

Parenting Toolkit for AWARE 4.6.20

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Please make a note of any questions and you will have an opportunity to discuss at the end.

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What is parenting?

be or act as a mother or father to (someone).

synonyms: bring up, be the parent of, look after, take care of, rear, raise, nurture



Spring The word "Spring" is written in a large, black, serif font. To its right is a logo consisting of three overlapping, stylized leaves or petals in shades of purple and orange.

What is good parenting?

- Provide a loving home with clear boundaries.
- Provide a warm, secure home life.
- Help to learn the rules of life (good morals, to share, respect others, etc.)
- Develop good self-esteem and confidence.
- Stop them from doing they shouldn't be.
- Encourage them to do what they should.




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Why is good parenting important?



- Rules make it possible for us to get along with one another.
- Children who don't learn life rules and boundaries, difference between right and wrong - will find it difficult to get on, both with grown-ups and with other children.
- Find it hard to learn at school, will misbehave and will probably become unhappy and frustrated.

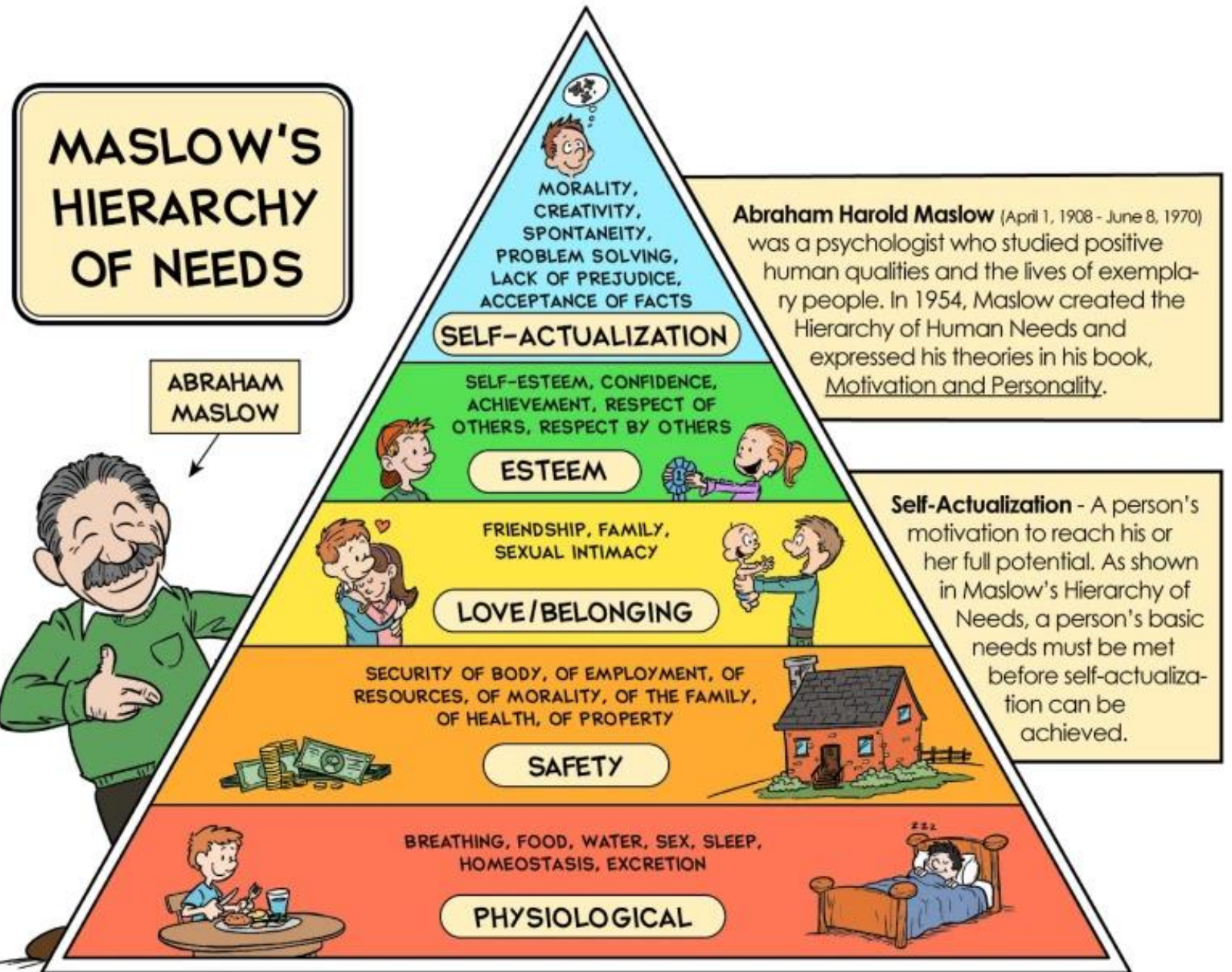
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Attend to their needs...

Children need to feel secure, loved and valued,

and to notice when they are behaving well.

Find strategies that work well for you and your child.



Be consistent

- If you don't stick to the rules your child will learn that if they ignore them, you will probably give in.



