

**Strong Parents,
Stable Children:**
*Building Protective Factors
to Strengthen Families*



Ages of Kids and What You Love



9 – I love listening to her sing

5 – I love his hugs

2 - I love holding him when he
sleeps

Joys and Stresses of Parenting



- What do you love about being a parent?
- What do you hope for your kids?



- What are some of the stresses or challenges you experience?
- Is parenting hard or easy?



Do you ever make mistakes as a parent? Do you sometimes feel guilty?



Most parents love their children and want a strong and healthy relationship with them.

“No parent wakes up in the morning planning to make a child's life miserable. No mother or father says, ‘Today I'll yell, nag, and humiliate my child whenever possible.’ On the contrary, in the morning many parents resolve, ‘This is going to be a peaceful day. No yelling, no arguing, and no fighting.’ Yet, in spite of good intentions, the unwanted war breaks out again. Once again we find ourselves saying things we do not mean, in a tone we do not like.”

(Haim Ginott, *Between Parent and Child*)

Parenting Can Be Tough!



All of us fall short when it comes to being a perfect parent. We all need compassion and forgiveness – and so do our children.

We “got” to stick with it!

Thanks alot
I know it can
be hard being a
Mom or Dad
But you
got to
stick with it
(look on back)

Parenting: Two Views



- ✓ Work that interrupts our lives
- ✓ Makes us tired
- ✓ Uses all our money



- ✓ Most important investment we will ever make



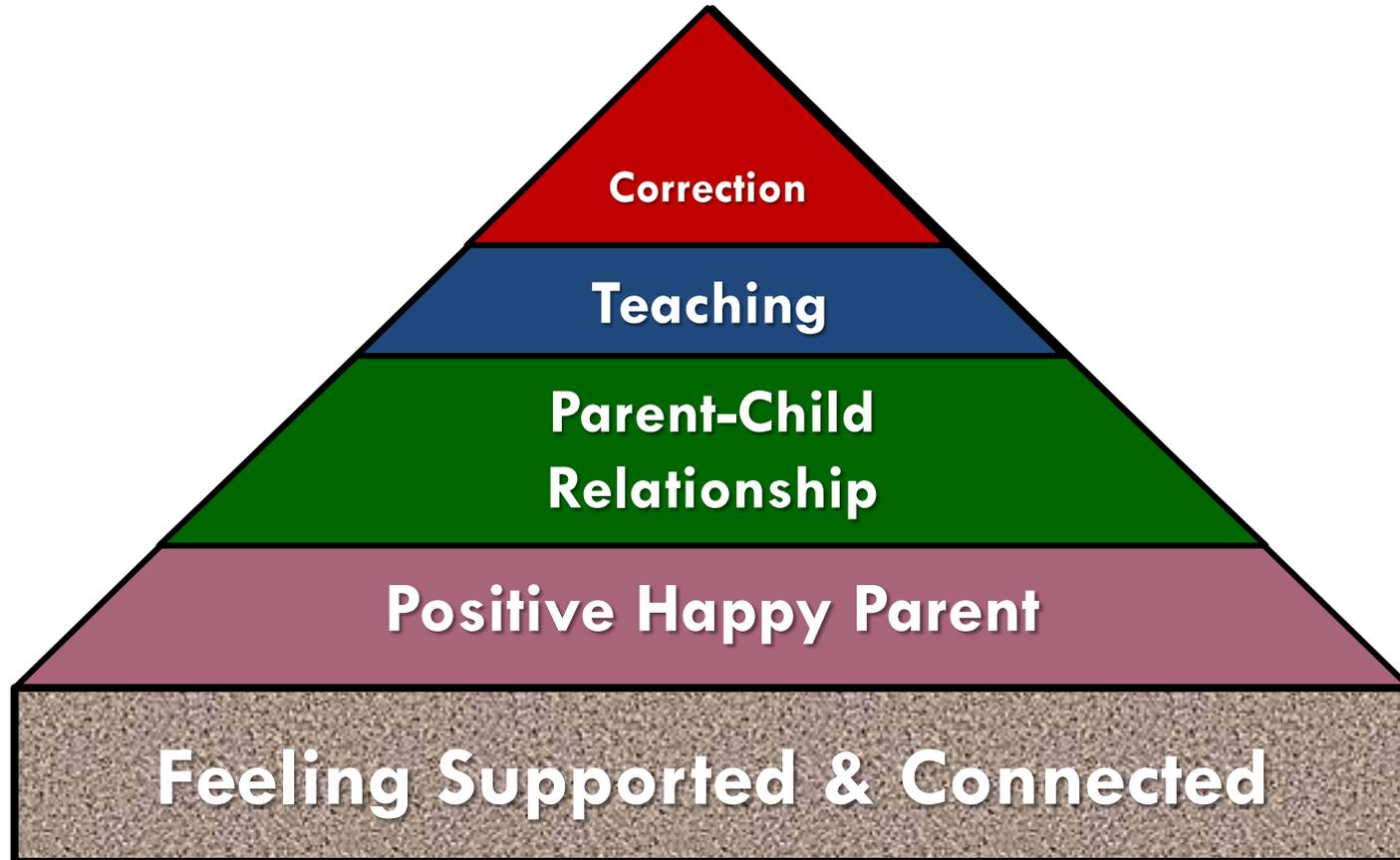
Is the purpose of meeting to...



Turn you into Parenting Experts!?



Parenting Pyramid



Turn Outward or Turn Inward?

It's Tough to be a Good Parent During Tough Times



- EVERY family, at some point, needs help
 - ▣ Serious illness?
 - ▣ Job loss?
 - ▣ Move?
 - ▣ Birth of a child?
 - ▣ Loss of a family member?
 - ▣ Family member in prison?
 - ▣ Divorce/separation?
 - ▣ Short on money?
 - ▣ Car broken down?

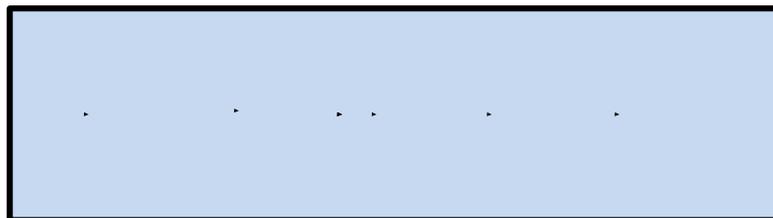
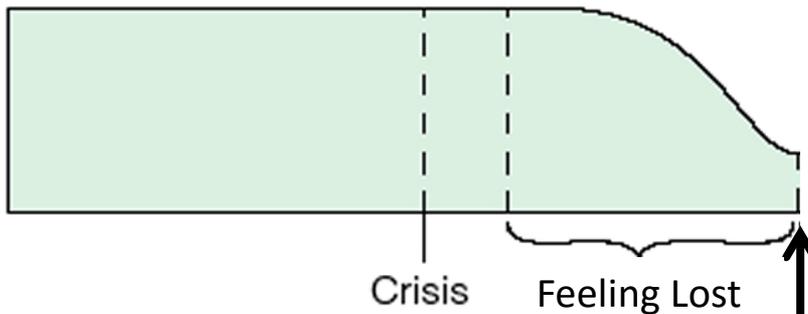
Feeling Supported and Connected helps us *Turn Outward* during tough times.

