

Raising Children with TLC

A four week course on Positive
Parenting

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?

Course Overview

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

Week 2

- The importance of Limits
- Using positive discipline
- Understanding and dealing with uncooperative behaviour

Week 3

- Caring for your children
- Caring through effective communication
- Listening and talking to your children

Week 4

- Taking care of your self as parents
- Recognizing and managing stress
- Applying TLC principles to your life

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

- Neglectful
- Authoritarian
- Permissive
- Helicopter
- Authoritative

Neglectful Parenting

- The parent is neither demanding nor responsive to the child
- Outcome for children of neglectful parents is very poor: children display contradictory behaviour and emotionally and socially withdrawn, lack self-control, have low self-esteem and low competence

Authoritarian Parenting

- High demand and low responsiveness
- Outcome for children: They tend to be obedient but anxious, withdrawn and unhappy. They may have difficulty with peer relationships and may rebel at some point

Permissive Parenting

- High responsiveness and low demand
- Outcome for children: they may be immature, self-centered, unhappy and dissatisfied. They also have trouble with self regulation and may experience problems with authority

Helicopter Parenting

- Characterized by over-involvement in children's lives and a desire for parents to inappropriately control
- Outcome for children: children grow up with a sense of entitlement but lack confidence and may have trouble making decisions for themselves

Authoritarian Parenting

- High demand and high responsiveness
- Outcome for children: These children tend to be well adjusted academically and socially and have high self-esteem
- 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 cultures and generations.

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

Parenting Challenges Today

- Large scale PPM study shows that:
 - Our generation of parents (at least in North America) are giving too much and expecting too little
 - We blur the line between friend and parent
 - We have too much of everything except time

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

Parenting takes time!

- The great time famine
- The myth of quality time
- Being efficient versus effective
- “There is a lot of anger in my generation. Kids are angry for a lot of reasons, but mostly they are angry because parents aren’t around.”

(A 17 year old quoted in a Newsweek article)

Some research on the importance of the family meal

Families who take out the time to eat regularly
with their children have teenagers who are
less likely

1. To get into fights
2. To think about suicide or be depressed
3. To smoke, drink or use drugs

And are more likely

1. Not to be promiscuous
2. To do better academically
3. Girls are less likely to have eating disorders

Using parenting time wisely

- Setting up the environment for self reliance
- One way to guide behaviour and encourage self reliance is to change the child's environment
- Another powerful way to encourage positive behaviour is to notice what is working

Ways to change the environment

- Enriching
- Impoverishing
- Simplifying
- Restricting life space
- Child-proofing
- Substituting one activity for another
- Preparing the child for changes in his environment

Planning ahead with older children

- Alarm clocks
- Family message centre
- Family schedules
- Explaining finances, phone bills, learning to answer the phone and take messages

Encouraging positive behaviour

- Taking the time to notice what is working
- Descriptive praise
- Your homework this week!
 1. Begin to notice what is working
 2. Verbalize this to your child/ren
 3. At least 5 times a day
 4. Please report what you notice next class

Questions and comments?