



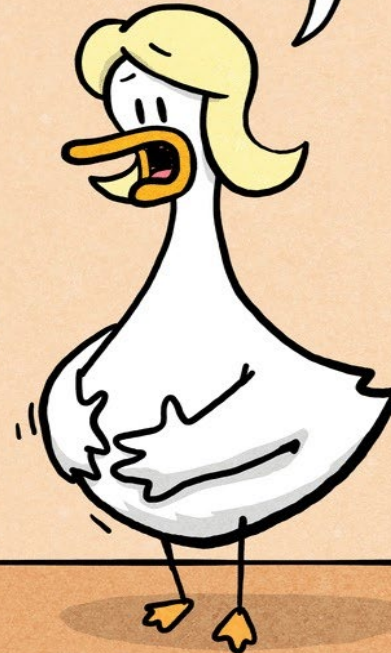
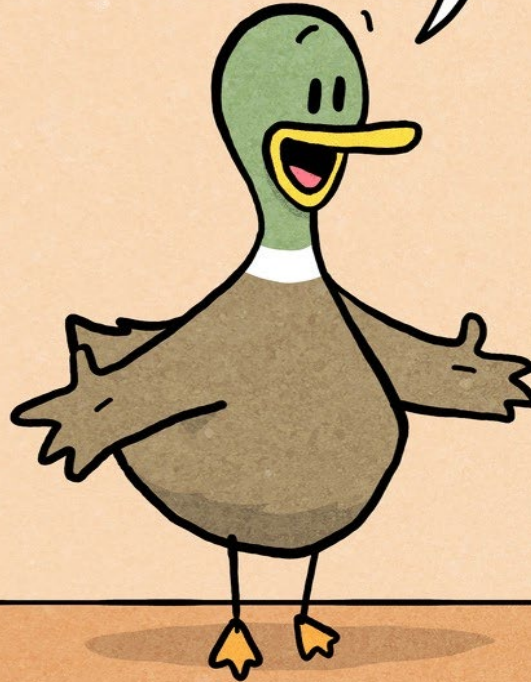
BRIDGING HOME & SCHOOL

THE PARENT CHILD CONNECTION



OH, C'MON!
WE'VE READ ALL THE BOOKS
AND TAKEN ALL THE CLASSES.
THIS PARENTING THING
IS GONNA BE A BREEZE!

I JUST FELT
THE BABY
SCOFF
DEFIANTLY.



FowlLanguageComics.com

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THE FIRST MISTAKE

OUR HOPE FOR THEIR FUTURE



WHAT GETS IN THE WAY OF POSITIVE PARENTING?

Raising Children
in Isolation

Cultural
Emphasis on
Peer Orientation

Escalating
Demands on
Family Time

Pressures Felt
that our Children
Attain Success



Focus on Good
Behaviors as a
Reflection of
Good Parenting

TRADITIONAL APPROACHES TO DISCIPLINE



Time Outs



Consequences



Removal of Privileges



Targeted Praise

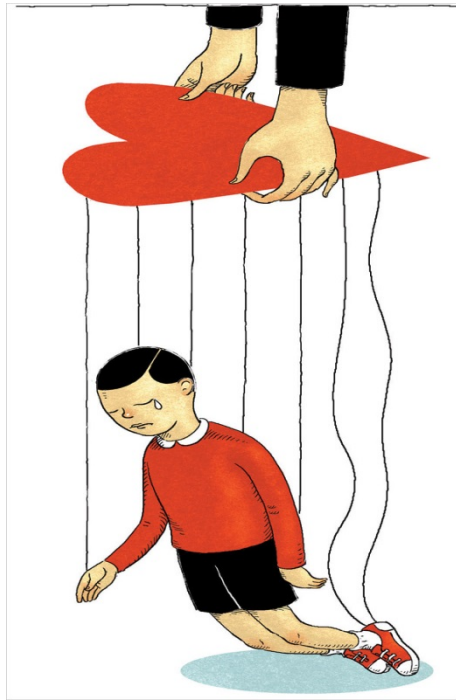


Reward Programs



Threats

The Impact of these Approaches on our Children



VS



So often, children are punished for being *human*. Children are not allowed to have grumpy moods, bad days, disrespectful tones, or bad attitudes, yet we adults have them all the time.

None of us are perfect, and we must stop holding our children to a higher standard of perfection than we ourselves can attain.

— Rebecca Eanes

fb.com/SharingAlongTheWay



WHAT IS AT THE CORE OF ALL PARENTING?



The connection between adults and children is **THE** most important foundation of healthy child development.

Children depend on the adults in their world for the experience of being **KNOWN** and **LOVED**.

Personal Reflection



RELATIONSHIPS DRIVE BRAIN DEVELOPMENT



TYPICAL CHILD DEVELOPMENT



Our beliefs about our child's behaviour can significantly affect the way we ...

Think about our child

Feel about our child

Respond to our child



A POSITIVE APPROACH TO PARENTING



Focuses on mutual respect and encouragement

Recognizes children's need for connection to feel safe, secure and regulated

Ensures we are parenting from a place of empathy and compassion

Emphasizes love, respect and belief in our child's abilities!