Support, Connection, & Crisis



A crisis often leads to *feeling lost and losing hope*

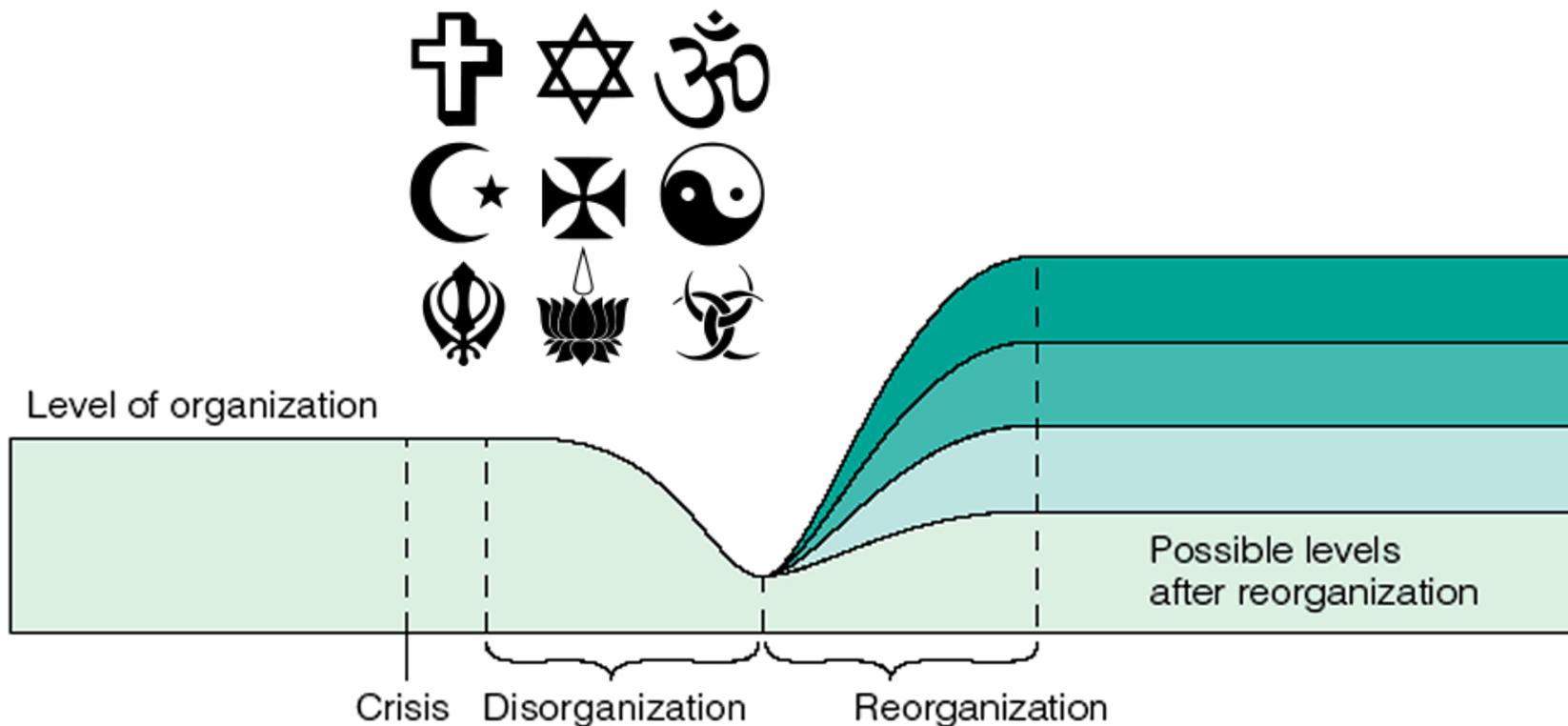
Living life



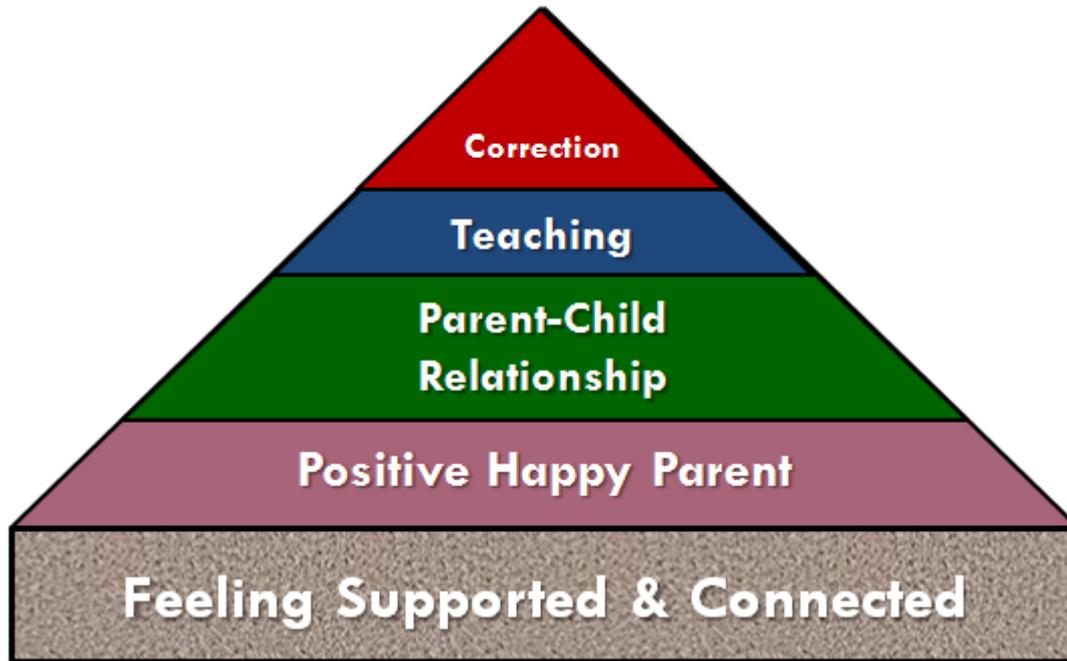


Sources of Meaning

- Have you felt support from religious, spiritual or meaningful places? In what ways?



Feeling Support and Connection in Times of Need



- | | | | |
|--------------------------|----------------------|--------------------|-----------------|
| Mental Health Services | Family & Friends | Housing Assistance | Transportation |
| Substance Abuse Services | Educational Services | Healthy Food | Social Services |



Three Essential Needs

Brain systems have two settings: **Responsive and Reactive**.
When each need is met, system tends to be *Responsive*

- **Safety –**
avoid harm
When I feel safe, responsive mode brings calm, peace.
- **Satisfaction –**
approach rewards
When I feel satisfied, responsive mode brings gratitude, pleasure, contentment, accomplishment.
- **Connection –**
attach to others
When I feel connected, responsive mode brings belonging, love, compassion, kindness, worth.

When Support in Times of Need is not met, we **REACT** with fear, frustration, anxiety, and anger.

Getting Help



- We respond better to crises when we:
 - ▣ Recognize we need support
 - ▣ Know what services are available
 - ▣ Know how to access services
 - ▣ Have some financial security
 - ▣ Have basic needs met
 - ▣ Are resourceful with what we have
 - ▣ Are committed and persistent
 - ▣ Advocate effectively for one's self, child, and/or other family members to receive necessary help

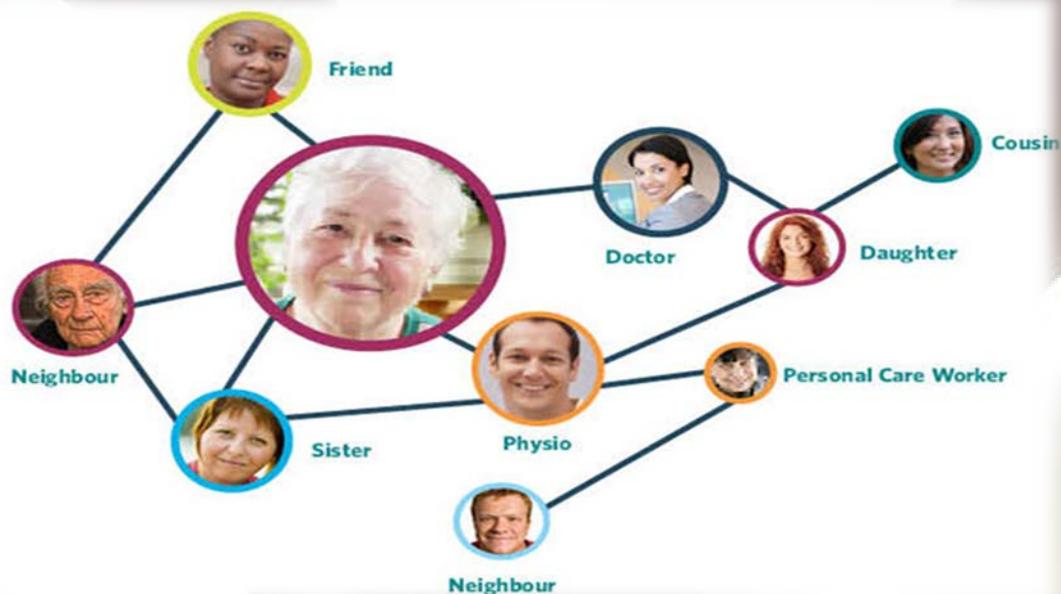


~Start with one step at a time~

Connect to Support



- A web of support can help during challenges. How do you “Turn Outward?”



Benefits of Social Connections

(one of our 3 basic needs)



- We are more likely to be happy and healthy: high levels are as predictive of living a long time as regular exercise (*low levels are as damaging as high blood pressure*)
- Chemicals in our brain (oxytocin) are released, reducing anxiety, depression, and improving heart and immune systems
- Do you have examples of when people have been there for you OR you have been there for others?
- How did it make a difference?



Benefits of Social Connections



- When parents have positive connections, children have access to more caring adults.
- Children learn about building and maintaining friendships by watching how adults interact.



Building Social Connections



Bids for Connection

- Turning Away
- Turning Against
- Turning Toward



Bids for Connection Examples



How would you turn toward/outward?

- The grocery store clerk greets you with a smile and asks how your day is going
- A teacher at your child's school sends an email to parents asking for parent helpers to come in and read to students in your child's class
- Your landlord calls to remind you that your rent is late
- You drive down your street and notice your neighbor is struggling to change a flat tire and she waves at you

Can you think of other situations when people make bids for connection or attention?

Social Support – Reaching Out



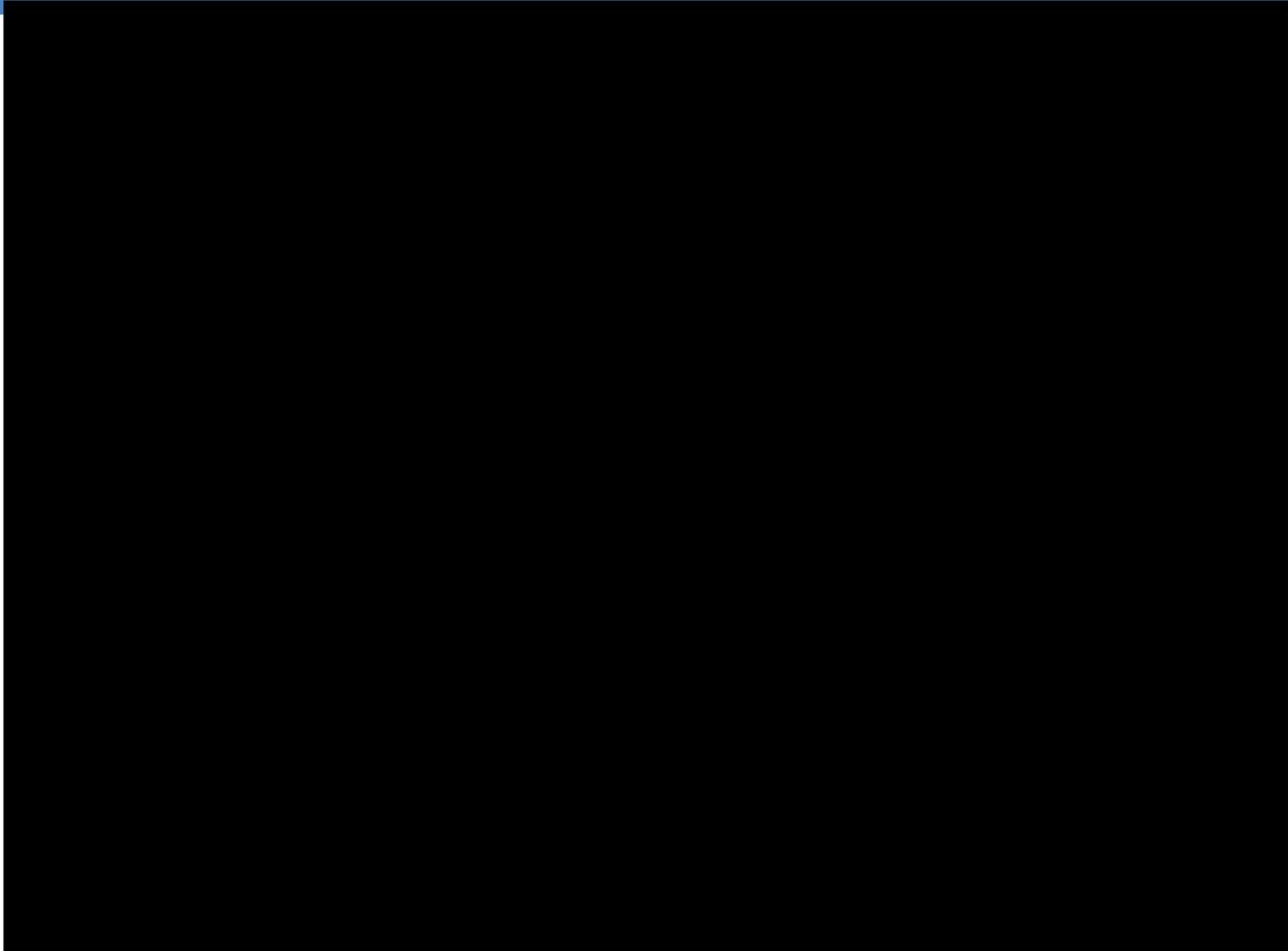
- We often focus on how people receive support.
- Benefits of providing social support to others:
 - Giving feels better, does more for you, and has more benefits in the long run than getting support.
 - In what ways have you turned outward to give support to others when they are in need of help?

“Even people who think they don’t want a lot of social contact still benefit from it. And it’s not just that we ‘all need somebody to lean on’; recent work on giving support shows that caring for others is more beneficial than is receiving help”

- Jonathan Haidt



Thai commercial, man turning outward



Turning Outward – Discussion Questions



- What bids for connection did you notice?
- How did others respond?
- In what ways can you turn outward and make positive bids for connection and serve others?



Ways to Build Connections



- Giving back by volunteering and serving in one's community helps people feel better about themselves *and* they can connect with others.
- What are some ways you have built connections in your community?