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Give lots of praise

Let your children know when they have done something well and when you are pleased with them.

Give them a hug, give them a kiss and tell them how great they are.

You need to do this straight away so the behaviour and reward are linked.



Planning ahead

It helps if you and your child know the rules for particular situations before they happen.

Don't make them up as you go along.

If bedtime is 7pm, make sure you (both parents) stick to it.




Involve your child

Sit down with your child and talk to them about good behaviour.

Makes rules together.

You might be surprised about how much you both agree on!




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Be calm

This can be difficult in the heat of the moment, but it does help.

Be calm and clear with your commands, for example 'please switch off the TV' or 'it's bedtime'.



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Be clear with your child

'Please put your toys away' tells children exactly what you expect them to do.

Simply telling them to 'be good' does not.

If your child can't understand you, they can't obey you. Keep it short and simple.



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Be realistic

It's no good promising a wonderful reward or dreadful punishment if you are not going to see it through.

It is much better to offer small rewards rather than punishments.

'When you have tidied your room, you can have an ice cream'.

Don't expect miracles. If your child has only partly tidied their room, praise them for having started.



The importance of your relationship

When times are difficult, it is easy to forget that you can actually have nice times together.


Everybody can end up feeling angry and upset so you need to plan to have good times together.

You could play a game, read or cook with them for 10 minutes every day.

These simple pleasures shouldn't just be about COVID 19. I have spoken to a lot of clients about carrying on these habits in to the future.

Expensive trips out are really not necessary – bonding with your children is more important.



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Help Your Child Develop Self-Esteem



Encourage children to get involved in school or community plays.

Schools and communities have opportunities for children to take part in acting, which builds on their confidence and self-esteem.

Let them act out feelings and learn more about emotions and empathy.

If your child isn't interested in performing, take them to watch actors in a local play or musical or cinema.

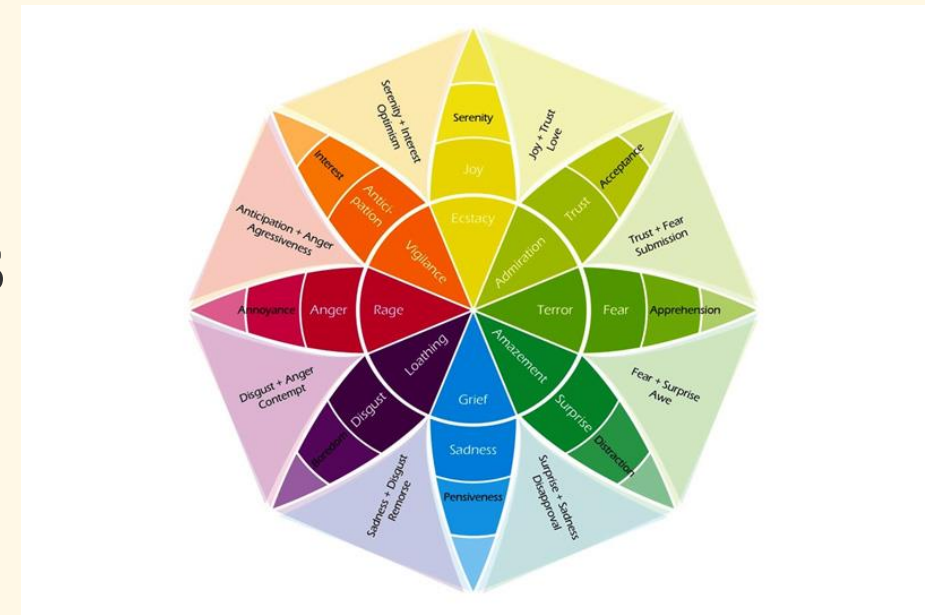
Talk about how the actors know which expressions to make in order to accurately portray the character's feelings.

Use Books or TV to Point Out Emotions

Help your child to recognise complex emotions.

Why the character feels the way she does?

Is the character jealous of a classmate while also feeling rejected by not being invited to their birthday party?



