

Raising Children with TLC

A four week course on Positive
Parenting

Points to ponder

- Am I ready to take action?
- What are the barriers that I may face?
- Do I have a plan to get back on track?

Review and feedback from weeks 1-3. Key points and action steps

- Week 1 - TIME
- Keep your goals in sight
 - Internal discipline
 - Guide and train through encouragement and positive discipline as opposed to coercion and punishment
- Encourage positive behaviour by noticing what is right
- Set the environment up for success
- Build family relationships (eat together)

Review and feedback from weeks 1-3. Key points and action steps

- Week 2 - LIMITS
- Understand why your child is misbehaving
- Use family meetings to set rules and expectations and manage conflict
- Consider “positive time out” to manage misbehaviour (developing emotional self control) versus punishment
- Decide whether to use natural or logical consequences to manage misbehaviour

Review and feedback from weeks 1-3. Key points and action steps

- Week 3 – CARE and COMMUNICATION
- Care for and nurture the emotional, mental, physical and spiritual aspects of your children
- Learn your children's love language and use it to demonstrate love
- Avoid door slamming conversations and use effective invitations to communicate
- Learn to express concerns effectively without damaging self esteem

Agenda for Week 4

Family survival tips

- Applying TLC to yourself
- Looking after yourself as a parent
- Understanding, recognizing and managing stress
- Working as a team

Applying TLC to yourself

- Apply skills to other areas of your life
- TIME: Take time to organise and structure family life
- LIMITS: Discipline your interactions with others
 - Manage your own emotions
 - Take time outs
 - Learn to apologize
- CARING AND COMMUNICATION:
 - Effective communication with your spouse
 - Dealing with negative self talk
 - Caring for all aspects of yourself

Importance of self care (sharpening the saw)

- Parents who take care of themselves are healthier
- You cannot pour water from an empty jug
- Satisfied parents create an atmosphere of happiness
- Role modeling self care and wellness
- More likely to be proactive rather than reactive

Understanding stress

- What is stress
- Useful and unhelpful stress
- Effects of chronic stress

Understanding sources of stress

- Perfectionism
- Control
- Lifestyle
- Personality
- Lack of organization
- Social life – asset or liability?
- Self talk: the “have-to”s of life

Am I in control of stress or is stress controlling me?

- When I feel agitated, do I know how to quickly calm and soothe myself?
- Can I easily let go of my anger?
- Can I turn to others at work to help me calm down and feel better?
- When I come home at night, do I walk in the door feeling alert and relaxed?
- Am I seldom distracted or moody?
- Am I able to recognize upsets that others seem to be experiencing?
- Do I easily turn to friends or family members for a calming influence?
- When my energy is low, do I know how to boost it?

Source: *The Language of Emotional Intelligence* by Jeanne Segal, Ph.D.

Recognizing stress overload

- Irritability and moodiness
- Agitation, inability to relax
- Feeling overwhelmed
- Anxiety or constant worry
- Aches and pains
- Sleep issues
- Eating issues
- Digestive issues
- Headaches

Instant stress relievers (what to do in a time out)

- Remove yourself from the situation
- Walk around the block
- Press your reset button
- Take a breath
- Cooks hook ups
- Give a hug/get a hug
- Sensory awareness/mindful observation in nature

A quick and easy relaxation technique

- Cooks Hook Ups
- 1. Cross left ankle over right.
- 2. Extend both arms in front of you, hands back to back.
- 3. Cross right hand over left at wrist and clasp fingers together, interlocked.
- 4. Tuck clasped hands under and up, and rest them comfortably on your chest.
- 5. Inhale slowly by nose, tongue up in mouth. Exhale by mouth, tongue down.
- 6. Hold this pose, gently, and continue slow, deep breathing for 1 to 2 minutes.
- If an over-energy condition is chronic for you, repeat 10 times daily for 2 months to retrain.
-

Cooks Hook Ups



Recognizing and dealing with stress (longer term stress management)

- Taking regular time outs for yourself
- Doing something good for yourself everyday
- Using salaah as time for yourself rather than a chore
- Prayer and meditation
- Avoid over scheduling yourself and your children
- Recognize the priorities

Family survival tips

- Taking time to enjoy the family
 - Importance of renewal
- Get support – delegate!
 - Both within and outside the family unit
 - Getting your spouse to help
 - The problem with perfectionism
 - Are you a control freak??
- Handling disagreements with spouse
 - Arguing in front of children

Working as a team

- In the ideal situation, both parents are on the same page
- Importance of consistency
 - Security
 - Cannot play one parent against another
 - Clear and identified rules
 - Achieving consistency
 - Use your communication skills
 - Say what you want, not what you don't want
 - Appreciating your spouse (synergy)

Working as a team

- Pick your battles
 - Not everything is a big issue
 - Giving a little on the less important things will make it more likely you can stand ground on the big stuff
- Set a good example – focus on what YOU can do
- Pray!

As we end . . .

- Keep hope alive
- It may take a while
 - The miracle of the Chinese bamboo tree
- The power of prayer

Dua for the upbringing of children

*O God,
be kind to me through
the survival of my children,
setting them right for me,
and allowing me to enjoy them!*

*My God,
make long their lives for me,
increase their terms,
bring up the smallest for me,
strengthen the weakest for me,
rectify for me
their bodies, their faith, and their moral traits,
make them well in their souls, their limbs,
and everything that concerns me of their affair,*

*O God, . . .
Help me in their upbringing, their education,
and my devotion toward them.
Ameen*

From: Shahifa Al Sajjaddiyya, Dua number 25

Questions?

(And a request for feedback)