Quality Connections vs. Quantity Connections

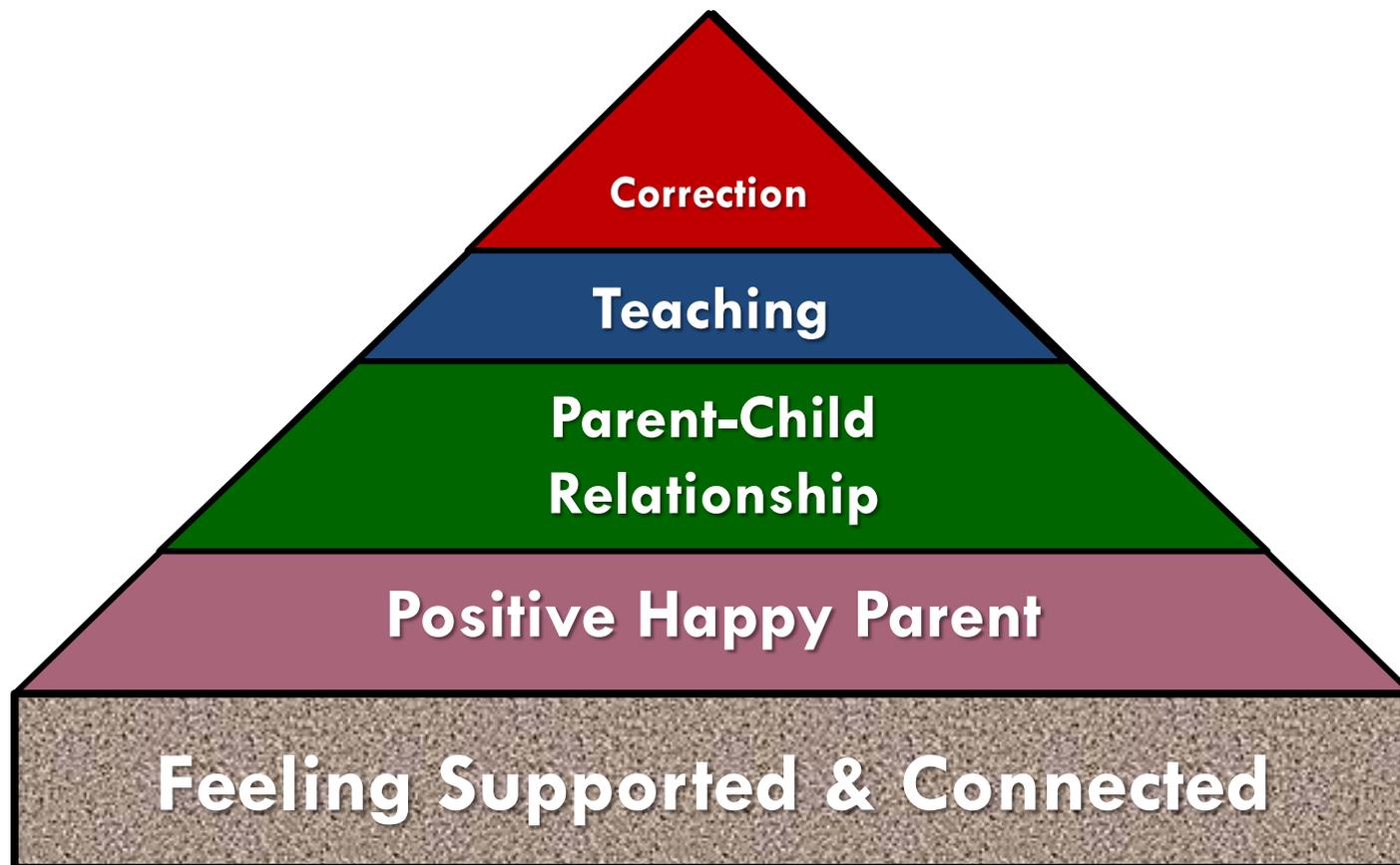


- How many “friends” do you have on Facebook or other forms of social media?
- How much support do you feel from them? 😊
- Research shows it is not how *many* people an individual knows, but the quality of the relationships people have and the support they feel.

How might you grow your connections?



Parenting Pyramid



Turn Outward or Turn Inward?

Build Connections & Support by Turning Outward



- What is ONE thing you will **do** this week to **turn outward**, build social connections, friendships, and reach out when you need help?
- How will you respond to others' bids for connection?
- Take some time to work on the "Connect to Support" guidesheet and be prepared to discuss next time.





**Strong Parents,
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Building a Solid Foundation





**Strong Parents,
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Becoming a Happier and More Positive Parent



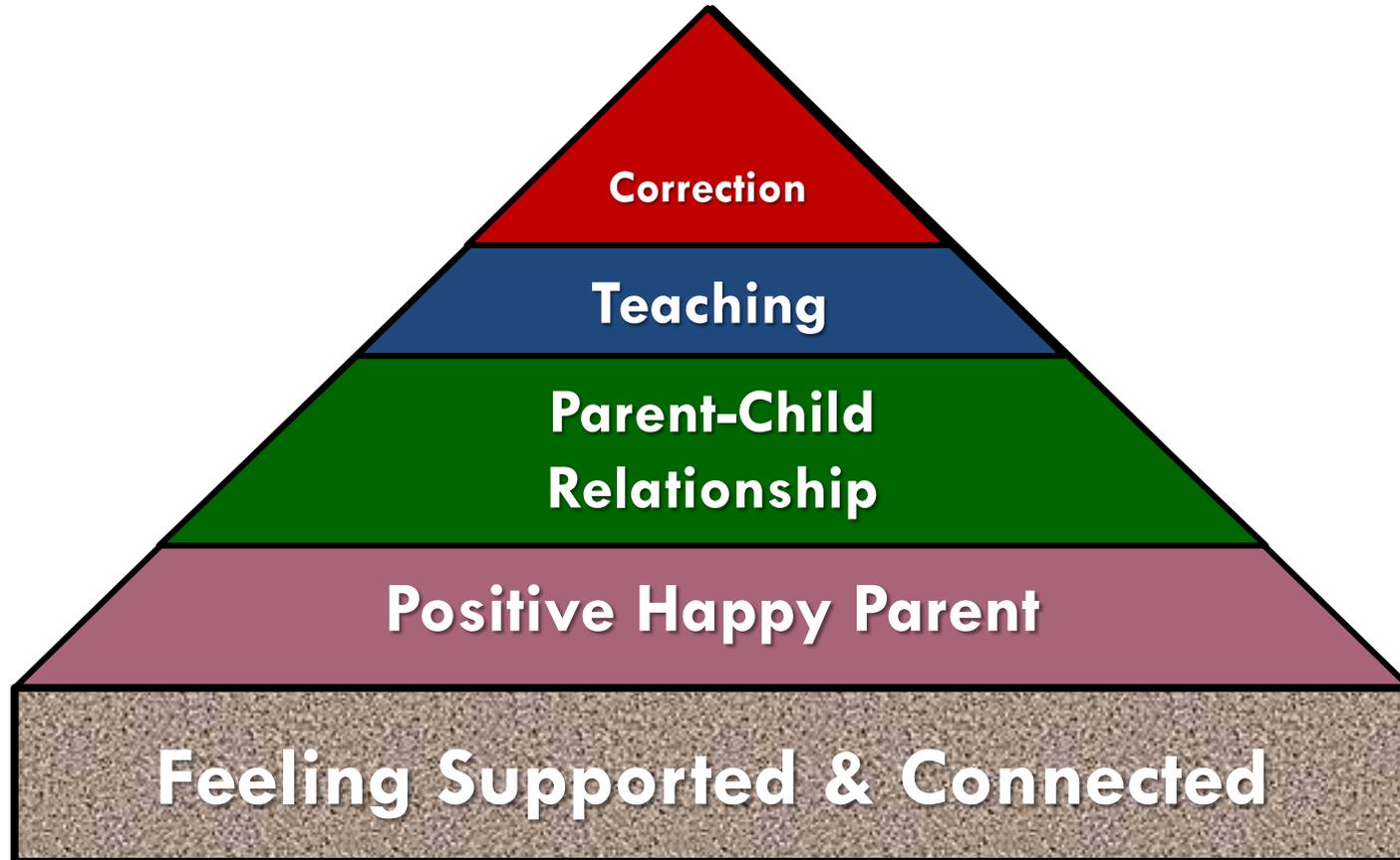
Return and Report



- What *did you do* this past week to **turn outward**, build social connections, friendships, and reach out when you need help?
- Do you have examples of responding to others' bids for connection?
- Did you make progress on the “Connect to Support” guidesheet?



Parenting Pyramid



Turn Outward or Turn Inward?

My Stresses Right Now



Scale of 1 (no stress) to 10 (extreme stress)
My current stress with Life and Kids

Life	Kids
4	7



Stresses and Worries

Worry is like a rocking chair; no matter how long or hard we rock, we don't get anywhere.

Have you ever had a stressor that felt much bigger than it really was?



Do Challenges Make You or Break You?

What is **RESILIENCE**?

**Being strong and flexible
when you face stress,
challenges, and trauma**

**Bouncing back from
hard times**

Resilience is a choice

***Ability to recover from difficult life experiences,
and often be strengthened by them***

Building Parental Resilience



- Think of a time when you lost your patience:
 - ▣ How did you feel when it was happening?
 - ▣ Are we more likely to turn INWARD or OUTWARD during stressful times?



We are all born with different levels of resilience, but we ALL can *learn* to be more resilient

H.A.L.T.



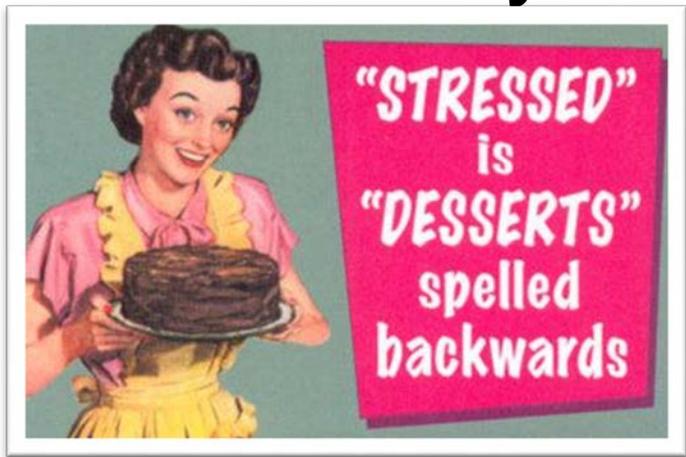
- How well do we interact with others when we are **Hungry, Angry, Lonely, or Tired**?
- Our response matters more than the stressor.
- What happens to our bodies when we are stressed?



How do you best manage stress???



What ways of managing stress have worked for you?



Three Essential Needs Review



What is one of the first things we don't have time for when we get stressed out? Ourselves!