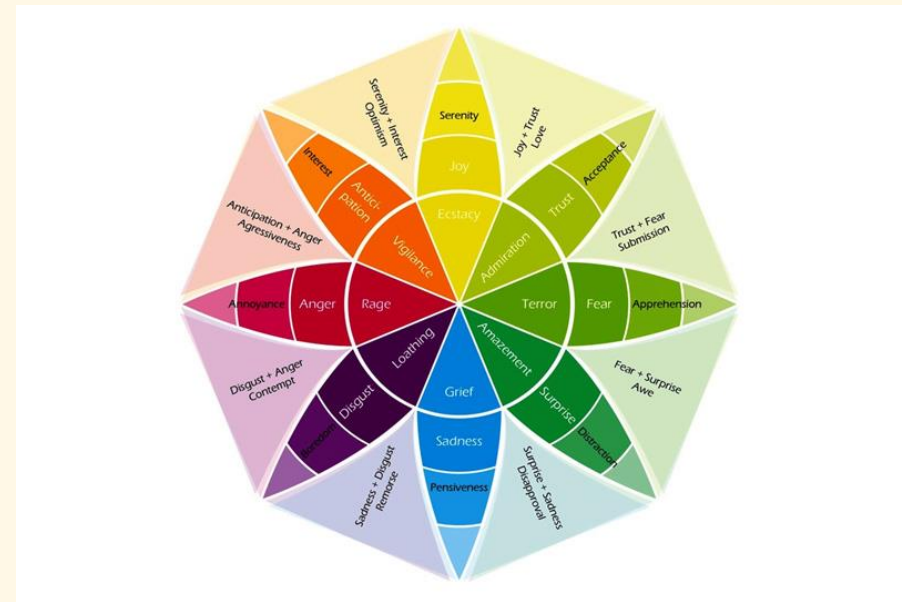
Use Books or TV to Point Out Emotions

Less self-aware, you can go a step further and relate the characters to your child.

“The character reminds me of you - people like to talk to her because she is a good listener!” or

“The character reminds me of the time when you were nervous because you didn’t have any of your old friends in your class.”

Relate your child’s experiences to characters’ emotions can help your child build self-awareness.



Encourage Your Child to Keep a Journal

Promise not to read it and keep that promise.

Allow your child an outlet to describe feelings and think can help them to start to verbalise feelings.

Those emotions and thoughts written down will also help your child identify patterns and causes.



Encourage Your Child to Keep a Journal

Write about feeling excited about upcoming sport or travel. You may start to recognise those events as triggers for emotions.

Writing down thoughts may be a more comfortable way for your child to discuss feelings than actually speaking about them.

I often ask clients to do this so they can share their week and we can work on any issues and consider what the trigger was and what might help.



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Use Many Different Words to Describe Your Own Emotions Around Your Child


Instead of saying “I’m happy we all get to spend the weekend together” try using a word like “grateful” or “thankful” or “glad.”

Exposing your child to more words can help build their emotional vocabulary.

By explaining what makes you tick, you are modelling self-awareness and showing how other people’s actions can affect your moods.

Ways to Describe Emotions

Love Words	Joy Words	Anger Words	Sadness Words	Fear Words
Love	Joy	Anger	Sadness	Fear
Adoration	Amusement	Annoyance	Agony	Apprehension
Affection	Bliss	Contempt	Anguish	Anxiety
Arousal	Cheerfulness	Cruelty	Defeated	Distress
Attraction	Contentment	Disgust	Depression	Dubiousness
Caring	Delight	Envy	Despair	Dread
Charmed	Elation	Frustration	Dismay	Dryness
Compassion	Enthusiasm	Furious	Displeasure	Fragility
Desire	Euphoria	Grouchiness	Distraught	Fright
Enchantment	Gaiety	Hate	Gloom	Horror
Fondness	Glee	Hostility	Grief	Hysteria
Infatuation	Jolliness	Irritation	Hopeless	Jumpiness
Kindness	Joviality	Jealousy	Hurt	Nervousness

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Help Your Child With Stress Management

As your child ages, they may begin to feel stress as a result of more demanding coursework or the increased social pressures that come with the pre-teen years.

You can help your child find ways to reduce stress.

If worried about a test, there may be an opportunity to speak with the teacher beforehand or for her to study with a classmate.



Help Your Child With Stress Management

Physical exercise is a good way to manage stress, many people find simply walking or jogging a great stress release.

Children's yoga as a fun way for children to relax.

The next time your child seems stressed or upset, ask them to join you on a walk, or for a game of football, tennis, etc. and see if getting blood pumping also helps to distract from stress.



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Ask Your Child to Help With Small Tasks Around the House

Tasks: Setting the table or laying out clothes for school the next day

Discuss and follow through on simple routines and tasks helps develop self-management and goal-setting skills.

This teaches order, organisation and time management on a small level by having your child work through a set of tasks to complete a goal.



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Pay Attention to Your Child's Behaviour

Your child may not always communicate feelings, but actions and behaviours may offer clues.

If you notice stress or acting out on days they have tests, sports practice, or music lessons, it means they feel more pressure in these situations than you knew.

Noting possible causes of stress or other emotions can help you find ways to help manage those feelings.



