

All Parents Can Use These Tips

The following tips and tricks for parents come from the book:
The Parent's Handbook / Don Dinkmeyer / STEP Program

Parenting Handout

The three types of parenting:

- **Giving orders** – these parents are strict and set many rules. The children are expected to obey rules exactly. Often strict parents reward and punish children to keep them in line. Children who follow these rules to avoid conflict or punishment tend to learn to please parents or be afraid of parent. Children and adults who please others can put others before themselves or not learn how to be confident and stand up for what they need.
- **Giving in** – the “giving in” parent usually gives in to what the child wants. They often change the boundaries they set or they don't set boundaries. These children can grow up being spoiled and having a difficult time learning coping strategies when things don't go their way
- **Giving choices** – when children take part in decisions and make choices, they learn that there are consequences to their choices – both good and bad. This helps children learn to cooperate and be responsible.
- Giving choices can be very easy and rewarding, while still maintaining control as a parent
 - Example: you may want your child to drink milk, but they choose white, strawberry, or chocolate milk

Four Types of Misbehavior

Type/Goal	How You Feel	What You Do	How Child Responds
Attention	Bothered, annoyed	Remind, nag, scold	Stops misbehaving briefly, then continues later

Type/Goal	How You Feel	What You Do	How Child Responds
Power	Angry, threatened	Punish, fight back, or give in	Continues to misbehave, defy you, or does what you've asked slowly or sloppily
Revenge	Angry, but mostly hurt	Get back at child, punish	Misbehaves even more, trying to get even
Display of Inadequacy	Hopeless, feel like giving up	Give up, agree that the child is helpless	Does not respond or improve

To identify a child's goal when misbehaving, look at:

- How you feel when the misbehavior happens
- What you do about the misbehavior
- How your child responds to what you do or say

Praise vs. Encouragement

- Praise is a **reward** – child must **earn** it. They may earn it by competing and winning. With excessive praise, children feel they *must* please other people. They decide this is the only way to feel worthwhile. This maybe common in students with perfectionism
- Encouragement is a gift – a child does not need to earn it and it can be for all children – it is given as a way of noticing what is special in each child. Encouragement from parents helps children feel valued just for being themselves and who they are. Examples: “you should be proud of yourself!” “Thank you for all your help!”
- Telling kids “I am so proud of.....” makes them learn to please you
- Telling kids “you should feel proud of....” teaches them to have confidence and pride in their accomplishments on their own – “you should be so proud of your coloring. You did a great job!”

Communication with Children (and adults)

- When communicating with children (or adults) “you” messages blame or put down others
 - You made me feel angry because you didn’t help with the dishes
- “I” messages tell how you are feeling without someone feeling bad or defensive
 - “I feel _____ when you _____ because _____ next time I would like you _____.”
 - “I feel sad when you walk away when I am talking because I don’t feel heard. Next time could you please sit with me until I am done?”

Type/Goal	Examples of Misbehavior	What parents can do	Ways to encourage positive goals and beliefs
Attention	Interrupting, clowning around, forgetting, not doing chores, expecting to be waited on	<p>Don’t give attention on demand</p> <p>Ignore when possible</p> <p>Give attention for good behavior</p>	<p>Notice when child helps and say thank you when the child helps</p>
Power	Throwing tantrums, making demands, arguing, being stubborn, doing what parents wants slowly	<p>Refuse to fight or give in</p> <p>Withdraw from power struggle</p> <p>Leave room</p>	<p>Give choices</p> <p>Let child make some decisions</p>
Revenge	Being rude, saying hurtful things, being violent, or hurtfully refusing to cooperate	<p>Refuse to feel hurt or angry</p> <p>Don’t hurt the child back</p> <p>Help child feel loved</p>	<p>Be as fair as you can</p> <p>Notice and appreciate when the child helps or cooperates</p>

Type/Goal	Examples of Misbehavior	What parents can do	Ways to encourage positive goals and beliefs
Display of Inadequacy	Quitting easily or not trying	Do not pity	Focus on child's strengths and talents
		Stop all criticizing	Notice when the child make wise choices
		Notice all efforts – not matter how big or small	Give lots of encouragement
		Don't give up on child	

People can meet the challenges of parenting by:
 Learning about how children grow and behave
 Learning effective, positive ways to deal with misbehavior
 Becoming skilled at encouraging your child
 Discovering ways to listen and talk together openly

Being a parent and parenting are two different things. Parenting are the skills to use discipline, consistency, and consequences, both positive and negative.