1. **Safety**
2. **Satisfaction**
3. **Connection**



MAKE time for the things you

love to do



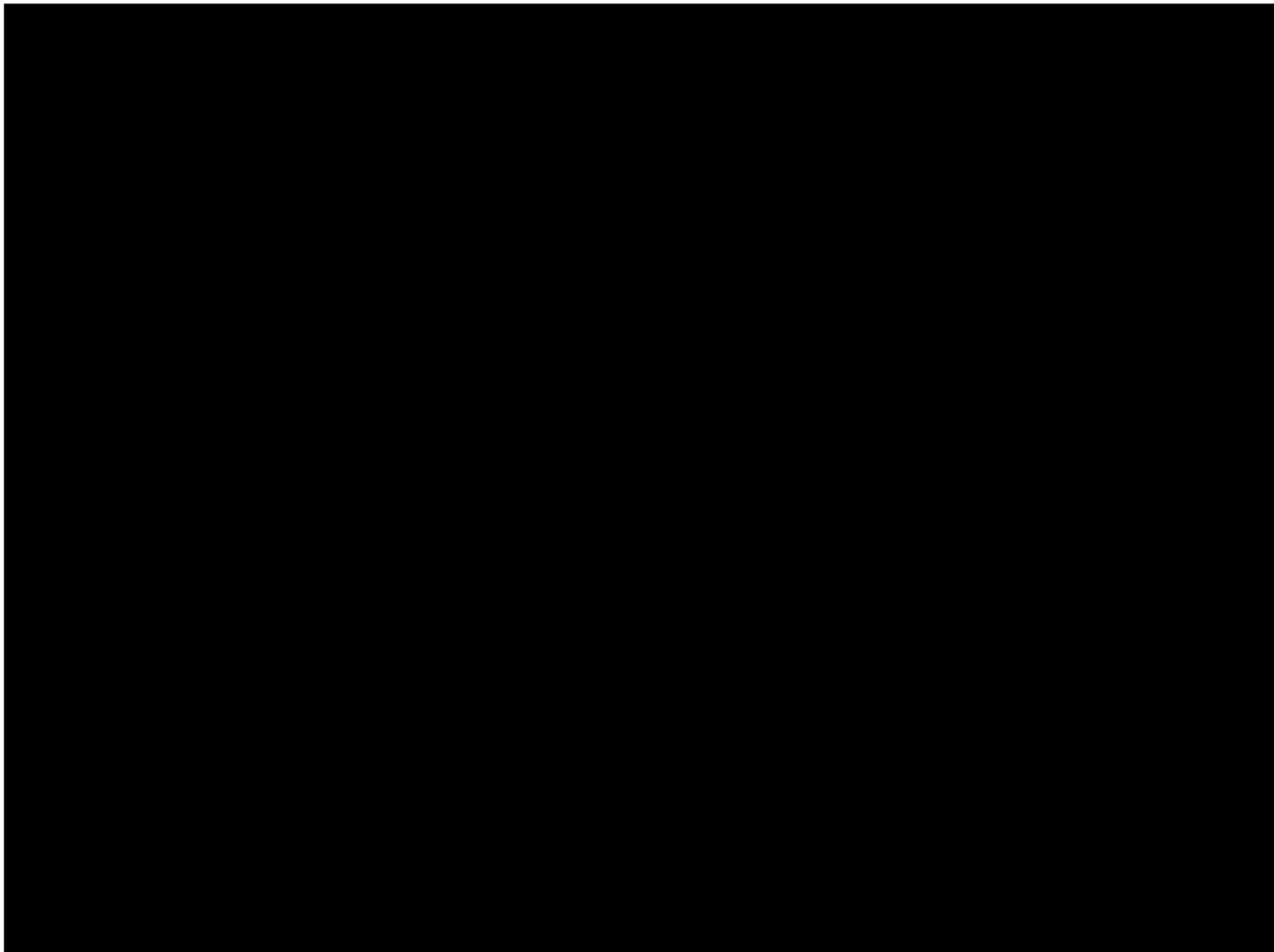
Turn Outward During Stress



The Story of Jaden Hayes, 6 years old



Jaden Hayes, 6 years old



Turn Outward During Stress



What stood out to you?

What can we learn about turning outward, even in times of stress?

Has turning outward during a stressful time worked for you?





Your Reality is Your *Choice*

- The human brain receives *11 million* pieces of information every second from our environment, but can only process *40 bits per second*.

I think about
negatives, and the
less **positives** I
see.... **OR**



*Change my mindset
and **choose** to think
about more **positives**
around me!*

- We get to *choose* what we focus on and what to dismiss or ignore (*but our brains are wired to focus on threats!*)
- Your reality is a **choice** – what you choose to focus on shapes how you see and understand your world.



Rethinking STRESS

BREAKING NEWS

70-90% OF DOCTOR VISITS ARE DUE TO STRESS-RELATED ISSUES

STRESS NEGATIVELY AFFECTS MOST OF THE HUMAN BODY'S FUNCTIONS. STRESS IS DESTRUCTIVE

STRESS IS LINKED TO THE 6 LEADING CAUSES OF DEATH



Rethinking & Reframing STRESS



- Some stress *CAN* also be helpful – if managed in positive ways
- Stress *CAN* create:
 - Greater mental toughness
 - Deeper relationships
 - Increased awareness
 - New perspectives
 - A better appreciation of life
 - More meaning in life
 - Change in priorities
 - Make us deal with bad situations



Rethinking & Reframing STRESS



- ❑ The lesson? Stop dwelling on it and sharing it – it leads to more stress, anxiety, and depression!
- ❑ When stress happens:
 - ❑ View it as a challenge, instead of a threat.
 - ❑ Recognize it can improve your productivity and performance as a person **and** as a parent.
 - ❑ Think about the meaning behind the stress.
 - ❑ Replace stress with **strengths!**

Stress is certain, its negative effects are not!



Why We React (instead of respond) to Stress the Way We Do



Born with ~86 billion brain cells called neurons!



What happens when it rains on a fresh pile of dirt?



Police Car Drawing



On a sheet of paper, you will have 30 seconds to draw a picture of a police car.



Training Your Brain to See Different Perspectives



Focus on the picture below and see how many descriptions, phrases, labels you can come up with in 30 seconds

(ignore grammar – go for speed!)

- +3 points for every positive (and true) descriptor and +1 for every negative one



Research shows that people who have a positive to negative ratio of 3:1 are more optimistic and happier.
2:1 – languishing
1:1 – depressed

Try to balance every piece of bad news with 3 pieces of good news.

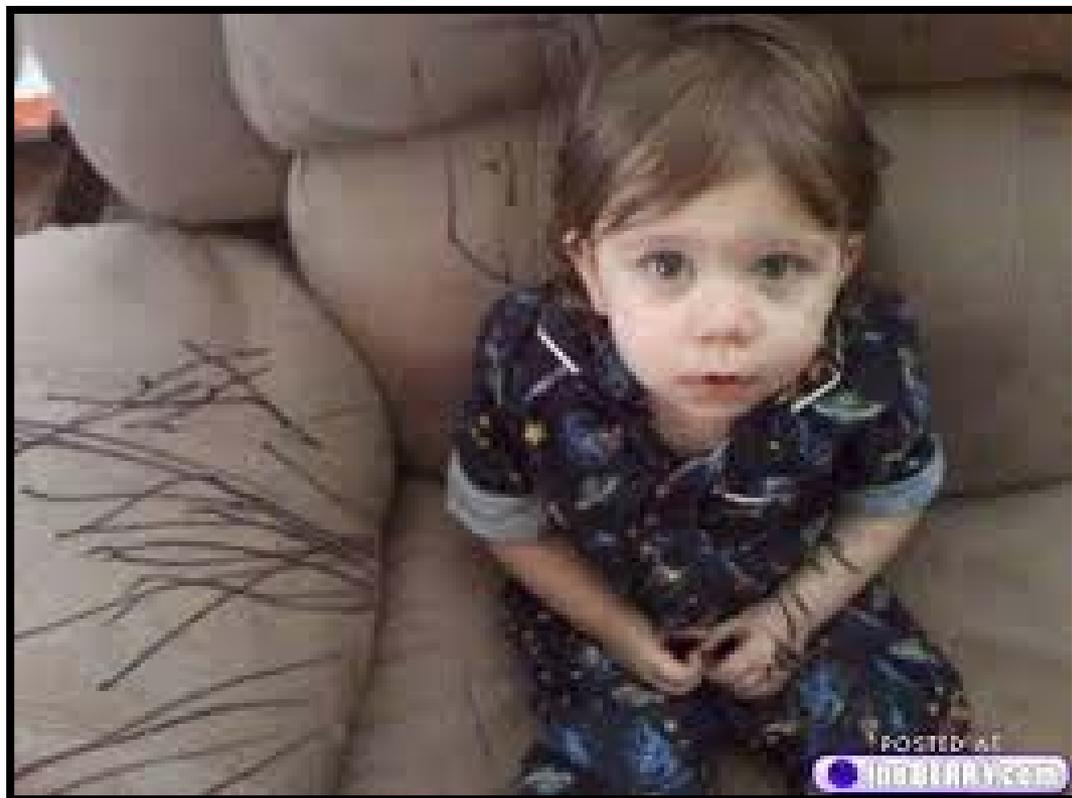
Seek out the positives!

Child's Mess



Focus on this picture and see how many attributes, phrases, or labels you can come up with in 30 seconds (ignore grammar – go for speed!)

- +3 points for every positive (and true) descriptor and +1 for every negative



Brain-body Connection: Positive Visualization



- Study: 3 groups of volunteers
 - Group 1 – finger curls, 15 min/day, 12 weeks
 - Group 2 – visualize finger curls, same time period
 - Group 3 – do nothing, same time period
- Results
 - Group 1 – 53% increase in finger strength
 - **Group 2 – 35% increase in finger strength**
 - Group 3 – no increase
- **Thinking** about exercise activates the same areas of the brain as real exercise!



Preventing vs. Managing Stress



- Take in more positivity – dwell on it, 5-15 sec.
Loads positive experience into implicit memory
- Create positive experiences in the present and/or recall them in the past
- Share “happy thoughts” “bests” or “went wells”
- Share positives, write them, share them again!

Activates positive mental state & installs it in brain

“When you tilt toward the good, you’re not denying or resisting the bad. You’re simply acknowledging, enjoying, and using the good. You’re aware of the whole truth.” – Rick Hanson, *Hardwiring Happiness*



Raising Positivity = Happiness Advantage



- When brain is positive:
 - ▣ Performs better than negative, neutral, or stressed brain (Happy people solved 20% more word puzzles than unhappy people in one study)
 - ▣ Intelligence rises, creativity rises, energy rises
 - ▣ Brain is 31% more productive
 - ▣ Chemical rush makes you happy and **turns on all learning centers in the brain**, allowing you to adapt to the world and see different perspectives
(We turn outward and view things as *less stressful!*)

Benefits of Happy Thoughts



An avalanche of studies have shown that happy thoughts, no matter the source, lead people to be more productive, more likable, more active, more healthy, more friendly, more helpful, more resilient, and more creative.

What does this have to do with parenting?



Raising Positivity = Happiness Advantage

- Do any of the following, 2 min/day for 21 days to **rewire your brain** for more positivity
 - 3 gratitudes — *trains the brain to scan for positives*
 - 3 extra smiles (10:5 rule) — *releases dopamine, improves mood, contagious*
 - Journaling about 1 positive experience in the last 24 hours — *allows your brain to relive it and remember it; lowers levels of worry and pessimism*
 - Exercise — *teaches your brain that your behavior matters, decreases anxiety/worry by 20%!*
 - Meditation — *allows your brain to slow down and focus on the task at hand*
 - Random acts of kindness — *doing good leads to feeling good, ripple effect; first observe, then serve*

Download the
free happify
app for more
ideas!



Quick Stress Tips to Remember



- Power of 3s:
Will ___ matter in 3 hours? 3 days? 3 months? 3 years?
- Tone of voice influences how our message is received.
- Irritation is an invitation... (e.g. compassion, understanding, slow down and see things differently).
- Remember children (and adults) do things that make sense to them.
- People matter more than problems, projects, and profits.