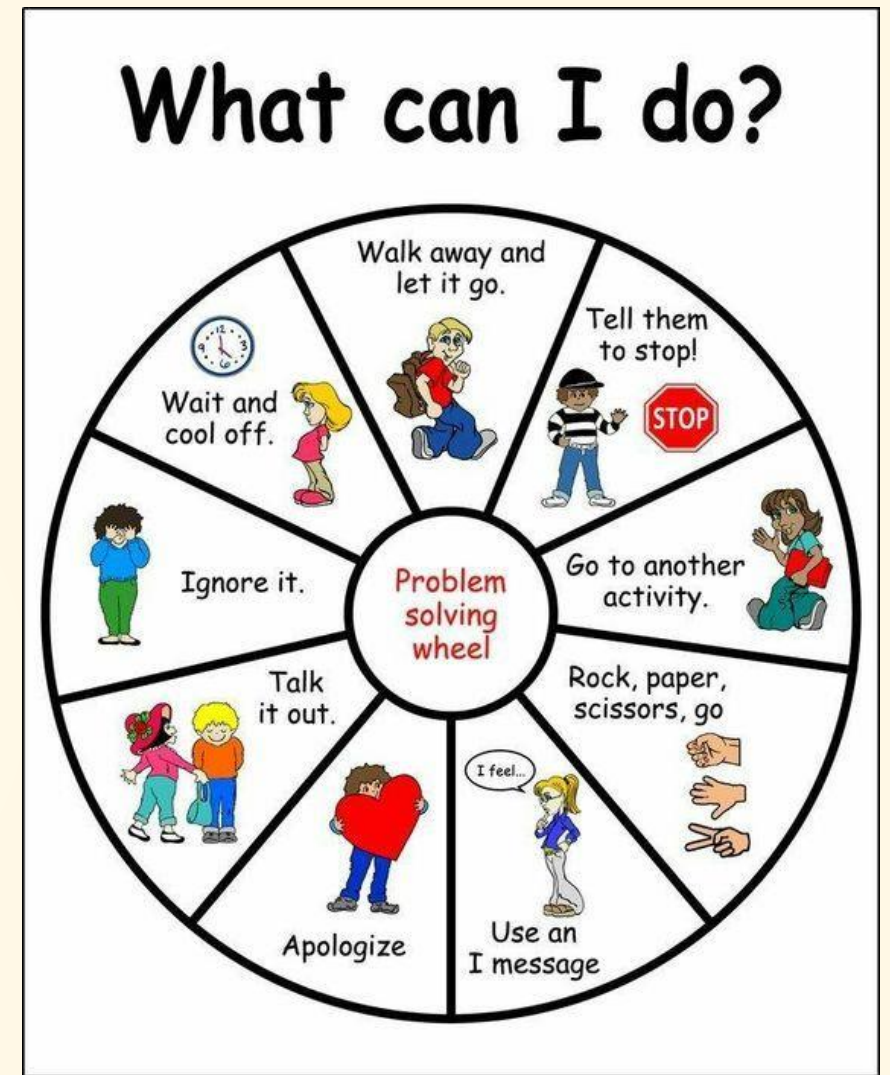
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Model Self-Regulation

If you find yourself on hold with customer service and feeling impatient, tell your child, “I really hate being on hold; it’s very annoying.

“I’m going to take a few deep breaths and I’ll calm down.”

Show your child your self-control in the moment can be a powerful lesson.

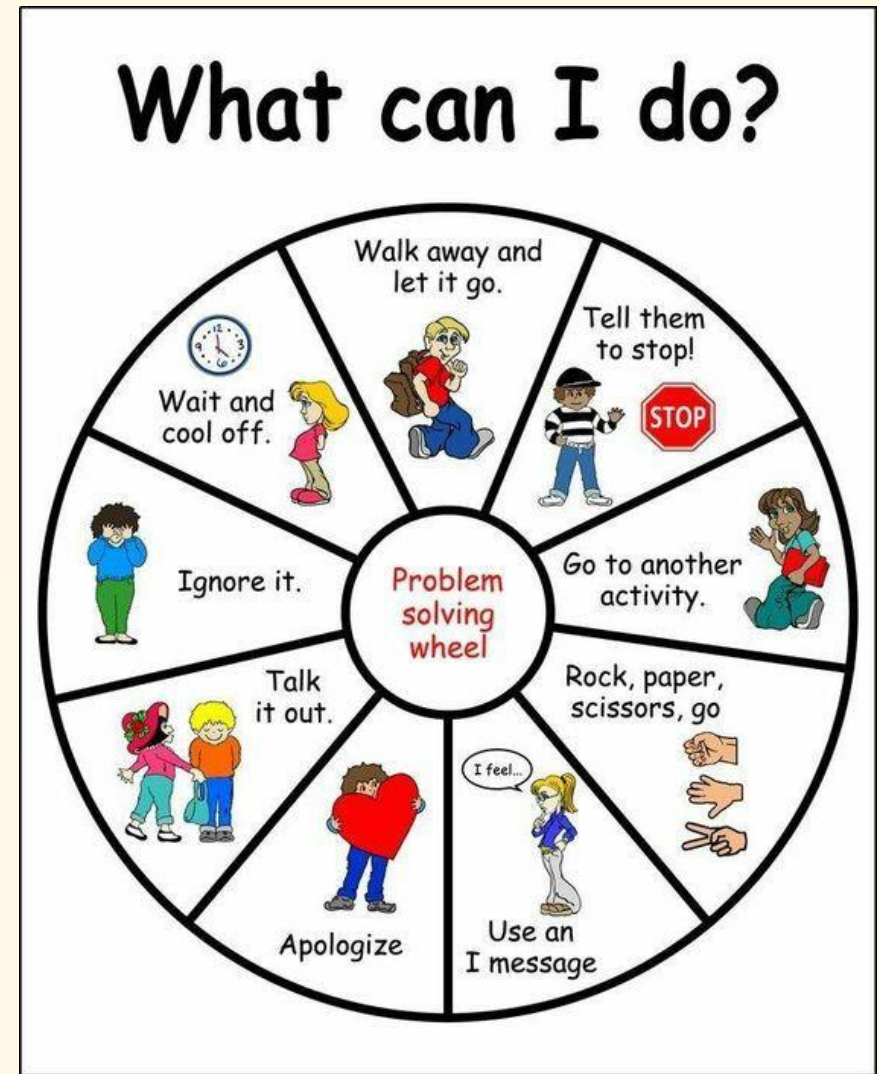


Model Self-Regulation

You can even work on those skills with your child when they are not angry.

