



Time Out For
Parents!

What being a
parent is
really like!



- The goal of parenting
- Expectations and realities of parenting
- Temperament and its impact on behaviour

THE GOAL OF PARENTING

To raise
adults who can
cope in the
outside world



THE ROLLER
COASTER OF
PARENTING!



What is temperament?

The traits, or characteristics you were born with
that influence
how you behave.

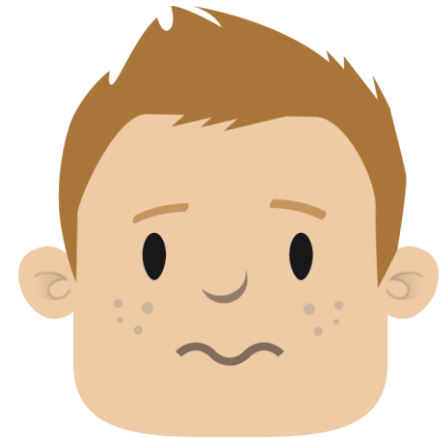
THREE DIFFERENT TEMPERAMENT TYPES



Easy/flexible ('I can')



Difficult/active ('I won't')



Slow to warm up/cautious
('I can't')

Children's needs



What are children's needs?



CHILDREN'S NEEDS



ESTEEM
NEEDS



SOCIAL
NEEDS



SAFETY AND
SECURITY
NEEDS



PHYSICAL
NEEDS

WE ALL HAVE CERTAIN NEEDS

ESTEEM NEEDS
Feel good about themselves

SOCIAL NEEDS
Feel loved, close relationships

SAFETY AND SECURITY NEEDS
Safe environment

PHYSICAL NEEDS
Food, air, sleep etc

Attachment and how to develop a good relationship with your child.

"Attachment is a deep and enduring emotional bond that connects one person to another across time and space."

Ainsworth 1973 and Bowlby 1969



KEYS TO ENCOURAGING ATTACHMENT

Make yourself available.

Be attentive to your child's cues.

Respond quickly and appropriately.

Be warm, positive and caring.

Follow your child's lead and co-operate with them on how they play and interact.

Avoid over stimulating your child as you interact.

MEETING CHILDREN'S EMOTIONAL NEEDS

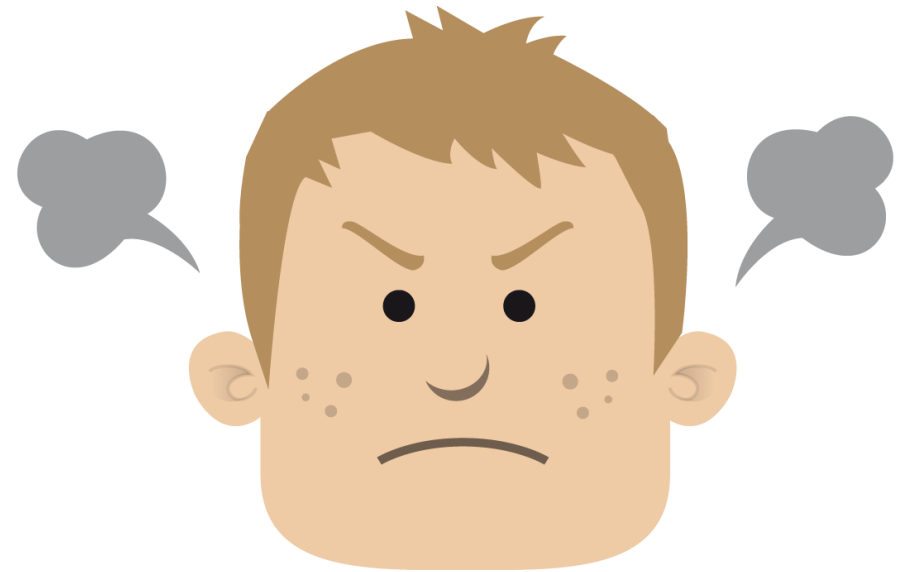
Attention
Acceptance
Appreciation
Encouragement
Love and affection
Respect
Support
Comfort
Approval
Security



HOW TO RECOGNISE CHILDREN'S FEELINGS

Children often ACT OUT their feelings because they can't put them into words

Being able to put yourself in your child's shoes helps you to understand your child's behaviour



HELPING YOUR CHILD
EXPRESS THEIR FEELINGS

"I am convinced that life is 10% what happens to me and 90% of how I react to it."