How we **choose** to
RESPOND
changes everything



Turn Outward

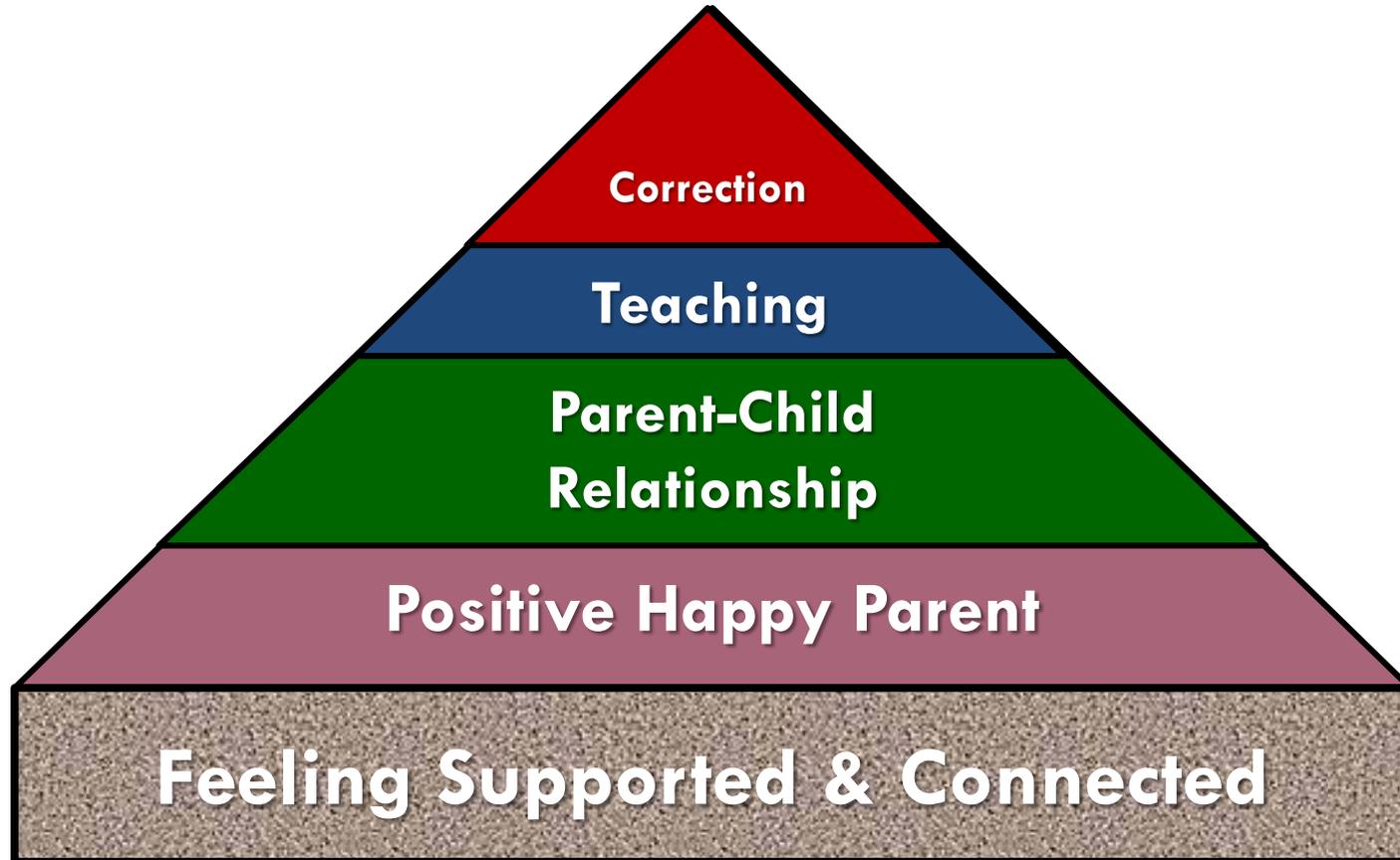


□ What will you **do this week to manage stress in positive ways and increase positivity?**

- Draw on strengths during times of stress
- 3 gratitudes
- 3 *extra* smiles (10:5 rule)
- Journaling about 1 positive experience in the last 24 hours
- Exercise
- Meditation
- Random acts of kindness
- Improve tone of voice
- Share happy thoughts at night or during a meal

***Can you predict your top 3 challenges for the upcoming week?
Visualize or practice what you have decided to do.***

Parenting Pyramid



Turn Outward or Turn Inward?



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Becoming a Happier and More Positive Parent





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Building the Parent-Child Relationship

Return and Report



What went well for you?

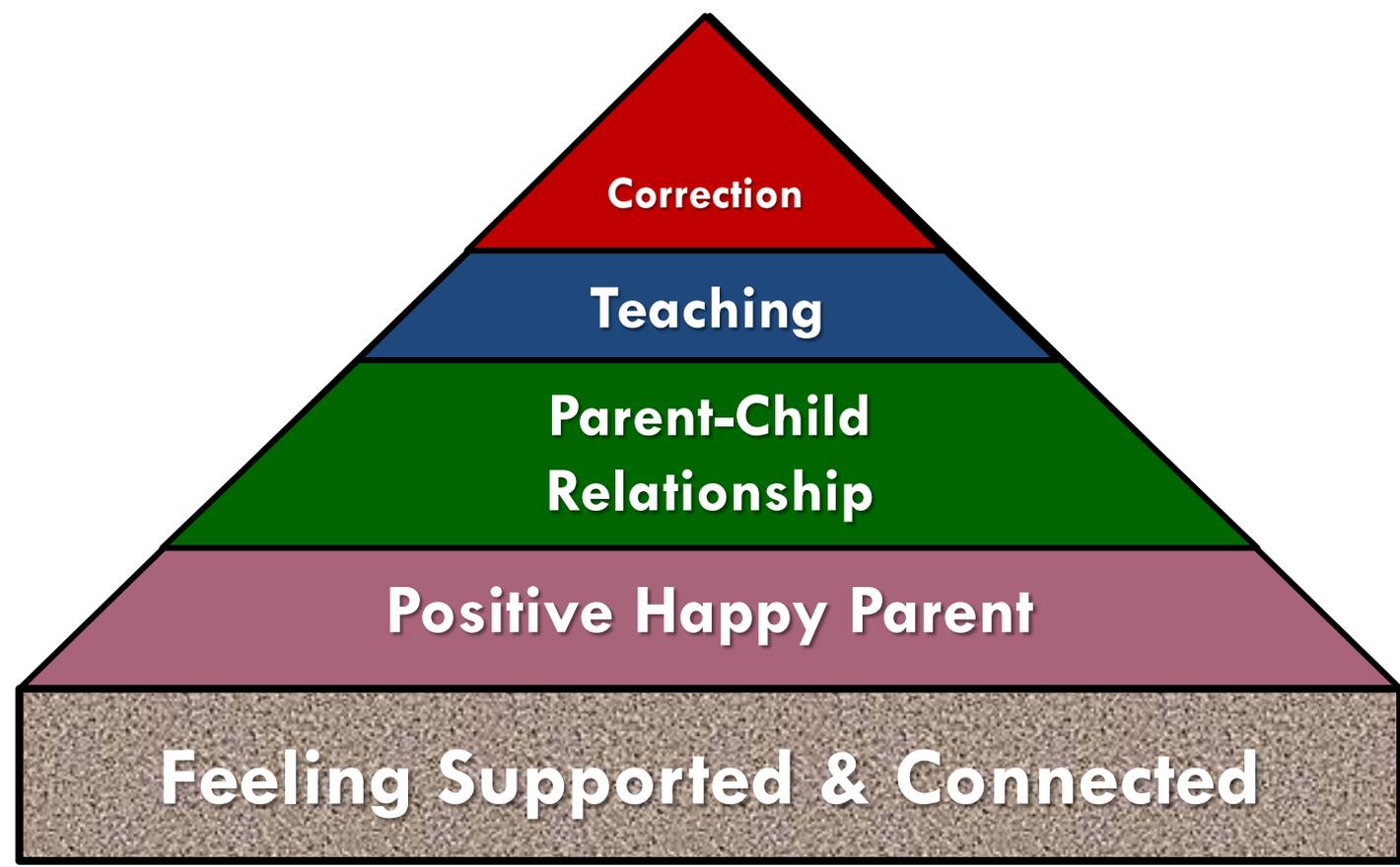
What did you apply?

What did you learn?

What *did you do* to stay positive and **turn outward** (think of and be kind to others)?

Did you find any of the guidesheets helpful?

Parenting Pyramid



Turn Outward or Turn Inward?

Purpose of Parenting



- For you, what is the purpose of parenting?
- What are the key parts for raising good kids?



Parent-Child Relationships



KEY parts of healthy parenting & caregiving:

- Loving part that includes understanding, warmth, positivity, affection, compassion and involvement.
- Guiding part that includes structure, discipline, teaching, supervision, and setting limits.



Building Stronger Parent-Child Relationships Through Understanding & Compassion



Understanding

- Children's development
- Children's circumstances and humanness
- Children's strengths and talents

Compassion

- Make time for kindness and connection



Understanding Children



Building strong parent-child relationships is easier when parents have:

- Realistic expectations for a child's capabilities by knowing about typical child development
- An awareness of children's different temperaments, circumstances, humanness and special needs



Understanding 7 DIFFICULT Developmental Phases for Any Parent



- ❑ Colic
- ❑ Waking up at night
- ❑ Separation anxiety
- ❑ Normal exploratory behavior
- ❑ Normal negativity
- ❑ Normal poor appetite
- ❑ Toilet training



Child Growth & Development



- Growth versus Development
 - Growth – a child’s physical increase in size or amount you can see
 - Development – the ability of a child to do difficult or complex things



Helpful Resources:

- brightfutures.aap.org (American Academy of Pediatrics)
- pbs.org/wholechild (parenting and child development)
- kidshealth.org (parenting and child development)
- zerotothree.org (focus on infants and toddlers)
- parentcenterhub.org (serving families of children with disabilities)
- p2pusa.org (support and information for families with children who have special needs)



Understanding Child Development



- Free resource targeting parents with preschoolers – www.ARfamilies.org
- 21 simple handouts covering common topics including bedtime, hitting, saying “no”, getting along with others, lying, eating, and more

See the World
Through My Eyes



Building Understanding



- When you are learning something new, what brings out the best from you?
- What is helpful versus unhelpful?
 - ▣ Criticism?
 - ▣ Correction?
 - ▣ Yelling?
 - ▣ Lecture?
 - ▣ Comparing you to someone else that learned more quickly?
 - ▣ Support, patience, encouragement, compassion?



Building Understanding



- Children's Strengths and Preferences
 - ▣ Accept children as individuals, don't compare
 - ▣ Value each child by teaching them:
 - You have talents – watch for things they love to do, tell them about the good you see, be patient with weaknesses
 - No one has every talent – show love for them just the way they are, encourage a child to work on a talent they have
 - You can use your talents to help others – teach each child how to use talents in helpful and creative ways (*Turning Outward*)



Building Stronger Parent-Child Relationships Through Understanding & Compassion



Compassion

- Make time for kindness
- Build strong connections





Step back and see the “big picture.” The small moments are the brushstrokes on the canvas of their lives



Regrets and Advice from Empty-Nest Parents (more than 500)



Regret – *More Patience, Less Harshness*

"I would not take my stress out on them. I would have been more encouraging..."