Talking about coping skills like counting or taking deep breaths while calm will give your child practice and a skill to turn to when upset.

You can also talk about the times you haven't succeeded with your self-management to show your child that this is a learned skill that requires work.



Share Your Family Values With Your Child

Help your child learn about the need for respectful behaviour, help create a family coat of arms or crest.

Talk with about your beliefs and expectations and work to come up with a list of your family's values, like trust, respect, kindness and generosity.



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Share Your Family Values With Your Child

After you have this list, ask your child to identify three different ways that he can apply these values in social situations.

You may also want to write out all of this information on a poster board and hang it in a central area in your home as a reminder of your family's values and expectations.

There are many different ways of doing this. I feel family rules which are more specific, worked out together and the family sign work well. Each family is different and work out what works for them.



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Model Good Behaviour

A child's social behaviour is best reinforced when parents are kind, sincere and non-judgmental.

Remember that your child is looking to you to set an example of how to interact with others, taking a moment to consider how you interact with others is an important part of nurturing your child's social skills.



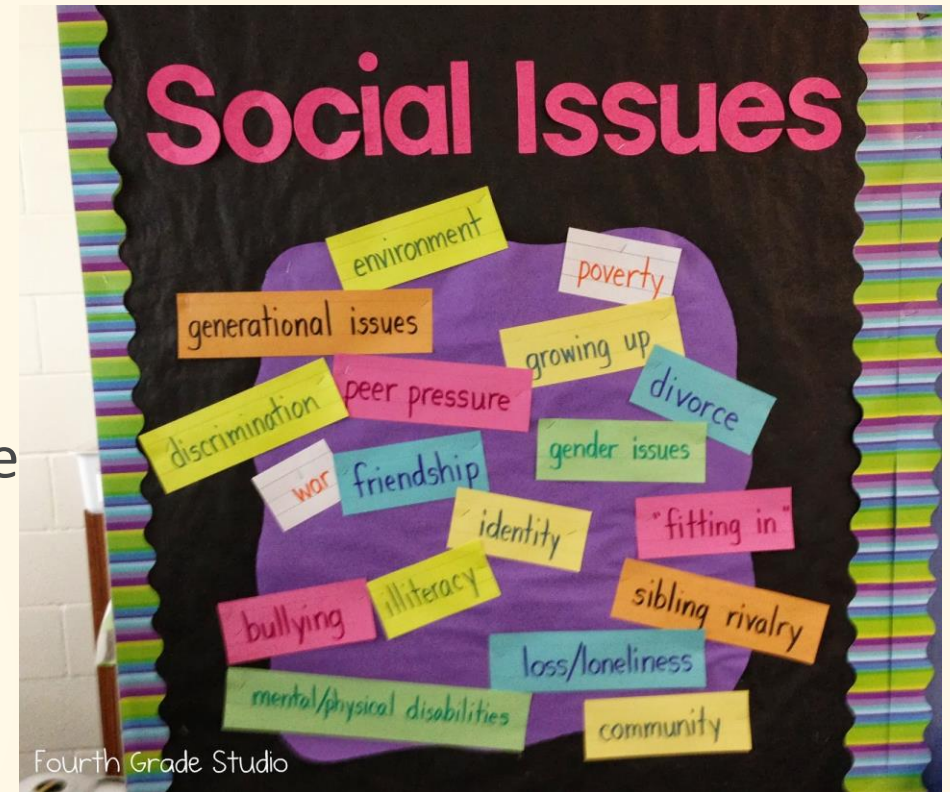
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Discuss Social Issues Like Immigration and Racial and Gender Inequality

When you're watching the evening news or reading the morning paper, ask your child to give you their opinion on these issues and talk about the people involved on both sides.

These types of stories make children aware of historical events and allow them to relate to the hardships and joys of others.

They also help children to learn more about conflict resolution and the importance of respecting others and their opinions.



