



SELPA

Parenting Strategies for Positive Behaviors

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Defining Successful Parenting



- ✓ Successful parenting involves a great deal of consistency and routine, which gives children a sense of control.
- ✓ Successful parenting focuses on developing independence in children, so redundancy becomes the aim for parents.
- ✓ Successful parenting involves a style that considers children's age and stage of development.
- ✓ Successful parenting is the process of raising children and providing them with protection and care in order to ensure their healthy development into adulthood.

<https://www.parentingideas.com.au/blog/the-definition-of-good-parenting/>

Parenting Styles



- ✓ Some styles will fit according to the dynamics of the family.
- ✓ Using different parenting styles according to situation.
- ✓ Moving between parenting styles keeping the other parent in mind.
- ✓ Examining parenting style according to the stage of development of the child.

Authoritative Style



Positives

- ✓ High parental responsiveness.
- ✓ High parental demand; warmth and involvement.
- ✓ Reasoning/induction, demographic participation.

Challenges

- ✓ Very difficult to maintain for long periods of time.
- ✓ Parent must be emotionally stable/mature.
- ✓ Parents must know when to allow support from others.

Authoritarian Style



Positives

- ✓ Clear parental authority.
- ✓ Unquestioning Obedience.

Challenges

- ✓ Low parental responsiveness but high parental demand.
- ✓ Punitive Interventions.

Permissive Style



Positives

- ✓ High parental responsiveness.
- ✓ General acceptance of child's decisions.
- ✓ Tolerance.

Challenges

- ✓ Low parental demand.
- ✓ Tendency to ignore child's misbehavior.
- ✓ Oftentimes will spoil the child.

Neglecting Style



Positives

✓ N/A

Challenges

- ✓ Parental Responsiveness.
- ✓ No direction for child.
- ✓ Child goes without life's necessities.
- ✓ ETC, ETC, ETC....

Breakout Session



- ✓ Which parenting style or styles do you identify with most?
- ✓ Which parenting style do you believe would be the most difficult to master?

G.U.I.D.E



- ✓ G-Guidance
- ✓ U- Unconditional Positive Regard
- ✓ I-Identify Your Flaws
- ✓ D-Determination
- ✓ E-Enjoyment

Guidance



- ✓ Successful parents guide their children lives by providing special time and making a child feel valued.
- ✓ Parental guidance boosts a child's abilities and strength.
- ✓ Children need guidance and support to have a better transition in adulthood.
- ✓ Constant communication is important to maintain a good relationship with our children.

<https://www.pressreader.com/philippines/sunstarpampanga/20170410/28164248503076>

Unconditional Positive Regard



- ✓ If you treat your kids with an unconditional positive regard, it means that you show 100% acceptance towards your kids, no matter how they behave and regardless of what they say.
- ✓ Loving unconditionally means loving your kids for what they are, not for what they do or what they fail to do.
- ✓ When we feel 'wrong', 'bad', angry, sad, frustrated, unhappy - THAT is when we really need to feel our parents' love the most.

<https://www.positive-parenting-ally.com/unconditional-positive-regard.html>

Identify Your Flaws



- ✓ The exact flavor of imperfection is of course different for every person, but whatever character flaws, emotional blind spots, or limitations a parent has, the impact on their kids—including adult kids—is real.
- ✓ Parents are people. People who have experienced their own traumas, insecurities, and setbacks in life and do their best with whatever tools they have in the moment.
- ✓ “I have never met a parent who doesn’t want the best for their children,” says Robin Stern, PhD, a psychoanalyst and the associate director of the Yale Center for Emotional Intelligence. “But I have met many parents who do not understand the impact of their unchecked behavior on their children—including the negative impact of critical or dismissive words.”

<https://www.wellandgood.com/parents-are-people-not-perfect/>

Determination



- ✓ Successful parents are determined in helping their children overcome obstacles in life
- ✓ Successful parents are determined to be an important part of their child's life.
- ✓ Successful parents are determined to stop multigenerational trauma within their families.

Enjoyment



- ✓ Being a good parent involves having fun with your kids.
- ✓ Being a good parent involves finding activities the whole family can enjoy.
- ✓ Being a good parent involves finding enjoyment in simply being a parent.

Strategies for Building a Positive Relationship with Your Kids



Going Brain Dead:

- ✓ The first step to neutralizing arguing is to “go brain dead”.
- ✓ The less our lips move, the more effective we become. Going brain dead means you're going to stop thinking about the argument emotionally. While we can't let our kids run all over us, arguing doesn't do any good.
- ✓ Avoiding un-winnable power struggles is going to save you time and energy each day. Wise parents are prepared to neutralize arguing before they experiment with any other new skill.