"Need to be more patient and listen better."

"Not lose temper as easily. Be more sensitive to their feelings."

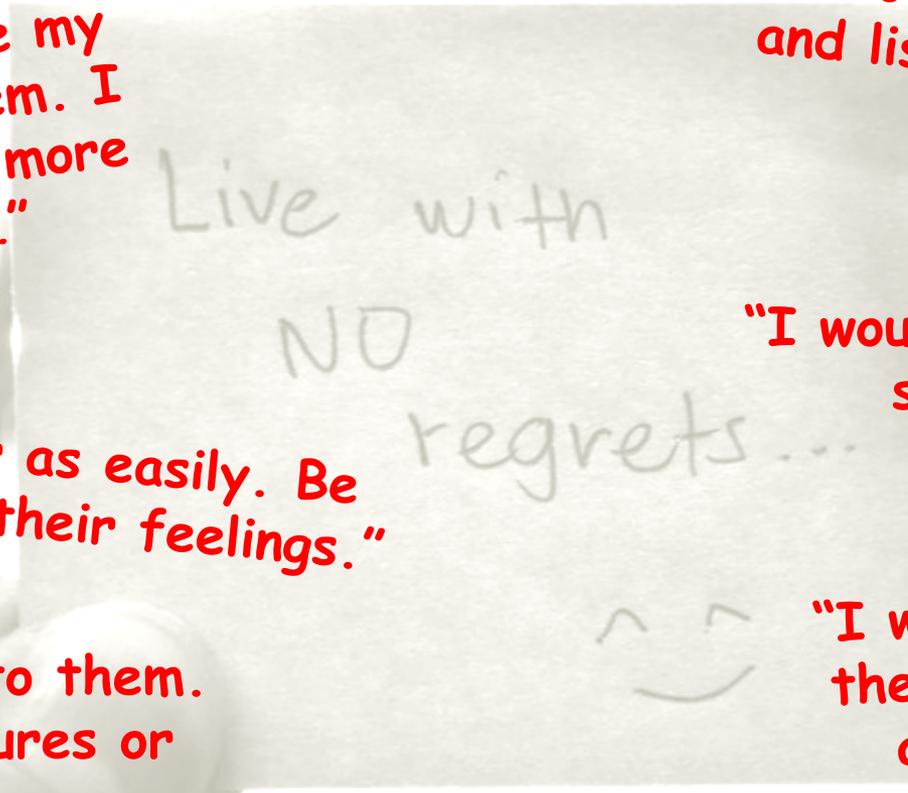
"I wouldn't have been so harsh."

"Don't be negative to them. Don't dwell on failures or mistakes."

"I would not yell at them. You can get angry without screaming."

"Less yelling - more hugging."

Over Myself ©



Regrets and Advice from Empty-Nest Parents (more than 500)



Advice – *More Time, More Love*

"Spend quality time with them. No matter how insignificant the activity...time is what is important."

"Read to them. Play with them. Love them and tell them often how much you do."

"We should not have taken everything so seriously, and had a little more fun."

"Don't be afraid to get down on their level and play."

"Read to them every day."

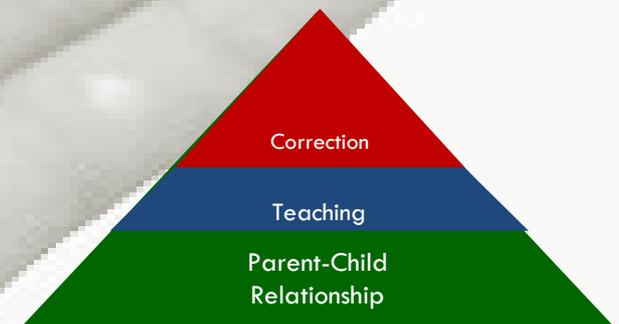
"Learn about how children think, feel, and behave at all stages of young childhood."

"Snuggle them often."

Make Time for 9!



- Nine *meaningful* touches
- Nine minutes that matter
 - ▣ First 3 minutes after children wake up and see you
 - ▣ First 3 minutes after coming home for the day
 - ▣ Last 3 minutes of the day before they go to bed
- Nine minutes of conversation



Messages of Love



- There are at least three “languages” of love:
 - ▣ Show Me (e.g. time, gifts, service)
 - ▣ Tell Me
 - ▣ Touch Me
- Parents and caregivers can send a message of love by:
 - ▣ Noticing what children ask for
 - ▣ Noticing how children send messages of love



Build Your Relationships Daily



At least once per day...



STOP

SLOW

GO LET THEM KNOW

When you *SEE* something *SAY* something

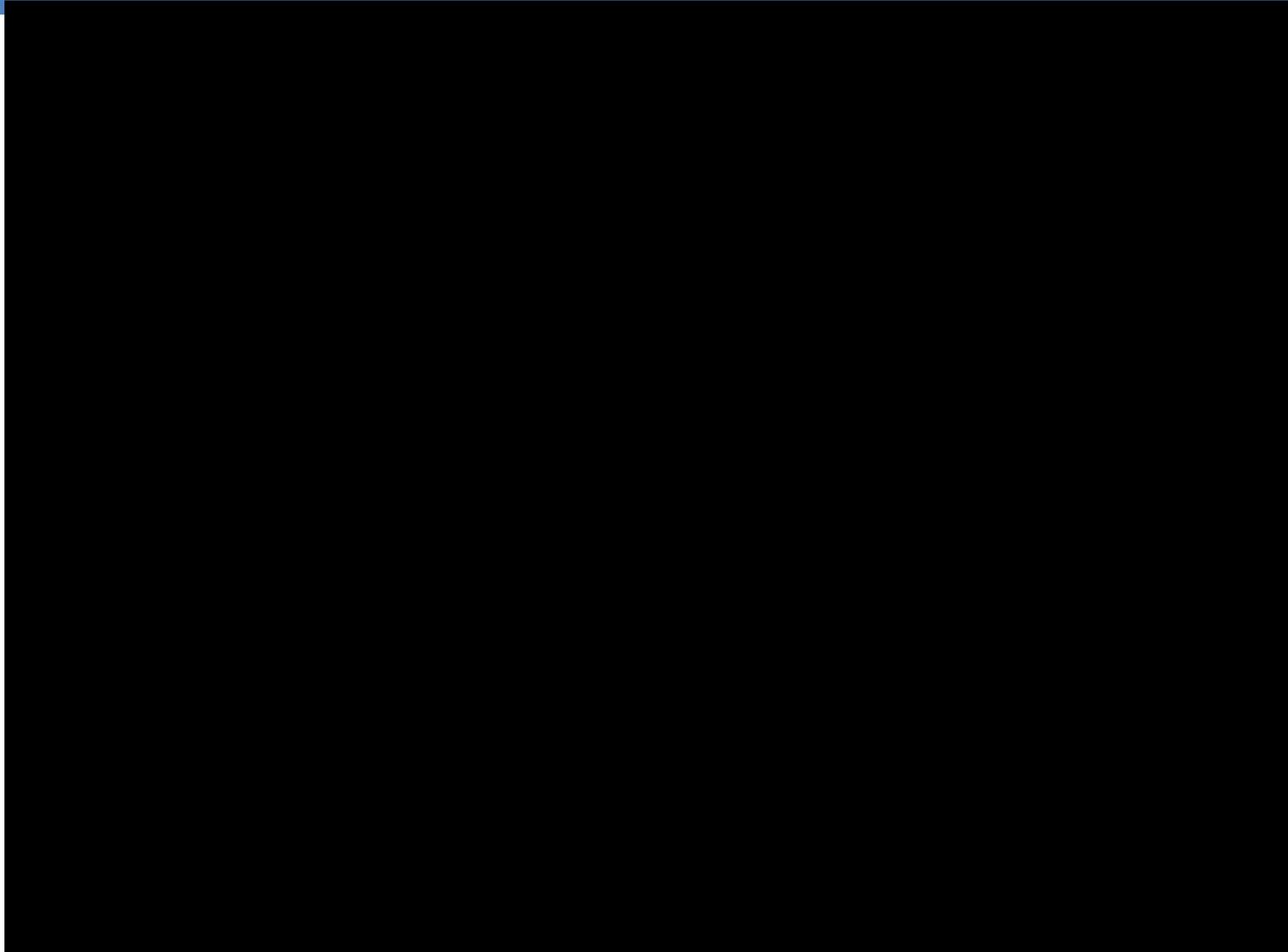
Bids for Connection



- ❑ Three ways to respond to bids for connection:
 - ❑ Turning away
 - ❑ Turning against
 - ❑ Turning toward
- ❑ Why do children make so many bids?
- ❑ Can you think of examples?
- ❑ Why is it important to “turn toward” bids for connection?
- ❑ What might turning toward children’s bids for connection teach them in their own relationships?



Example of Bids for Connection



Bids for Connection as Compassion



- What stood out to you?
- What can we learn from this?



Granting in Fantasy What Can't be Granted in Reality



- If wishes can't be granted, grant them in fantasy.
 - ▣ It does not give them what they want, but it gives them the next best thing – knowing you heard them and understand.

