

Positive Parenting (Slide 1)

- Every parent can benefit from parenting education and support
- Deployment can be emotionally challenging for all family members, and it can be especially confusing and stressful for children
- Even the best parents may benefit from a parenting skills check-up
- Even small changes can have a great impact
- **Exercise 1:** Parenting Styles Self-Reflection
- **Handout 1:** Parenting Styles Self-Reflection

Objectives (Slide 2)

- Define positive parenting
- Identify positive parenting practices
- Identify the difference between punishment and discipline

What Is Positive Parenting? (Slide 3)

- Positive parenting is the continual relationship of a parent(s) and a child or children that includes caring, teaching, leading, communicating, and providing for the needs of a child consistently and unconditionally
- Positive parenting strategies include the following:
 - Praising good behavior
 - Setting clear and developmentally appropriate rules
 - Taking time to listen
 - Caregivers working as a team
 - Using positive discipline
 - Being patient
 - Being involved
 - Establishing consistent routines
- It is important for parents to examine their own behaviors and attitudes because children may copy them

Components of Positive Parenting (Slide 4)

- Positive parenting promotes the following:
 - The understanding and use of positive discipline techniques
 - An authoritative parenting style, which provides structure and control in conjunction with warmth, understanding, and love
 - Awareness of the stages of child development
- Four main parenting styles
 - Authoritarian: Focus on obedience punishment over discipline
 - Authoritative: Create a positive relationship, enforce rules
 - Permissive: Don't enforce rules, "kids will be kids"
 - Uninvolved: Provide little guidance, nurturing, or attention
- Authoritative parents have clear rules or expectations that are developmentally appropriate for each child

- Rules have appropriate natural and logical consequences
 - Natural consequences occur as the result of a behavior (e.g., if you touch a hot stove, you will get burned) while logical consequences are intentional and planned (e.g., taking away privileges when your child lies or talks back)
- **Handout 1: Parenting Styles Self-Reflection**
- You may have predispositions toward certain style(s) of parenting. With practice and motivation, we can all adopt more of an authoritative parenting style.
- Developmental milestones are skills that children generally achieve in a specific age range
 - By understanding specific developmental milestones, parents can be flexible and learn skills to effectively parent and impose discipline based on the needs of their children

Temperament (Slide 5)

- Temperament is about how reactive a child is and how well he or she can regulate emotion
- Each temperament type has its own strengths; none are superior to others; some children will not fit well into any type
 - Types should not be used to label or demean children
- Temperament represents a tendency to respond to situations in a certain way; it is not destiny
 - Children can adjust and develop coping strategies over time
- Children, independently of their temperament, can benefit from involved parents who respond promptly and appropriately to their needs
- *Goodness of fit* involves responding to a child's unique needs
- Example of poor fit
 - A child who is slow to wake up in the morning is awakened last-minute and expected to get ready in a hurry
 - The child may need an extra half hour to get ready
- Example of good fit
 - A child who needs time to adapt to changes or transitions is given warnings and a timed countdown before transitions
 - Without the countdowns, the parent is more likely to experience trouble due to an increased likelihood of child tantrums
- *Goodness of fit* does not mean creating a stress- and conflict-free environment
 - It means helping parents avoid excessive or unnecessary stress and conflict due to a temperament-environment mismatch (also called *poorness of fit*)
- Remember that a child's reactions are partly driven by how playful the parent is

Child Development and Parenting (Slide 6)

- Children grow in their cognitive and emotional regulation abilities and, regardless of their age, they need to feel that their parents love them and care for them
- Encourage your children to have a voice in the family rules and consequences
 - A 4-year-old may be able to help decide what the consequence should be if he or she does not clean his or her room
- **Exercise 2:** Managing Challenging Behaviors
- **Handout 2:** Managing Challenging Behaviors

Positive Parenting Practices (Slide 7)

- **Exercise 3:** Parenting Practices
- **Handout 3:** Parenting Practices
- Positive parenting practices revolve around four pillars:
 - Establish routines and family rituals – promotes consistency, gives families a sense of normalcy, and allows children to feel they belong
 - Model positive behavior – children watch parents for cues on how to function in the world
 - Set a positive tone and open lines of communication – creates intimate bonds with children, promotes disclosure and trust, and clarifies rules and expectations
 - Deliver consistent disciplinary action – enforces household rules and ensures that children know what is expected of them
- Parenting can be difficult, and parents make mistakes or occasionally are unable to meet the needs of their children; this does not mean you are a bad parent
 - The goal is to strive to deliver discipline, but it may not always be feasible or realistic
 - Keep trying to do your very best for your children

Discipline vs. Punishment (Slide 8)

- Punishment used to describe harsh, neglectful, or abusive strategies that may be intended to hurt or humiliate the targeted person
 - Goals are to *make a person pay* for misconduct through physical and/or emotional pain and usually only focus on getting undesired behavior to stop
 - Comes from a place of power with intent to coerce a person to bend to another's demands without regard to the target person's dignity
 - Reactive - a parenting tool used after a problem surfaces
 - Corporal punishment, such as spanking, has been associated with increased aggression and delinquency
- Discipline is about helping children learn acceptable behavior
 - A positive way to teach self-control with an emphasis on nurturing and guidance
 - Involves the use of strategies to prevent problems and manage conflict

- ☐ Helps child develop self-discipline and learn how to become responsible
- ☐ Encourages child to accept natural or logical consequences of misbehavior

Discipline vs. Punishment Scenarios (Slide 9)

- ☐ **Exercise 4:** Discipline vs. Punishment
- ☐ A child throws food on the floor
 - ☐ What would be punishment?
 - ☐ Parent forcibly puts child in time out without explanation or discussion
 - ☐ What would be discipline?
 - ☐ Parent has child clean up thrown food and discusses why throwing food was wrong
- ☐ A bicycle is left on the driveway
 - ☐ What would be punishment?
 - ☐ Child is grounded without explanation or discussion
 - ☐ What would be discipline?
 - ☐ Child has bike privileges taken away and parent discusses expectations for taking care of bike in the future
- ☐ A teenager doesn't come home by curfew
 - ☐ What would be punishment?
 - ☐ Parent gives teenager extra chores and tells teenager, "You know better!" with no further discussion
 - ☐ What would be discipline?
 - ☐ Parent and teenager discuss safety concerns, the importance of calling if something will cause lateness, and what consequence should be

Review of Objectives (Slide 10)

- ☐ What are some qualities of positive parenting?
- ☐ What are some positive parenting practices that you can use in your own life situation?
- ☐ What are the differences between punishment and discipline?