Each person has a certain way of relating to their child. This is known as your parenting style. There are many styles of parenting. The three most common are:
Giving orders. This style sets unreasonable limits. Against children little or no freedom
Giving in. This style gives children lots of freedom but no limits
Giving choices. With this style, parents help children learn a balance between freedom and limits

The giving orders style parenting is often called authoritarian. These parents are strict. They said a lot of rules. The children are expected to a obey the rules exactly. Often strict parents reward and punish children to keep them in line

Children may follow strict rules to avoid conflict or punishment. In doing so, they may learn to please parents. They also may learn to be afraid of parents. They may not learn to think for themselves. Instead they may look to friends and others to tell them what to do. And friends don't always give sound advice

When children are punished for "being bad," they may learn to resent parents. Often, they find a way to get even. Some children rebel against her parents at early age.

Others may rebel as they grow older

Children need to trust, not fear, parents

Children need the chance to make choices. This will help them learn limits and responsibility

Children need to see that calm words-not yelling or hitting-are the way to solve problems

The giving in parenting style is also called permissive parenting.

Permissive parents set no limits or often change the limits they do set.

Children grow up without consistent guidelines.

These parents give into whatever the child may want.

We often say that these children are spoiled

Children with no limits on their behavior will have trouble learning how to behave in our society

Without limits, children are likely to have more trouble learning responsibility.

They may have trouble getting along with others.

They will usually learn to do as they please.

They won't learn to care about the feelings and rights of others.

They won't see that people have responsibilities to each other

Children need limits. These help them learn to make choices

Children need to know that other people are important too

The giving choices approach to parenting is considered a **democratic style**. It balances freedom, or rights, and limits, or responsibilities.

It aims to help children become responsible by doing two things:

Setting limits for children

Giving children choices within those limits
Democratic parents encourage your children to make some decisions alone.
They ask for their children's ideas about some family decisions too.
This shows children the parents respect their opinions
Giving choices is also a way to help children be more responsible

When children take part in decisions, they learn that their choices count. They also see that some choices carry responsibility

Some things affect the way children grow and behave. Four important things are:
Temperament
Heredity and environment
Roles for boys and girls
Ages and stages

Temperament means the style of behavior. Temperament has nothing to do with how smart or talented a child is. It refers to the unique qualities a child is born with. Some children are active, others are more calm

Heredity refers to traits that "run in the family." Many physical traits are inherited like eye color and height

A child's environment is affected by people, places, and events that a child experiences

A role is an expected behavior. Each culture tends to give different roles to boys and girls

Some parents of come to accept misbehavior as "normal." We expect and accept it because we think we can do nothing about it

Children need to belong-to feel they are accepted. To do this, they may use positive behavior or misbehavior. Understanding how children seek to belong is important. Doing so will help you be more effective parent

When children misbehave, they have a goal. They may feel the only way to belong is by:

Attention
Power
Revenge
Display of inadequacy

Some children believe they belong only by being "the boss." These children seek the goal of power. The child might yell or fight out loud with the parent or the child might silently refused to budge

Some children want to be the boss but can't win in a power struggle with their parents. These children decided the way to belong is to get even. This goal is revenge. A child who wants revenge may say or do something hurtful

Some children just give up. For them, the way to belong is to get others to leave them alone. When the child gives up, the parent feels like giving up too

Look at three things:

How you feel when the misbehavior happens

What you do about the misbehavior

How your child responds to what you do

In a democratic family, no one is considered more or less important than anyone else. You show respect when you treat your child like an equal

If a person cannot think of a positive response to their child's behavior, say nothing

Say no as little as possible to your child.