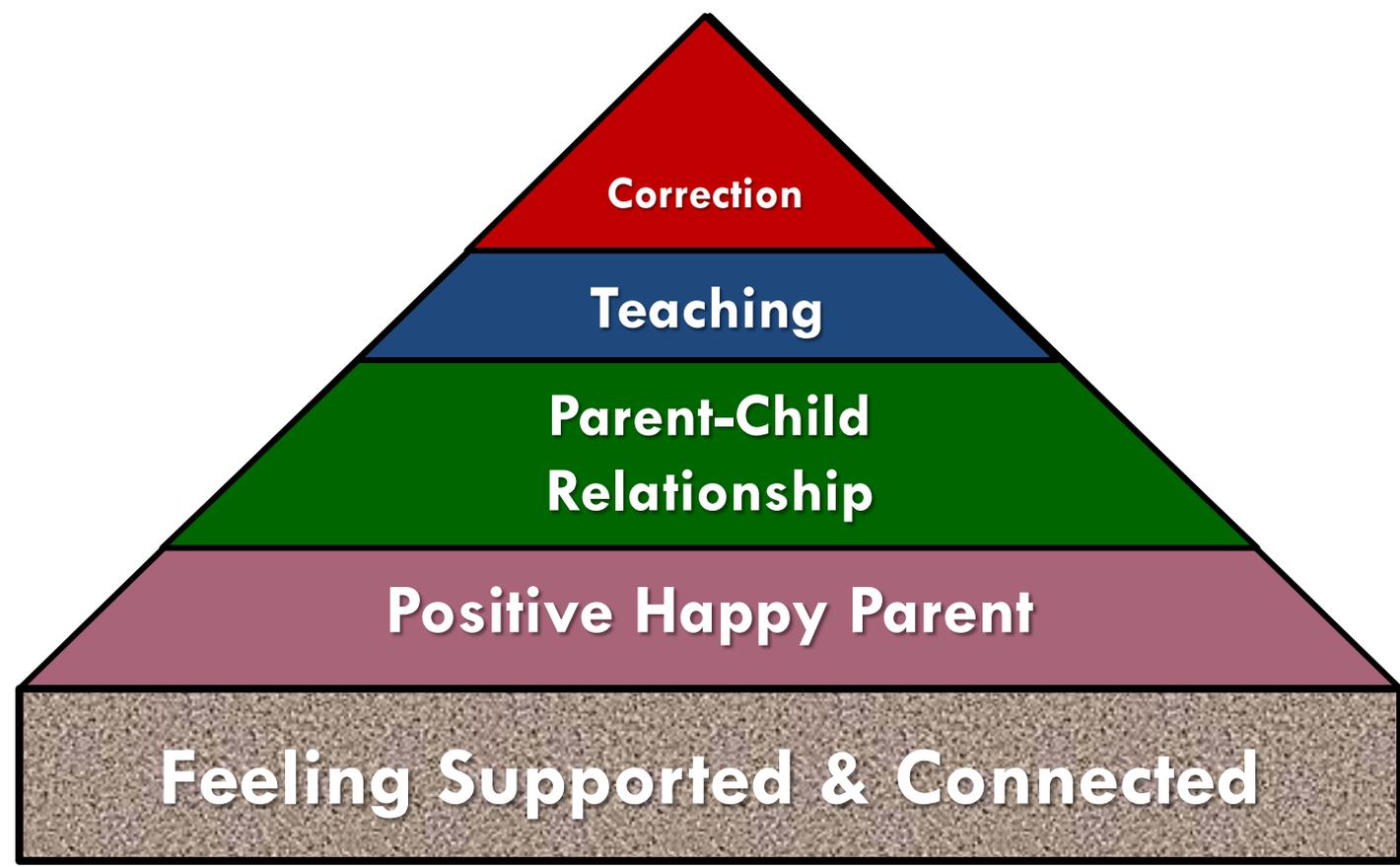


Turn Outward



- What will you **do this week to strengthen your relationship with your child/children?**
- Visit a helpful website to learn more about child development
- Notice and point out their talents
- Show affection in their love language
- Turn toward their bids for connection
- Make time for 9
- Stop, slow, go let them know
- Grant in fantasy what you can't grant in reality
- Show kindness and compassion

Parenting Pyramid



Turn Outward or Turn Inward?



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Building the Parent-Child Relationship





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Teaching and Correcting Children



Return and Report



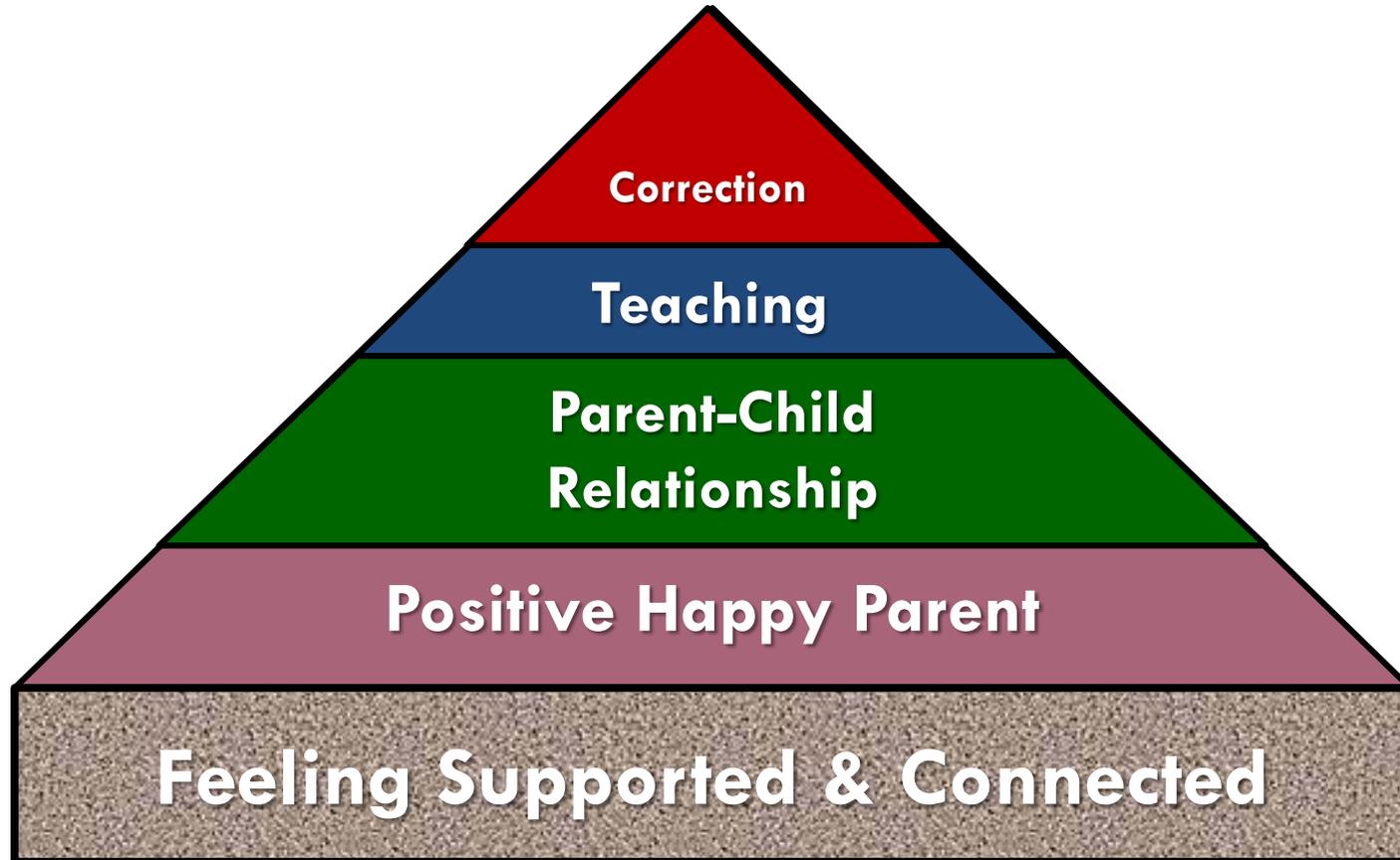
What went well for you?

What did you apply?

What did you learn?

What *did you do* to **turn outward** (strengthen your relationship with your child/ren?)

Parenting Pyramid



Turn Outward or Turn Inward?

Parent-Child Relationships



KEY parts of healthy parenting & caregiving:

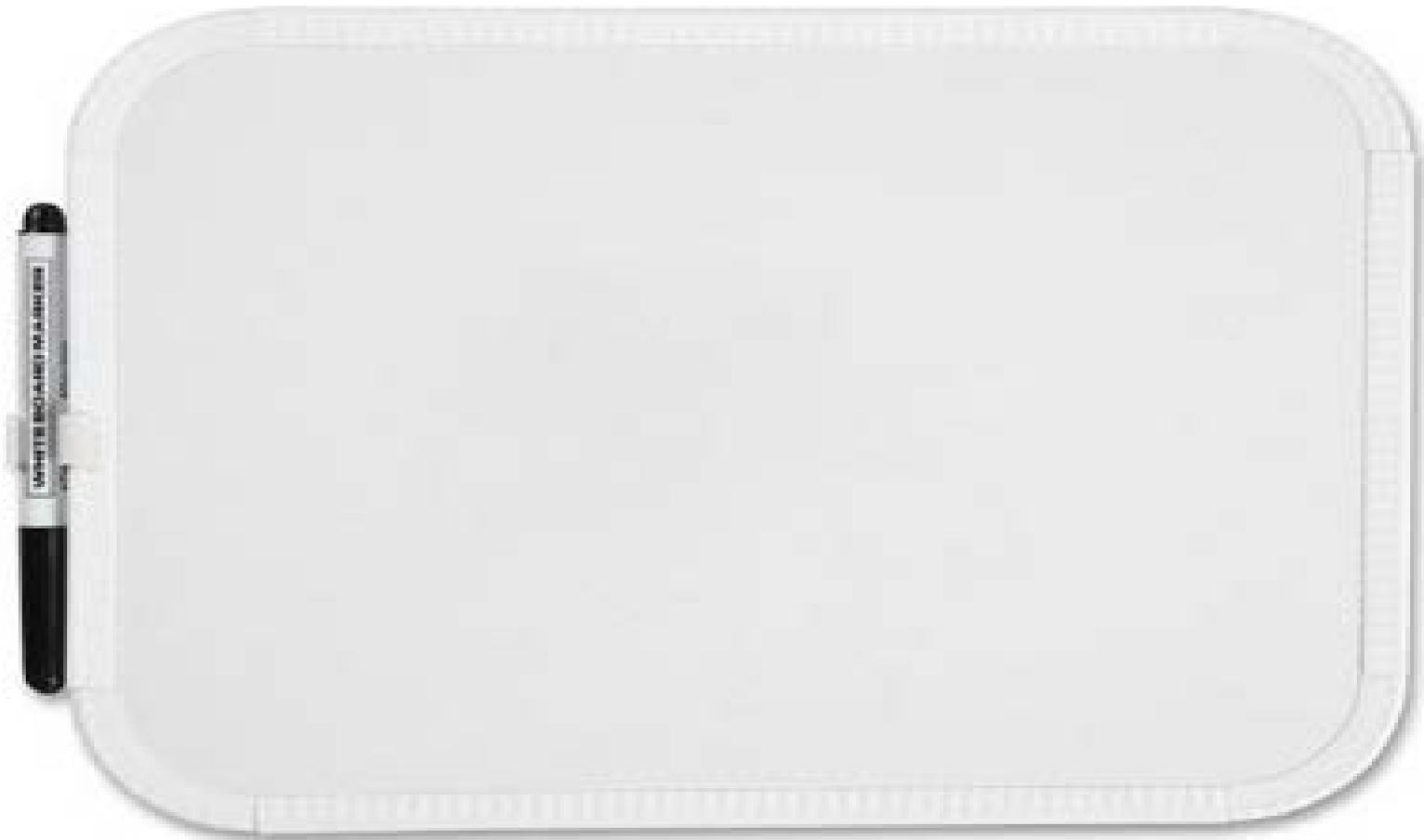
- Loving part that includes understanding, warmth, positivity, affection, compassion and involvement.
- Guiding part that includes structure, discipline, teaching, supervision, and setting limits.



Who are the people who have had the most positive influence on you?



What did they teach you? How did they teach you?

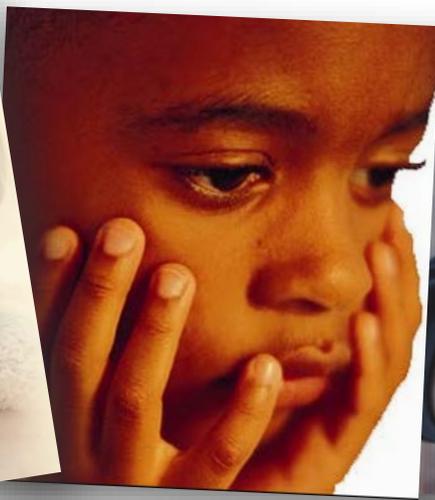




Thinking Back as a Child

What worries and stresses did you experience as a child?

How would you want your parent(s) to respond if you shared these with them?



Helping Children Deal with Strong Feelings



- ❑ Strong feelings are a normal part of being a human – for both children and adults



- ❑ Helping people deal with their strong feelings can be one of the most challenging things we do.



