

Slide 1: Positive Parenting

Slide 2: Objectives

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

Slide 3: What Is Positive Parenting?

- Relationship between parents and children that includes caring, teaching, leading, communicating, and providing for the needs of the child consistently and unconditionally

Slide 4: Components of Positive Parenting

- Positive discipline rather than punishment
- Authoritative parenting style
- Awareness of the stages of child development

The image on the slide shows you the four main parenting styles

- Authoritarian: Focus on obedience, punishment over discipline
- Authoritative: Create positive relationship, enforce rules
- Permissive: Don't enforce rules, "kids will be kids"
- Uninvolved: Provide little guidance, nurturing, or attention

Slide 5: Temperament

- Refers to how reactive a child is and how well he or she can regulate emotion
- Represents a tendency to respond to situations in a certain way
- Related to the concept *goodness of fit*

Slide 6: Child Development and Parenting

- Children grow in the following ways over the course of their development:
 - Ability for abstract thought
 - Emotion regulation
 - Perspective taking
- Children need to feel loved and cared for by their parents regardless of their age
- Encourage your child(ren) to have a voice in the family rules and consequences

Slide 7: Positive Parenting Practices

- Establish routines and family rituals
- Model positive behavior
- Set a positive tone and open lines of communication
- Deliver consistent disciplinary action

Slide 8: Discipline vs. Punishment

- Punishment: harsh, neglectful, or abusive strategies intended to hurt or humiliate
 - Goal is to make a person pay for misconduct
 - Focuses on getting undesired behavior to stop
- Discipline: emphasizes nurturing and guidance
 - Goal is to guide a person to desired alternative behavior
 - Focuses on what to do in the future and on redirecting undesired behavior

Slide 9: Discipline vs. Punishment Scenarios

- A child throws food on the floor
 - What would be punishment?
 - What would be discipline?
- A bicycle is left on the driveway
 - What would be punishment?
 - What would be discipline?
- A teenager doesn't come home by curfew
 - What would be punishment?
 - What would be discipline?

Slide 10: Review of Objectives

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

Slide 11: Positive Parenting