

Raising Children with TLC

A four week course on Positive
Parenting

Review, feedback and questions from week 2

The 6-step method for achieving cooperation

1. Stop what you are doing and 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

Agenda for Week 3

- Caring for your children
 - Caring for the whole child
- Demonstrating your care
 - Your child's love language
- Communicating with your children

Points to ponder

- How do I show my children that I love them?
- How well do I listen to my children?
- Am I able to talk to them so they listen?

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 I
 - “psychological air”: the desire to be known and understood
 - Learning your children’s love language
 - Observe how s/he expresses love to you and others
 - Listen to what your child requests most often
 - Notice what s/he complains about most frequently
 - Give your child a choice between two options

From: Dr. Gary Chapman: The five love languages.

Love languages

1. Physical touch

Love languages

2. Quality time

Love languages

3. Words of affirmation

Love languages

4. Gifts

Love languages

5. Acts of service

Caring for the whole child

- Nourishing the heart II
 - 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

What are your concerns in trying the door openers?

What are your concerns in trying the door openers?

- What if I don't agree with their point of view?
- Is talking about something encouraging them to try something illegal, immoral or haram?
- It appears too contrived
- What if I don't know the answer to what they are asking
- It makes me uncomfortable
- What if I am also confused about something?

Concerns with door openers

- Listening to children and asking questions actually has the effect of:
 - Clarifying their confusions about values
 - It helps build moral intelligence in children
 - Builds a strong relationship of trust with the parent
 - STOPS them from engaging in risky behaviour

Some specific communication strategies

1. Expressing concerns
2. Helping children deal with strong emotions

1. Expressing concerns (Expressing a specific concern)

- When you . . . (Be specific about a behaviour)
- I feel . . . (Name a specific feeling)
- I want you to . . . (Give a specific positive behaviour)

Eg. When you leave your wet towels on the floor after a shower, I feel annoyed and disrespected. I want you to hang them on the hook after you are done.

1. Expressing concerns

General guidelines

1. Express your feelings strongly – without attacking character (I'm furious that my new kitchen steel knife was left to rust in the rain)
2. State your expectations (I expect my things to be returned after they've been borrowed)
3. Show the child how to make amends (what this knife needs now is some steel wool and a lot of elbow grease)
4. Give the child a choice (You can borrow my things and return them, or you can give up the privilege of using them. You decide)
5. Take action (Child: Why is your drawer locked? You: You tell me why)
6. Problem solve (what can we work out so that you can use my things when you need them, and so that I'll be sure that they will be there when I need them)

From: Faber, A. & Mazlish, E. (1980) *How to talk so kids will listen & listen so kids will talk.*

Children do best if we support them in dealing with their feelings by accepting feelings while limiting undesirable actions

2. Helping children deal with their feelings

- You can listen quietly and attentively
- You can acknowledge their feelings with a word (oh, mmm, I see)
- You can give the feeling a name (that sounds frustrating)
- You can give the child his wishes in fantasy (I wish I could make the banana ripe for you right now!)
- You can accept feelings while limiting actions (I can see how angry you are at your brother. Tell him what you want with words, not fists)
- From: Faber, A. & Mazlish, E. (1980) *How to talk so kids will listen & listen so kids will talk.*

Some feeling words

MAD, SAD, GLAD, DELIGHTED, HAPPY,
FRUSTRATED, UPSET, DISSAPPOINTED,
CONFUSED, FRANTIC, FRAZZLED,
MISUNDERSTOOD, EMBARRASSED, GUILTY,
PICKED ON, TIRED, VULNERABLE, WORRIED,
SCARED, SURPRISED, TENSE, TERRIFIED,
STUNNED, REMORSEFUL, DISGUSTED,
DISRESPECTED, EXHAUSTED, HELPLESS, GREAT,
EXCITED, CHEERFUL, THANKFUL, OVERJOYED,
LUCKY, SUNNY

Questions?

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