


 First Advantage®

POSITIVE PARENTING


Insert Company
Name/Logo

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Ground Rules


H – honest
O – open
P – participate
E – expect success
S – sensitive to others

*Confidentiality – what’s said in this room
stays in this room.*

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Program Objectives

- Save Your Sanity!
- Teach Your Children:
 - *What it means to experience total acceptance*
 - *What it means to be loved*
 - *How to handle failure in a healthy way*
 - *How to communicate, cooperate and negotiate*
 - *How to be a good parent (a gift to your grandchildren)*

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Developmental Issues

- Infancy - 2 Years of Age
 - *Total dependence*
 - *Vulnerability*
 - *Total care, maintenance*
 - *Attachment*

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Developmental Issues

- 3-5 Years Of Age
 - *Separation/autonomy*
 - *Drive for individuation*
 - *Aggression*
 - *Gender identity*
 - *Verbal expression and understanding*

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Developmental Issues

- 6-12 Years Of Age
 - *Increased impact of other influences*
 - *Development of moral judgements*
 - *Achievement (academic, athletic, artistic, etc.)*
 - *Consolidation of gender identity*
 - *Development of positive self-concept*

Developmental Issues



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- Adolescence
 - *Socialization to outside adult world*
 - *Control of sexual impulses*
 - *Control of aggressive impulses*
 - *Maintenance of positive self-concept*
 - *Independent identity*
 - *Expression of values*

Developmental Issues



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- Launching Stage
 - *Establishment of independent lifestyle*
 - Financial
 - Geographical
 - Emotional
 - Occupational

Developmental Issues: Parenting



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- Infancy - 2 years of age
 - *Attachment*
 - *Type of childcare*
 - *Relationship to new grandparents*
 - *Division of parenting tasks and responsibilities*
 - *Building of basic trust in child*

Developmental Issues: Parenting



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- 3-5 years of age & school age
 - *Discipline*
 - *Encouragement of positive self-concept in child*
 - *Establishing relationships between:*
 - Work and family
 - Alternative childcare and family
 - School and family
 - Leisure/recreation and family
 - Dealing with child rearing "experts"

Developmental Issues: Parenting



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- Adolescents and launching stage
 - *Setting limits*
 - *Allowing participation in adult roles*
 - *Communication*
 - *Programming (i.e. parents vs. adolescent determining activities)*

Developmental Issues: Parenting



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- Adolescents and launching stage cont.
 - *Values (i.e. religious, sexual, etc.)*
 - *Distancing (i.e. allowing independence while expressing concern)*
 - *Dealing with conflict between parent and adolescent developmental stages*

Positive Discipline Guidelines First Advantage®

- Misbehaving children are discouraged children who have mistaken ideas on how to achieve their primary goal - to belong and to have their needs met.
- Use encouragement to help children feel a sense of belonging so that the motivation for misbehaving is eliminated.

Limit Setting First Advantage®

- Decide on limit
- Communicate limit to child
- Follow through

Acknowledge Feelings First Advantage®

- Listen quietly and attentively
- Acknowledge feeling with a word or sound
- Rephrase the statement
- Give the feeling a name
- Give the child his wish in fantasy

Descriptive Statement First Advantage®

- Describe what you see
- Describe what you feel
- Describe what needs to be done
- “Just the facts, Ma’am”

Tips First Advantage®

1. Describe your situation.
2. Acknowledge your child's feelings.
3. Share your own feelings and expectations sensitively.
4. Give your child a choice between two acceptable behaviors.
5. Redirect your child's attention.

Source: Families First, Cambridge

Tips First Advantage®

6. Prepare your child in advance, whenever possible, about your expectations.
7. When something is really important to you, set a limit. State the rule firmly and follow through.
8. Show your child the natural and/or logical consequences to his/her behavior.

Source: Families First, Cambridge

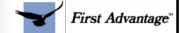
Tips



9. Problem solve with your child. Listen, describe the situation, negotiate solutions.
10. Use positive reinforcement to help solidify new habits or routines and signify specific behavior that pleases you.
11. Avoid undue attention to each and every indiscretion.
12. Use humor and/or fantasy.
13. Respect your child.

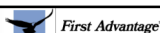
Source: Families First, Cambridge

Create "Special Time"



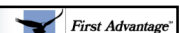
- "Special time" fosters a sense of encouragement on the part of the child.
- Spend a few minutes each day with young children. An hour or more per week could be spent with older children.
- When tucking children into bed, ask them to share their saddest time during the day and their happiest time - then share yours with them.

Using Opportunities to Train



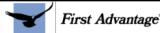
- Parents are teachers.
- Training means real communication, demonstration and skill building. Make sure children understand what "clean the kitchen" means to you. To them, it may mean simply putting dishes in the sink.
- Expectations and messages need to be clear.

Using Opportunities to Train



- Training is an ongoing process.
- Have family meetings to solve problems with cooperation and mutual respect. This is the key to creating a loving family atmosphere while helping children develop self-discipline, responsibility, cooperation, and problem-solving skills.

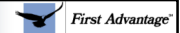
Use Positive Reinforcement



To Increase Children's Self Esteem

- Tell them the qualities you enjoy in them
- Set realistic goals they can reach
- Give positive reinforcement for both "effort" and "outcome"
- Show them your own self-confidence

Use Positive Reinforcement



To Increase Children's Self Esteem

- Help them get involved in activities they are good at
- Let them experience your disapproval but not your rejection
- Disapproval should lead to healthy guilt not unhealthy shame

Parents Are the Key to Positive Parenting First Advantage®

- Model “Recovery” after YOU make mistakes. Share with your child what you didn’t like about your own behavior and ask the child for help in finding a better solution.
- Remember what has worked in the past, may not work in the future - children and parents grow.
- Teach the child that - MISTAKES ARE WONDERFUL OPPORTUNITIES TO LEARN!!!

Bibliography First Advantage®

- Siblings Without Rivalry, Adele Faber & Elaine Mazlish
- You and Your Adolescent, Laurence Steinberg, Ph.D. & Ann Levine
- Positive Discipline, Jane Nelson, Ed. D.
- Taming the Dragon in Your Child, Meg Eastmen, Ph.D. with Sydney Craft Rozen
- Raising Self-Reliant Children in a Self-Indulgent World, H. Stephen Glenn and Jane Nelson

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- No cost to employees
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