

Positive Parenting

You really can feel good about parenting!

February 19, 2009

6:30-8pm

Introductions

Ice Breaker: What is positive parenting? What is discipline? Is there a difference?

KEY CONCEPT:

Making change-Children learn best by observation. They will change their behaviors if you do.

- Do you mean what you say and say what you mean?
- Does your body reflect what your mouth is saying?
- Are you treating your child with dignity even when upset?

KEY CONCEPT: Peaceful Conflict Resolution

“Peaceful conflict resolution is working through a problem or conflict in a way that does not physically, intellectually, emotionally, or socially hurt anyone involved. Everyone keeps his or her dignity. Peaceful conflict resolution provides children with opportunities to feel competent in handling situations and relationships. It fosters feelings of respect for the self and other people, as well as respect for new ideas.

Where to start:

1. Knowing your child
 - a. Observation
 - b. Social/emotional development- (hand out)
 - c. Temperaments- (hand outs)
 - d. What is going on in your child’s life? (That includes what is going on in your life too)
2. Knowing yourself - **Breakout-small groups**
 - e. Your temperament
 - f. What is going on in your life?
 - g. What are your triggers?

Large Group Discussion: One person from each group share your findings

Large Group Discussion: The importance of social/emotional development when problem solving and setting limits.

Tools to Start:

- Calm down vs. time outs (Second Step poster)
- Get down to your child's eye level
- Using touch to calm and to let child know you are there to support them.
- Validating your child's emotions
- Role model behaviors you want to see.

Homework: Fill out a temperament form on each member of the family. Try out the tools above. Keep a record of what works and does not.

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March 19, 2009

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Welcome Back: Share “What worked and what did not.”

CONCEPT: Supporting your child to help your child manage their emotions.

- Do not take things personal.
- Look at things through your child’s eyes
- Setting clear consistent boundaries (be realistic)
- Validate feelings
- Using “I” statements
- Use “positive” statements (Hand outs)
- Problem Solving method (handout)

Small Group: How would you feel..... Using the positive and negative lists, role model with each other to see how each statement makes you feel. Now consider how this can adversely affect your child.

Large Group: Share your small group findings

CONCEPT: A parent should always anticipate that conflict will occur and respond to children naturally by supporting them by the use of problem solving to promote social/emotional growth increasing a child’s confidence and ability to work with others.

Small Group: Role play problem solving method

Large Group 2nd Step Video on Problem Solving Method

Homework: Pick one or two issues you will address for two weeks. Using the tools provided last month and add the problem solving method, set a plan and stay with it for two weeks. What change did you see?

Problem Solving Method:

Step 1: Say, "I see, hear, feel, that there is a problem. Can I help you?" As you say this get down to their level and offer a hug to help calm down child, letting them know you are here to help.

Step 2: Validate their emotions. "I can see that you are sad, angry, hurt." Comfort them as you talk. Have child take a calm down breath. If two children are involved hug both of them. If issue is over a toy say. "While we figure out what to do I will hold this toy to keep it safe."

Step 3: Say, "I want to hear from each of you about this problem." Set the rules. Saying, "In order to hear each of you we need to be quiet until each of you is done." Let each child speak. After they are done clarify if you understood. Ex: "It sounds like you are very upset because Joey took your toy."

Step 4: Ask, "What do you think we can do to solve this problem?" Go over all the ideas. Write them down if needed. Thank them for helping you.

Step 5: Say, "Which of these ideas can you try?" Everyone must agree.

Step 6: Try out the idea. Stay close to see if they need help starting. Let them know that they did a great job and you will be close if they need you.

Step 7: Let children know that it worked or try a new idea if it did not work.

Step 8: Remember to remind children of how they made it work. "You both came up with a good solution and it worked. You must be so proud. I bet today you will find more ways to solve problems."

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April 16, 2009

6:30-8pm

Welcome Back: Review homework- what worked/did not?

Putting it all Together to Find Common Ground:

- Using positive suggestions (hand out)
- Praise vs. encouragement (hand out)
- Using words about wishes
- Open-ended questions (Board activity)
- Observing or stepping in-when and how
- A discussion about toys, games
- Stay away from bribery-long term effects

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Goals for Children:

- I can learn to identify boundaries and respect the boundaries of others;
- I can respect different views, even if we don't agree;
- I can lead, and I can follow;
- I can learn to compromise and negotiate;
- I can learn not to fear or avoid conflict;
- I can learn to be confident in my abilities.
- I can learn to control my emotions and my body.

Tools for Success:

- Family Meetings
- Talking Sticks
- Agreements

Small Group Role Play:

Each small group should practice presenting a family meeting.

Use the talking stick to give everyone a chance to be heard.

Use agreements to encourage input and empower everyone to take ownership. (use issue cards)

Problem 1:

Chores are not getting done at home.

Problem 2:

Children are using siblings or parents room with out asking.

Problem 3:

Children are not getting to bed on time.

Problem 4:

Family keeps fighting-using mean words in the car on the way home from school especially when they get picked up early from child care.

Problem 5:

The pets are not getting water and food daily.

Problem 6:

Parents are making a consequence to severe for a 5 year old who won't stop playing a video game before school.

Problem 7:

Children forget to tell parents where they are when playing outside. They keep going to the neighbor's house.

A PARENT'S RESOLUTION

**Today I know there will be conflict. I will see conflict as
an opportunity to be humane, supportive and
compassionate.**

**I will think about what I know about my child's
development and temperament and address problems
justly.**

**I will take my role modeling seriously and be aware of
my role in my child's life.**

**I will make decisions that reflect who I want to be and
who I want my child to become.**

**TODAY AND EVERY DAY
I WILL TEACH MY CHILD!**