Remember, we have our own strong feelings



Police scenario

What would be your reaction to each of the following statements?



- ❑ Stop being a baby, you need to buck up
- ❑ You got what you deserved
- ❑ You'll get over it
- ❑ I know just how you feel. When I was...
- ❑ Let me tell you what you need to do...
- ❑ Why do you make such a big deal about it?
- ❑ If you think you have it bad, let me tell you about my problems

Helping Children Deal with Their Strong Feelings



- Strong feelings must be dealt with before moving to solutions
- Emotional wounds need emotional first-aid
- We often have a hard time responding well to people's feelings because nobody ever showed us how to do it



Principles of Helping Children



1. Be aware of the child's emotions
2. Recognize the emotion as an opportunity for closeness and teaching
3. Listen with empathy and validate the child's feelings
4. Help the child label the feeling
5. Set limits on the child's behavior while helping the child solve the problem

Child Scenario



Jackson is playing with a truck. While he is using blocks to build a road for the truck, Carson grabs the truck. Jackson is furious. He jumps at Carson, takes the truck and tries to hit him.



How might you respond using the 5 principles?



Be aware of the child's emotions

Jackson is mad because Carson took his truck he was playing with. I can see why he is upset

Recognize the emotion as an opportunity for closeness

This is an opportunity to get close to Jackson and help him deal with his anger

Listen with empathy and validate the child's feelings

“You didn’t like the truck being taken away, did you?”
“I can see that you’re mad”

Help the child label the feeling

“Right now you really feel angry.”
“Right now you feel like hitting someone.”

Set limits on the child's behavior while helping the child solve the problem

“We never hit people, but I can understand why it upset you when he took your truck.”
“Do you think he would like to play with another truck?”

Understanding Emotions



- Ways NOT to show understanding
 - ▣ **Don't** give advice
 - “What you need to do is...”
 - “If you would stop being such a baby you wouldn't have trouble...”
 - ▣ **Don't** talk about your own feelings and experiences instead of theirs
 - “Believe me, I understand.”
 - “That's nothing, when I was your age I....”



Understanding Emotions



- Ways NOT to show understanding
 - ▣ **Don't** make the child's pain seem unimportant
 - "Why don't you grow up? You're driving me crazy"
 - "It can't hurt that bad. There's no reason to be crying."
 - ▣ **Don't** disapprove of a child's emotions
 - ▣ "You shouldn't feel that way."
 - ▣ "Don't be a wimp!"
 - ▣ "Big boys don't cry."



H.A.L.T.

Understanding Emotions



Turn Outward and Try to See Children's Perspective

- Ways to show understanding & emotional first aid
 - ▣ **Do:** Listen and identify the child's feeling
 - ▣ **Do:** Understand that the feeling/pain is real
 - ▣ **Do:** Express empathy for feelings
 - ▣ **Do:** Help child label the emotion
 - ▣ **Do:** Invite more discussion

- ▣ **Do:** When calm, if needed, help child figure out what to do about the emotions/reaction they are having



Use An Emotional Mirror



- Children need caregivers to respond appropriately to their emotions, especially their strong emotions.
- They need an environment where they feel safe expressing their emotions.

"Mirror"
children's
emotions



From a mirror kids want an
image, not a sermon

Help Children Learn Compassion



- Involve children in service and talk with them about suffering and people's efforts to help
- Invite children to do simple random acts of service for others
- Talking with children about the effect their behavior has on others (when they hurt others) instead of blaming
- Read or tell stories that illustrate compassion



Discipline Children to Help Them Learn



- Two kinds of problems with discipline:
 - Sometimes we are too insensitive to children's wishes
 - Other times we are unwilling to set reasonable limits or follow through with natural consequences



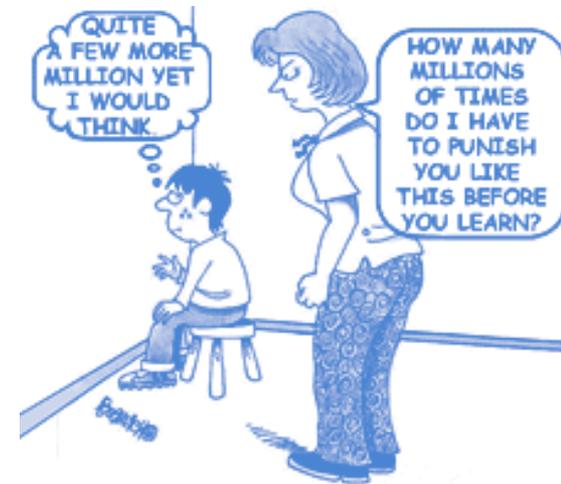
“The reason for disciplining children is to help them become strong and caring adults. The best discipline respects children and helps them learn.”

– H. Wallace Goddard

Threats and Punishment



- How many of us are guilty of using threats and punishment?
- Why might using threats and punishments be unhelpful?
- Can you think of some unhelpful things that are taught to children by threats and punishment?



Something Better Than Punishment



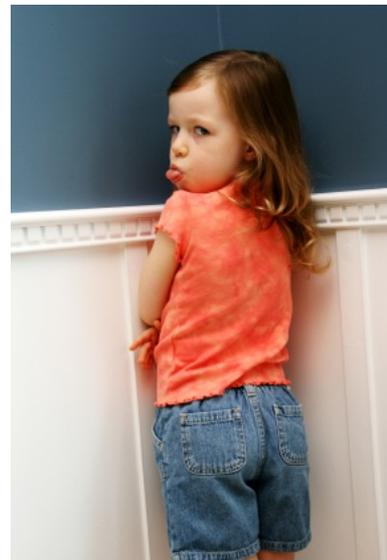
- Be careful about the rules you make
 - Enforce rules consistently
 - Use consequences
 - Give children real choices
 - Keep it positive
-
- Two types of problems
 - Once-in-a-while (try the 5 suggestions above)
 - Frequent behavior struggles (talk with a counselor/professional)



Timeouts: Helpful vs Unhelpful



- Timeouts can solve some problems but make some other problems worse.
 - ▣ Timeouts are often not helpful as punishment
 - ▣ Timeouts are for soothing, calming, and comforting the child
 - ▣ Timeouts may also help parents calm down
 - ▣ Learning can happen after soothing
 - Parents can learn about child's fears, feelings, needs
 - Children can understand how their behavior affects other people



Parenting Challenges



Think of a problem you have with one of your children. Consider how you might apply some of the ideas to your challenges with the child.

5 Helpful Steps



Step 1 – How are you feeling?



What can you do to feel peaceful?

- When we are angry/upset, it's hard to think clearly – we turn inward (H.A.L.T)
- Put your own fire out first before approaching the parenting challenge
- Find ways to calm down (take a walk, talk to someone, breath deeply, work on a project)



Step 2 – How do you SEE your child?

- What can you do to see your child with appreciation and understanding? (turn outward)
- Remember the good qualities in our children (put aside the challenges for a few minutes)
 - Before we can direct or correct a child we must VALUE that child? Do you feel loving and appreciative of the child?

“When we think of the child as a problem, there is no good solution. When we see the child as doing the best he or she knows how, it will be easier to find good solutions.” - H. Wallace



Step 3 – Understanding

What can you do to understand your child's objective and perspective? (turn outward)

- Irritations are invitations to see things from their shoes

Why would a child do this??

Come up with 5 reasons why he **SHOULD** do this to the other child



Step 4 – Is there a better way?



Our job – help children get what they want in ways we feel good about and set them up for success

Q. If a child has a hard time getting ready for school on time, what could you do?



Start by exploring WHY the child doesn't get ready. Need more time to wake up? Put clothes out night before? Go in early and gently talk with and pat the child?

Step 5 – Try something new



Start with prevention

What can YOU do to make problems less likely to occur?

How can YOU help things go right?

How can YOU change the way you approach the situation?

- Do you need to find ways to stay calm? (step 1)
- What can you do to see your child positively? (step 2) and understand their perspective? (step 3)
- How can you help your child get what he or she wants in a way you feel good about? (step 4)

Step 5 – Try something new



Respond rather than react

- When you feel yourself being dragged into a familiar battle with your child, stop.
- DECIDE to do something new. Try staying relaxed.
- Instead of saying or doing what you usually do, try listening more carefully.
- If you can't see a good way to respond, decide to delay a decision until you have had time to think.

Step 5 – Try something new



Learn from problems

- After you have tried your new plan, notice the results. Did it help your child act in ways that are better for him or her and the rest of the family? If not, don't be discouraged!
- Review the problem-solving approach

Step 1: What can you do to feel peaceful?

Step 2: What can you do to see your child with appreciation and understanding?

Step 3: What can you do to understand your child's objective?

Step 4: What is a better way?

Step 5: Make a new plan

Turn Outward

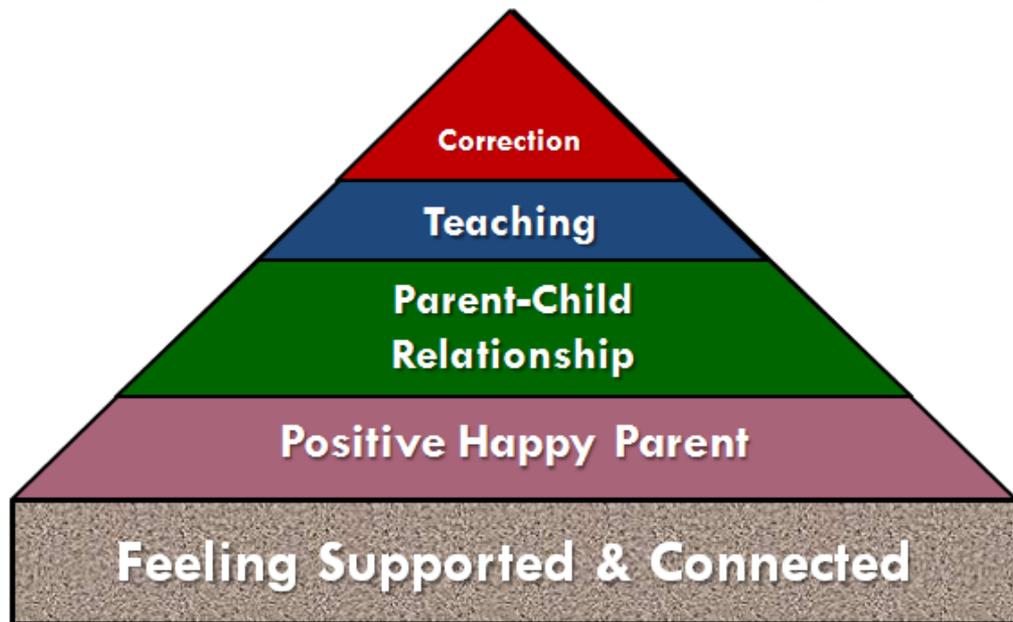


- What will you **do** this week to **better understand, guide, and teach your child/children?**
- Take time to understand my child's emotions
- Hold up the emotional mirror and reflect my child's emotions
- Revisit the rules I have for my child
- Help children learn compassion
- Use timeouts better
- Make time to respond rather than react
- Try the 5-step process for managing challenges with children

Wrapping Up



- What did you learn?
- What did you enjoy?
- What will you do differently? More of? Less of?



Turn Outward or Turn Inward?

**Strong Parents,
Stable Children:**
*Building Protective Factors
to Strengthen Families*