Strategies for Building a Positive Relationship with Your Kids



One Liners:

- ✓ The most important part about using one-liners is to remember to say it with love.
- ✓ Do not use these one-liners to be sarcastic, mean, or argumentative.
- ✓ If you have a tough time keeping your cool, literally go “brain dead” and simply repeat the words out loud rather than using emotion while speaking them.

Examples of One Liners



- ✓ I know.
- ✓ I understand.
- ✓ What did I say?
- ✓ Thanks for sharing.
- ✓ I love you too much to argue.

<https://www.youtube.com/watch?v=6O7V7oWIslI>

Seven Strategies for Avoiding Power Struggles



- ✓ Develop a Relationship Early On
- ✓ Hide Your Frustrations
- ✓ Be Kind
- ✓ Listen and Validate
- ✓ Explain Your Reasoning
- ✓ Give Choices

A Moment of Reflection



- ✓ Which Parenting strategies do you believe will assist you with your own kids or working with other parents regarding building positive relationships with children?
- ✓ Which parenting strategy do you believe will be the most difficult to do in the moment of crisis or disagreement?

Please respond in the chat box.

Bonding-Monitoring-Boundaries



- ✓ Bonding- The stronger the relationship between parents and their children, the more the child will not want to disappoint the parent.
- ✓ Monitoring- BYU recently came out with results of a study showing that the best kind of parenting to protect youth is “warm and with follow through”. In other words, check on your kids. Trust but verify! Check on their social media, when they are going out, ask the questions: Where are you going? Who are you going with? What will you be doing? When will you be home? Will there be alcohol or other drugs there? Have consequences when the rules are broken.
- ✓ Boundaries-Boundaries are set when parents set clear family rules on behaviors such as no cell phones at the dinner table.

<https://parentsempowered.org/pe-articles/bonding-boundaries-monitoring/>

5 Ways To Empower Your Child



Let Them Make Decisions:

- ✓ As children grow older, they should have the chance to make decisions that affect their lives. Give them opportunities whenever possible.
- ✓ Help children work through the pros and cons of more difficult choices in order to build decision-making skills.
- ✓ As kids get older and are faced with more outside influences, they will need to be able to discern what's good for them and what's not. Gradually involving them more and more in decisions about their own lives will strengthen their ability to do so.

5 Ways To Empower Your Child



Let Them Have Consequences:

- ✓ One of the most powerful ways that human beings learn is from our own mistakes—arguably, the only way we truly learn on a deep level.
- ✓ When our teenagers make a poor choice, we have to resist the urge to jump in and smooth things over.
- ✓ They need to know that when they make a choice, they are also accepting the consequences of that choice, good or bad.

<https://educateempowerkids.org/5-ways-empower-teen/>

5 Ways To Empower Your Child



Teach Them to Be Choosy:

- ✓ Let your kids know that it's important and necessary to choose friends who will uplift them and value them, respect their views and decisions, and who have similar values, because friends influence them.
- ✓ Although they should be kind and respectful to all, teach your kids that it's okay to be choosy about their friends.
- ✓ It's empowering for children to know that they don't have to buckle to pressure by so-called "friends" to do things they don't want to do.

<https://educateempowerkids.org/5-ways-empower-teen/>

5 Ways To Empower Your Child



Teach Them To Take Care of Themselves:

- ✓ Learning to put themselves as a priority in their own lives empowers teens to know that they are important and worth the effort!
- ✓ Teach them good eating and sleeping habits, how to express their emotions, how to say no to things they don't want to do, say, or watch.
- ✓ Empowered with a strong sense of self-worth and confidence, our kids will be able to withstand the pressures they will face in life.

<https://educateempowerkids.org/5-ways-empower-teen/>

5 Ways To Empower Your Child



Trust Them:

- ✓ Giving our kids the chance to be trustworthy is a powerful tool to help them trust their own instincts and abilities.
- ✓ Discuss expectations and limits.
- ✓ Build on their past successes with being trustworthy and increase opportunities to show how responsible they are.
- ✓ Just as importantly, trust in your parenting skills—that you have taught them right from wrong and the skills they need to be trustworthy.

<https://educateempowerkids.org/5-ways-empower-teen/>

Self-Care



- ✓ Take time to Love Yourself...
- ✓ Do not be too hard on yourself....
- ✓ Accept help from others....
- ✓ Look to a bright future....

Parent Resources



- [Educational Resources for Parents](#)
- Riverside University Health System Behavioral Health
 - [Grandparents Raising Grandchildren](#)
 - [RUHS-BH Prevention & Early Intervention](#)
- Parent Support Groups: National Alliance on Mental Illness
 - [Support-Education/Mental-Health-Education](#)
 - [Support Group Calendar](#)

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