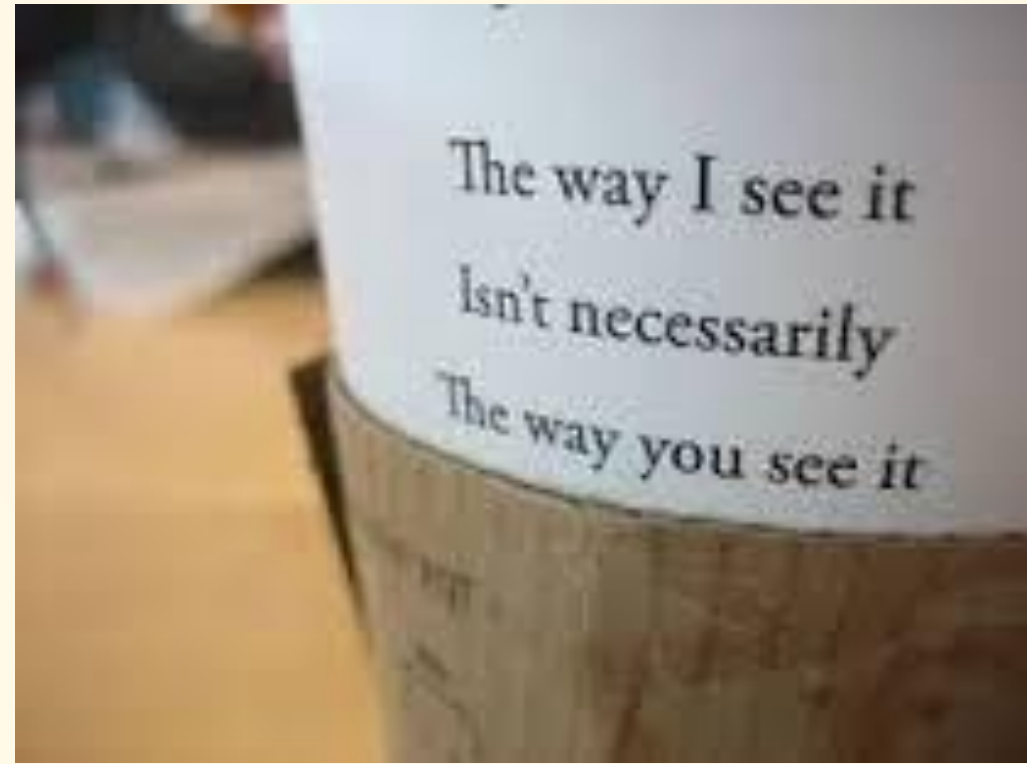
Discuss Different Perspectives

Help your child understand and respect the perspectives of others.

Talk about a book that you are reading or a television show or a film watched recently.

Ask what would happen if the story were written from another perspective.

You are not only teaching your child how to see life through different lenses, but also building capacity for empathy and understanding.



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Use the "Sandwich" Technique

Teach your child how to approach certain conversations, especially when providing feedback or addressing an issue.

The basic terms, this method involves “sandwiching” the feedback or problem in between a compliment and a positive conclusion.

The Feedback “Sh*t Sandwich”

Read more at: GetLighthouse.com/Blog

*Something positive
to warm up the discussion*

The feedback you actually wanted to give

*Something else positive to
soften the real feedback*

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Use the "Sandwich" Technique

If your child feels that a friend treated her unkindly, she could start with a positive comment.

"I value your friendship, and you're always so nice to me,"

Then continuing with, "The other day when we were at lunch, you shouted at me and that made me sad."

This can be followed with, "I really want to keep being friends, so next time, just tell me if I'm doing something that bothers you and we can fix it before we start shouting at each other."

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Practice Active Listening With Your Child

Role-playing can be an effective way to help your child learn how to be a respectful listener.

Begin by asking what they did this weekend and as talking, make sure to fidget around and not give eye contact.

Once finished, describe your body language and ask how it felt when you were not listening.



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Practice Active Listening With Your Child

What does active listening look like and ask to practice listening to you.

Give feedback like:

“You made really good eye contact with me and you seemed to be very interested in what I had to say.”

Make sure to talk about why active listening is important, and help come up with strategies for how they can be a better listener to others.



