6-step method for achieving cooperation**

4. The 6-step method for achieving cooperation

- Useful for transitions

4. The 6-step method for achieving cooperation

1. Stop what you are doing at look at the child
2. Wait for the child to stop what s/he is doing and look at you
3. Give the instruction: simply and only once
4. Ask the child to repeat the instruction back to you
5. Stand and wait
6. Praise every step in the right direction, no matter how small

Building positive relationships

- Caring for the whole child

Caring for the whole child

- Nourishing the body
 - Watch the junk
 - Halal junk food is still junk food!!
 - Exercise
 - Supplements

Caring for the whole child

- Nourishing the mind
 - Environment
 - Nutrition
 - Books – read, read, READ
 - Experiences
 - Talking
 - Satisfy their curiosity
 - Value their opinions
 - Share your life experiences

Caring for the whole child

- Nourishing the soul
 - Walk the talk – live your faith
 - Don't lie to your children
 - Spend time with nature
 - Stress connection and impact of action
 - Model and encourage community service
 - Foster empathy
 - Encourage silence and reflection
 - Encourage an appreciation of simplicity

Caring for the whole child

- Nourishing the heart
 - “psychological air”: the desire to be known and understood
 - Communicating effectively with your children

Communication 101

- Do make the time (no multitasking or pretend listening)
- Do listen to the little stuff
- Do listen to the feeling behind the words
- Do listen to understand rather than to reply
- Do ask their opinion
- Do learn to ask the right questions
- Don't interrupt, don't be quick to fix
- Don't interview
- BREATHE!!!

Towards more effective communication

One of the simplest (but not necessarily the easiest) ways to being effective communicators is by breathing (also known as biting our tongues!) so that we DO NOT say the things that children (and adults) often experience as critical, embarrassing, demoralizing, confusing, de-motivating, belittling, discouraging or infuriating, nagging

Avoid door slammers

- You don't really mean that
- You should not feel that way
- That is a silly way to think
- Why are you asking me that
- You are too young to know
- Act your age
- You will be fine
- Don't be a baby

Door openers

- What do you think
- Would you like to share more about that
- That is a good question
- Hmm, how about that
- That sounds important to you
- Do you want to talk about it?
- That is an interesting way to look at it
- I would like to hear your point of view on this
- Tell me more
- Help me understand
- Sounds like you are feeling . . . Is that right?
- High/low

Closing thoughts

- Be proactive - prevention is better than cure!
- Disciplining children starts with disciplining self and being a good role model
- Be **positive, firm and consistent (and patient . . .)**

Your homework this week!

1. If you are using Time Out, evaluate it
2. Use the 6 step method
3. Practice Door Opener conversations
4. Notice what is working
5. Verbalize this to your child/ren
6. At least 10x times a day
7. Please report what you notice next class

Questions and Comments

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