Look for chances to turn no into yes.

This will encourage your child

"Can I have juice?" can be turned into "you can have milk" – this gives them a yes without saying "no you can't."

Encouragement means giving **less importance to children's mistakes** and more importance to their strengths

We reinforce the misbehavior of our children by **responding** to the way our children **expect**

Goals of Misbehavior:

Attention

Power

Revenge

Display of Inadequacy

All these beliefs of the goals of misbehavior has a positive flip side

Positive beliefs:

Involvement

Independence

Fairness

Being competent

Give your child choices. **Let your child live with the choice.**

When possible, let your child do things alone. In this way, your child will grow more confident. Your child will begin to make better choices

Guide your child to play and share equally. Treat your child fairly and with respect so your child will trust you. In this way, your child will see that people can be fair and trustworthy

Teach your child to try new things and keep trying

Children learn from what their parents say and do.

They form beliefs and decide how to belong. They begin their journey to becoming adults. Important thing children learn is what being an adult means

You can be a good role model for your child. By your actions and words, you can show your child what is important to you. You can help your child discover what being in adult means

Talk about values with your child

Act like you'd like your child to act

Your child will learn more from what you do than from what you say. Children watch her behavior and attitude.

Parents change misbehavior by changing the way they respond to misbehavior

Many parents get into a habit of a certain kind of self-talk. It's called demanding, I can't stand, complaining, and blaming

Demanding: we demand that things be different

Can't stand: we tell ourselves that we just can't stand for children to misbehave

Complaining: we complain to ourselves

Blaming: we blame the child or ourselves

Listen to your tone of voice.

Watch your body language.

Do the unexpected.

your sense of humor.

Don't feel guilty

Self-esteem is a belief that we belong and are accepted, strong and capable, and loved

Encouragement is a skill to help children grow in self-esteem. It is a way to show children that they belong and are accepted, capable, and loved

Courage is an important part of self-esteem. It means a willingness to make an effort

When your child receives your respect, the child feels valued. Seeing that you respect yourself, your child sees a model of self-esteem. This is encouraging to your child

Love and accept your child

Notice when your child tries or improves

Appreciate your child

Have faith in your child

You can accept your child without accepting misbehavior – this goes back to “I love you, but I don’t like your behavior right now.”

Praise and encouragement are not the same thing. Praise can be discouraging. Each one has a different purpose.

Praise is a reward. Children earn praise. They might earn it by competing and winning.

With praise, children learn to please others

Encouragement from parents helps children feel valued just for being who they are. This helps children accept themselves and feel capable. It raises their self-esteem

“I am proud of you,” is a sentence that seeks approval in others

“You should be proud of yourself,” encourages the student to find self-esteem in themselves

Parents can say encouraging words, but they can also act encouragingly with a wink, hug, smile, etc.

Teach respect for others

See the good side

Encourage yourself

Appreciate that people are different

Have patience with yourself

Remember that your child is not you

Set realistic goals

Use positive self-talk

Be as healthy as you can

Have the courage to be imperfect

See mistakes as a part of learning

Enjoy yourself and enjoy other people

Get to know your own strengths and good qualities

Value yourself

We show acceptance by our tone of voice and by the words we use. We communicate respect

Communication has two parts: listening and talking

Listen, hear the feeling, and use reflective listening. **Reflective listening is repeating what your child feels and says**

You-messages put down or blame children. **I-messages** tell how you feel without blaming. I-messages start with I feel or I think.

If a parent is really angry, they should get away from their child. Call down or get some help

Discipline that makes sense

Punishment includes threats, yelling, and put-downs

Children may start to pay attention only when we shout

Taking things away. Often parents take special things away from their children as a punishment. **Many times what is taken away has nothing to do with what the child did wrong**

Discipline helps to guide children to become more responsible

Firm and strict not mean the same thing. To be strict is to show that you're the boss. **To be firm is to show that you expect cooperation and respect yourself**
Firm sets expectations.

Strict would be: You can only drink white milk at dinner

Firm: I expect you to drink milk, but you can have chocolate, strawberry, or white milk