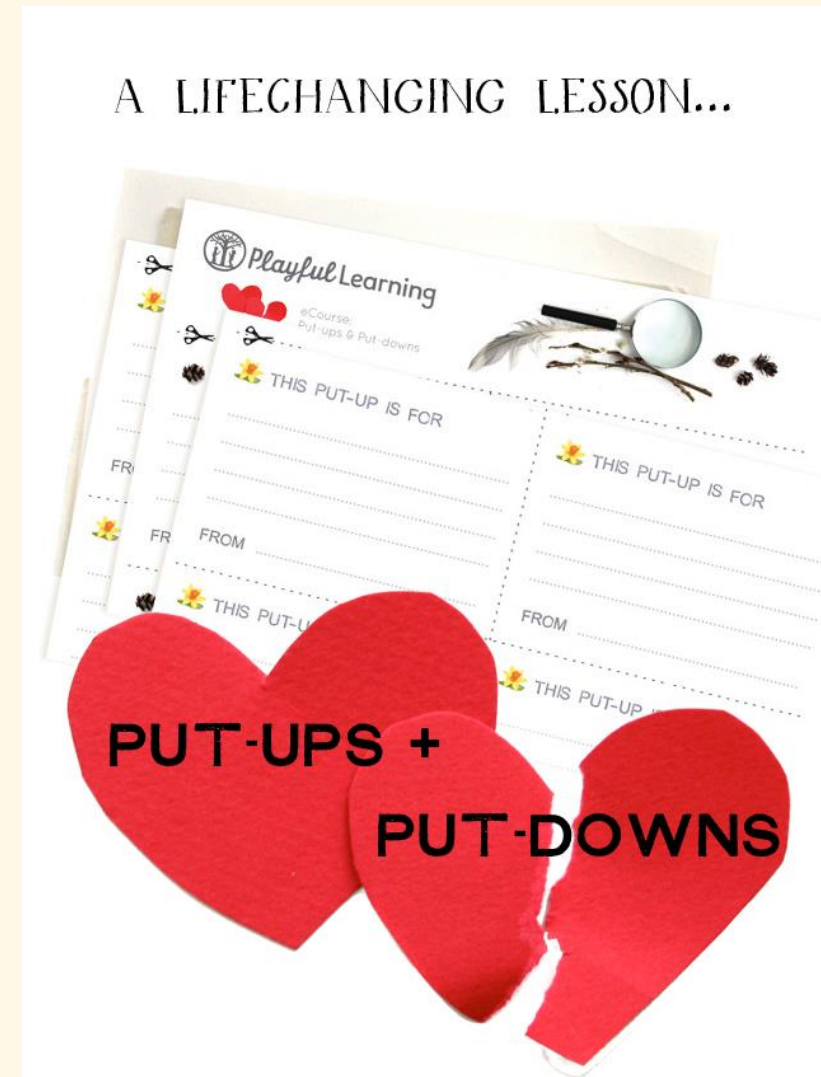
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Talk to Your Child About "Put-ups"

Before bedtime or while on the way somewhere, talk to your child about put-downs and how they hurt people.

Ask to give you examples of put-downs may have heard or said to others, and how these insults made people feel.

Spin those put-downs around and come up with put-ups that can share with others next time to make them feel better or more confident about themselves.

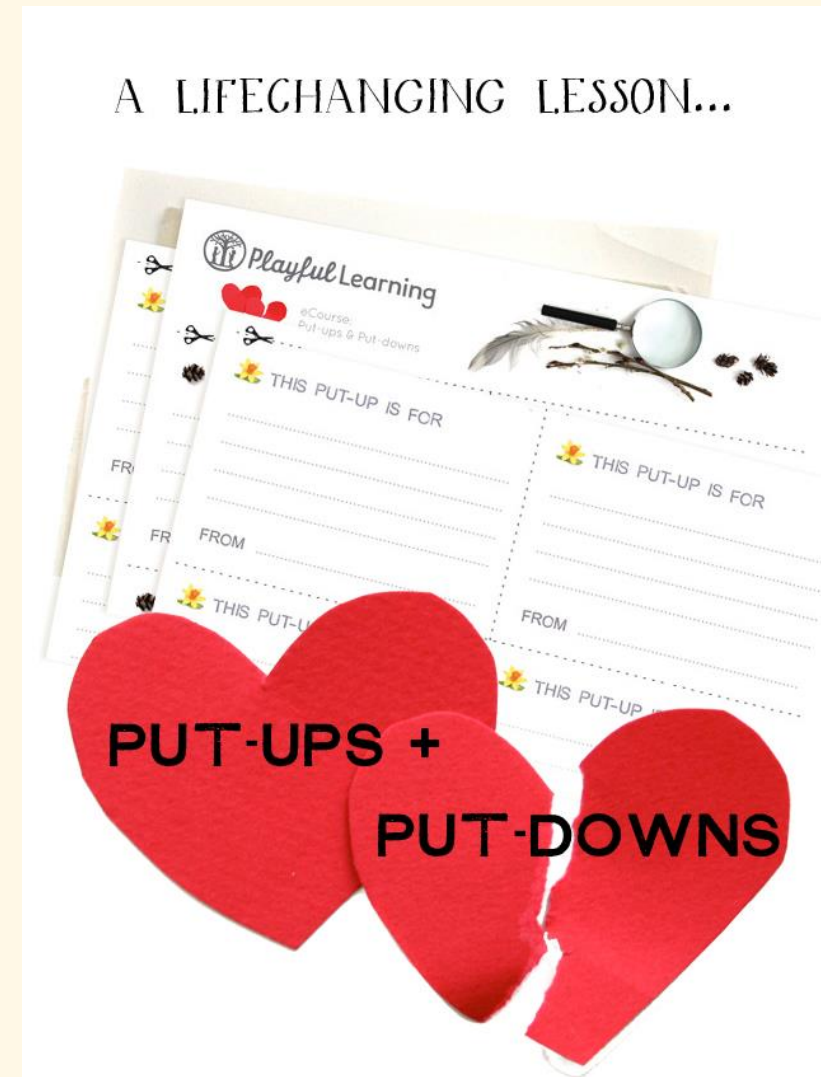


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Talk to Your Child About "Put-ups"

You can also find examples of put-downs in the media.

Use them as an opportunity for a discussion about how the situations could have been handled without making others feel unnecessarily hurt.



