

PARENTING

PARENTING STYLES:

AUTOCRATIC
PERMISSIVE
DEMOCRATIC

GOALS OF BEHAVIOR: PARENTAL ACTIONS FOR MISBEHAVIOR:

CONTACT	IGNORE BEHAVIOR / ENCOURAGE
POWER	DISENGAGE / ENCOURAGE
PROTECTION	NEUTRALIZE / ENCOURAGE
WITHDRAWAL	RESPECT ALONE / ENCOURAGE

ENCOURAGEMENT.....

1. SHOWING CONFIDENCE

- * GIVE RESPONSIBILITY
- * ASK YOUR CHILD'S OPINION OR ADVICE
- * AVOID THE TEMPTATION TO RESCUE

2. BUILDING ON STRENGTHS

- * ACKNOWLEDGE WHAT YOUR CHILD DOES WELL
- * GIVE CREDIT FOR STRENGTHS
- * CONCENTRATE ON IMPROVEMENT, NOT PERFECTION
- * GIVE POSITIVE STROKES WITH EACH STEP
- * AVOID LABELING A CHILD'S PERSONALITY

3. VALUING THE CHILD

- * SEPARATE WORTH FROM ACCOMPLISHMENTS
- * SEPARATE WORTH FROM MISTAKES
- * APPRECIATE YOUR CHILD'S UNIQUENESS

4. STIMULATING INDEPENDENCE

- * LET YOUR CHILD DO THINGS FOR SELF
- * HELP CHILD DEVELOP INTERDEPENDENCE

LOGICAL CONSEQUENCES...

1. GIVE CHOICE

- A. EITHER.....OR
- B. WHEN.....THEN

2. MAKE SURE THE CONSEQUENCE IS LOGICAL

3. ASK THE CHILD TO HELP

4. GIVE CHOICES YOU CAN LIVE WITH AND CAN FOLLOW THROUGH

5. ADMINISTER CONSEQUENCE KEEPING FIRM AND FRIENDLY

6. GIVE THE CHOICE ONCE, AND THEN ACT

7. EXPECT TESTING

8. ALLOW A RETRY LATER