Charles R Swindoll

Parenting styles and boundaries



TWO SIDES TO PARENTING



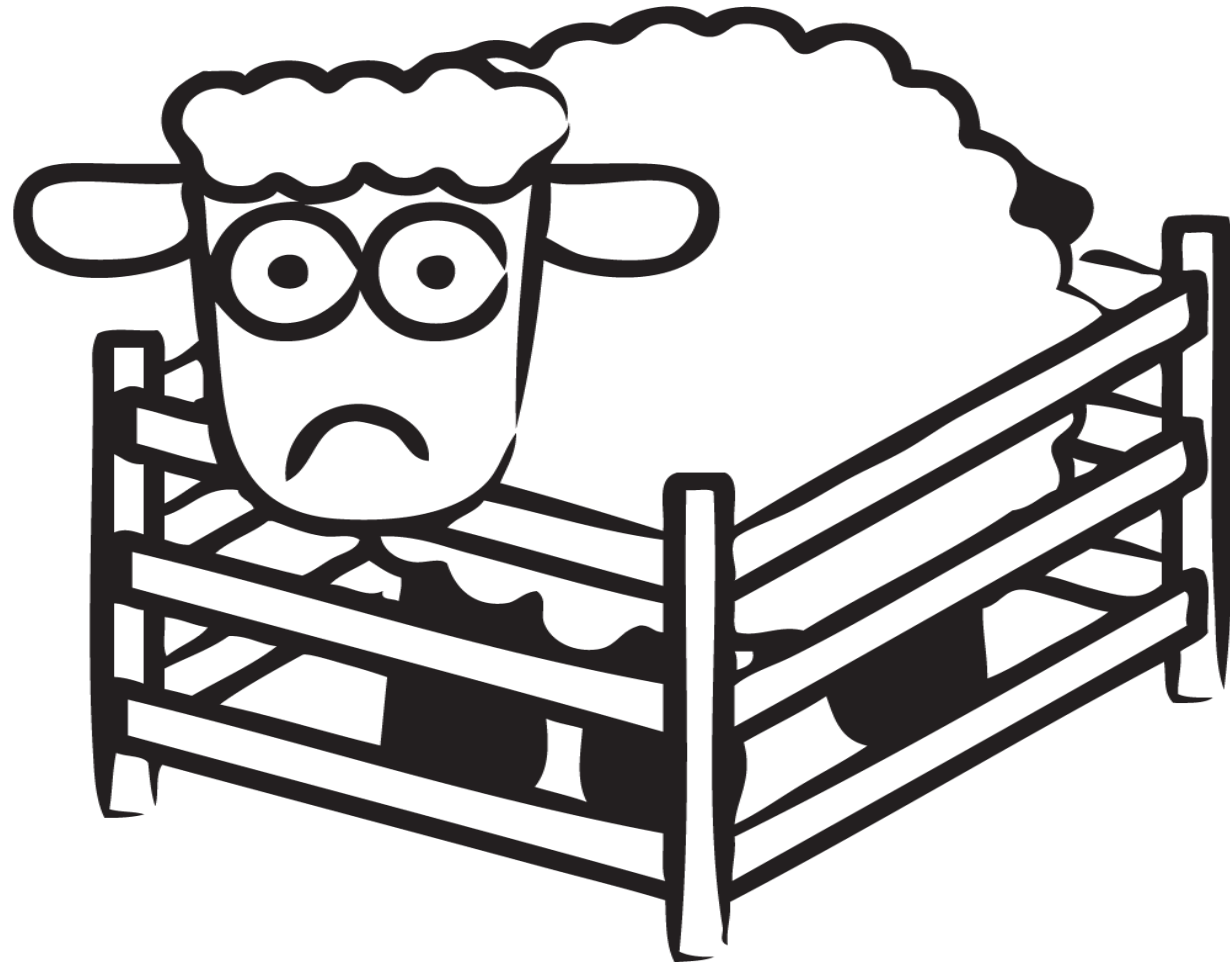
The Child



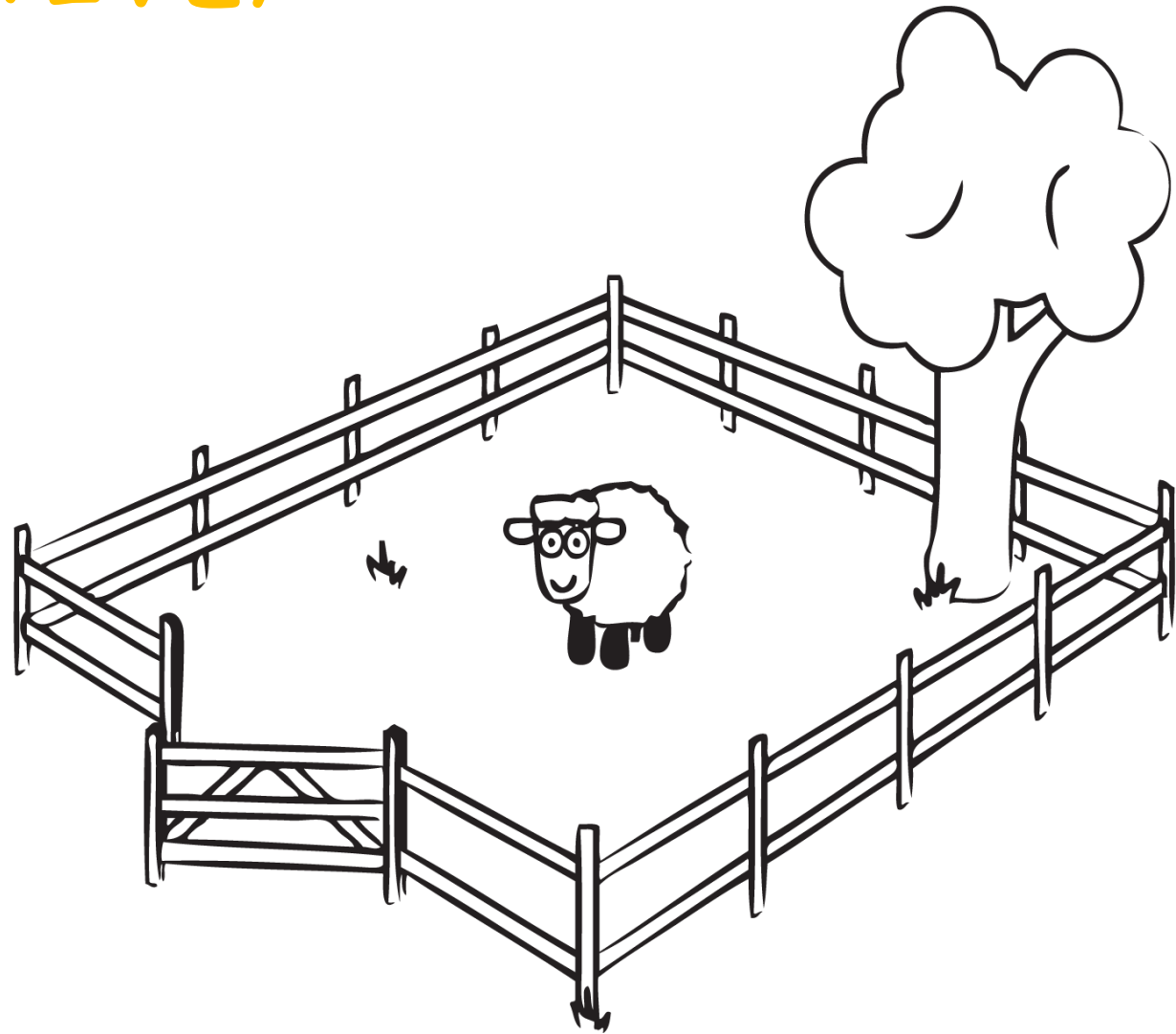
The Parent

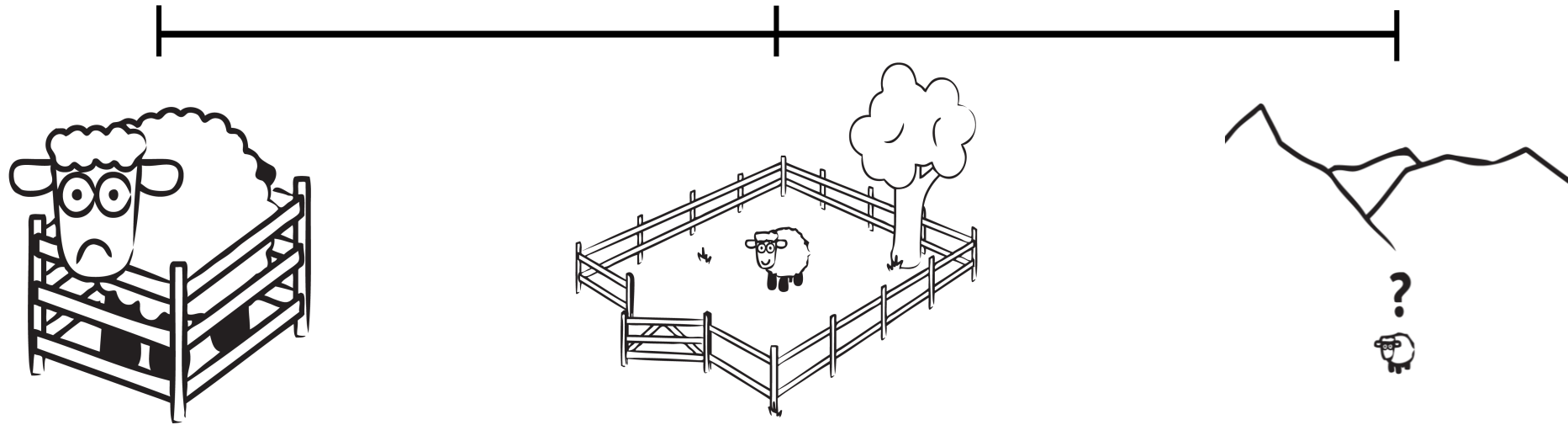
and

AUTHORITARIAN



AUTHORITATIVE/ ASSERTIVE





Can you plot yourself on the line?

Do you want to make any changes?

Do you think there are times when you use different styles of parenting to your 'usual' style?

WHY ARE BOUNDARIES IMPORTANT FOR CHILDREN?

Because they...

teach children to respect others
and their property

teach children self-control

teach children about acceptable
limits

teach children how to be
responsible adults

give children security

keep children safe

WHAT AGE/WHAT BOUNDARY?

What boundary would you have for your age group:

Bedtime

Mealtimes

Television watching

Playing outside

KEYS TO POSITIVE PARENTING

Expectations and house rules

Routines

Consistency

One-to-one fun time

Communication