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Read Books About Resisting Peer Pressure With Your Child

Books can help you spark a conversation about the importance of resisting negative pressures when trying to fit in with others.

Books, films, programmes are very helpful tools on all sorts of subjects try to discuss the content when the opportunity arises. 'This is a bit like the situation you had... when...'

Remember that peer pressure can be positive, too. If your child's peers are steering her in the right direction and ask your child what friends do that make them want to do good things.

Quick tips on resisting pressure

Say no and let them know you mean it.

- Stand up straight
- Make eye contact
- Say how you feel
- Don't make excuses
- Stick up for yourself

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Read Books About Resisting Peer Pressure With Your Child

Ask how it feels to be pressured in a bad way and how to deal with it.

Work together to identify negative pressure and figure out ways can stand up to it the next time in a negative peer interaction.

This may also be a good time to discuss tobacco, alcohol and drug prevention strategies, as it is never too early to teach your child how to avoid these influences.

Quick tips on resisting pressure

Say no and let them know you mean it.

- Stand up straight
- Make eye contact
- Say how you feel
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- Stick up for yourself

Teach Your Child to Save Money

If your child wants a new toy or video game, make them save up money for the toy.

Late primary school age they are capable of doing small tasks for pocket money and they may also get money from relatives and friends for birthdays or other holidays.

Teach them to save that money for something they really want will help them learn to make decisions to reach those goals which teach responsibility and some financial literacy as well.



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Point Out When Your Child Makes Good Decisions

If your child decides to read a book instead of fighting with sibling over the remote control. Notice that they not only made a choice to avoid conflict with a sibling, but also one that will help academically.

Praising good choices can encourage your child to continue making those decisions in the future.

Make sure to take time to discuss your child's day and highlight positive decisions made and talk about why they made the choices.



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Talk Through Problems, Logical Consequences, and Resolutions

There are often several ways to solve a problem.

If your child is falling out with a classmate during break. You can talk about ways can approach the classmate and what the potential outcomes of the conversation could be.



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Talk Through Problems, Logical Consequences, and Resolutions

If the problem is getting behind with homework for example. Make suggestions:

- set aside time after dinner to continue working
- skip an extracurricular activity until caught up
- or decide not to do anything at all.

Talk through the different consequences of missing a favourite TV show, missing friends or falling further behind and running the risk of not understanding and feeling unconfident in a lesson.

Set aside more time at night, and you can help guide to the decision that will benefit the most.



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Show Your Child That You Love and Support Them

Children will make mistakes as they test boundaries and explore their growing independence. Mistakes are important and should be embraced because they are part of learning.

Support them even when they makes mistakes, you're showing that you're reliable and a constant comfort, which will help them not to be afraid to try something new and make mistakes again in the future.

“I believe in you”

are the most powerful words that one person can ever say to another.

“These words are life-giving.

They tell a person that they matter, that they are valuable, and that they are needed in this world.”

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Help Your Child With Decision-Making Strategies

When you are responsive to your child's needs and provide them with the freedom to make decisions on their own, they are more likely to be successful in social situations.

Share with your child an important choice you made in the past, and together, break down the steps that you took to reach that decision.



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Help Your Child With Decision-Making Strategies

A list of the pros and cons of that decision.

Advise your child that next time has a tough decision to make, try to brainstorm a lot of options and then use a pros and cons list to help reach a conclusion.

These kinds of conversations will help you gain a better understanding of your child's thought process, and it will allow them to see the logic and steps involved in making well-informed and thoughtful decisions.



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Take Part in a Service Project Together

Ask your child what voluntary work could get involved in, such as, a local food bank, gathering items for a local charity, etc.

Obviously in the present climate a lot of opportunities are limited. However, they could make future plans. Plan for what can do when safe to do so. What local projects are operating currently that you could get involved in?

Responsibility helps to raise a more accountable and trustworthy child.



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Teach Your Child Environmental Responsibility

Teach your child to take a responsible role in society and learn how actions affect others. This is a good way for your child to practice decision-making skills.

Talk about recycling or conserving energy with your child about looking after the environment helps others.

Then work together to come up with a plan for how you can help conserve energy or encourage recycle in your home.

Everyday decisions and actions can make an impact in the larger world. This is particularly relevant now when we see the changes COVID19 has had on our planet already.



Looking out at the world and knowing you've done your part to protect it.

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Support

Talking problems over with other parents or friends is often useful. We have discussed before the massive support AWARE are in terms of groups for parents and children, try to use these.

Talk to your child's teachers, as there may be a similar problems at school.

It will help your child if you and the teachers can work together to agree on how to tackle the problem.

Changing a child's behaviour is a slow, hard job, but it can be done.



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Websites

- <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/goodparenting.aspx>
- <http://kidshealth.org/en/parents/nine-steps.html>
- https://childdevelopmentinfo.com/how-to-be-a-parent/parenting/#.WPtK_xPyvIU
- <http://www.parenttoolkit.com/index.cfm?objectid=BAE97DF0-DFE4-11E5-9DA90050569A5318&targetObj=53F5ED10-DFEC-11E5-9DA90050569A5318>

Any questions?

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