Giving choices

Discipline and safety



ENCOURAGING GOOD BEHAVIOUR

Star chart/sticker chart

Name: Maddy's		STAR CHART					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I will Brush my teeth	★		★	★		★	
I will Eat all my food		★	★		★		
I will Go to bed on time	★		★	★		★	
I will Brush my hair	★	★	★	★	★	★	★
I will Be good today			★	★	★		

ENCOURAGING GOOD BEHAVIOUR

Rewards

Praise and overheard praise

Counting down 1,2,3



DISCOURAGING BAD BEHAVIOUR

- Removal
- Distraction
- Planned Ignoring
- Time Out
- Giving Choices and Consequences



MAKE UP AFTERWARDS



WHY CHILDREN MISBEHAVE

Child's behaviour relates to how they are feeling

Children 'act out' their feelings

They may be tired, hungry or anxious

They want more attention or love

Stop

Think

Act

Action not anger!

Try to keep a sense of humour

Keep a united front

Try to think what might be
triggering the behaviour

IMPORTANCE OF COMMUNICATION

"I" MESSAGES

When you...

I feel...

Because...

Would you...

Apologise, deal with the issue and don't allow things to get out of control.

Swallow your pride and put your relationship first.

HANDLING CONFLICT STOP BAD HABITS

S - scoring points

T - thinking the worst

O - opting out

P - putting down

PRINCIPLES FOR HANDLING CONFLICT

Pick your battles and be prepared to compromise

Don't pick up on everything

Ask yourself 'why is this such a big deal for me?'

Do we need to lower our expectations to become more realistic?



FAMILY VISION STATEMENT

Families are important and valuable. We need to do all we can to keep them strong, stable and loving.

Writing a family vision statement is a good way of working out what is important to you as a family and how you might keep your identity as a family.

Suggestion for structure:

We will...

We won't...

We hope that...

We will... be polite

We won't... shout at each other

We hope that... our family will be friendly and loving