Ensures an awareness of our child's emotional age not chronological

Reinforces that our goal as parents is to teach not punish

Our children
CAN BE OUR
GREATEST TEACHERS IF
WE ARE HUMBLE
enough to
RECEIVE THEIR
LESSONS.

Bryan McGill

Fun With Mama

“Just when you feel least like showing love for a child, the child needs your love the most.”

-Urie Bronfenbrenner



Parenting Starts with Empathy



Most people do not listen with the intent to understand. Most people listen with the intent to reply.

-Stephen Covey

Empathy, Empathy, Empathy



Be present

Hear their story, give them a voice

Give acceptance without trying to solve the issue

Let your child know you have heard what they are saying/experiencing

Tolerate exaggerated/negative emotions

Be curious

Listen without an agenda to teach a lesson

Normalize feelings

Focus on emotional safety & staying regulated yourself

Strategies which Build Connection

Connection
before
Direction

Stay Low

Validate

Talk less,
Listen more

Reflect what
you Hear

Reduce
Words

Embrace
Emotions

Describe,
don't
Lecture

Emphasize
the Positive



Involve your
Child

Key Connection Times

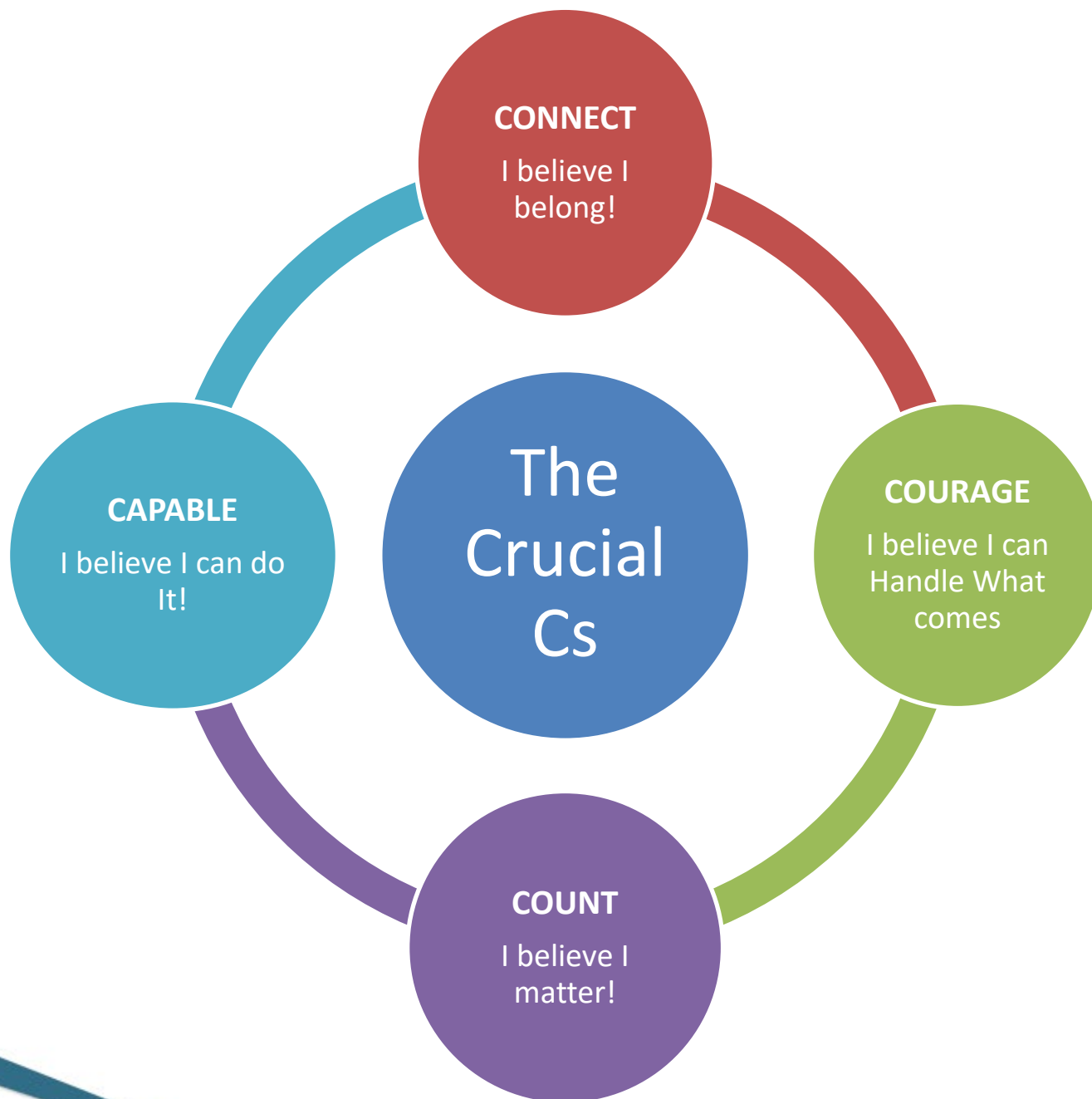
Morning



After School



Bedtime

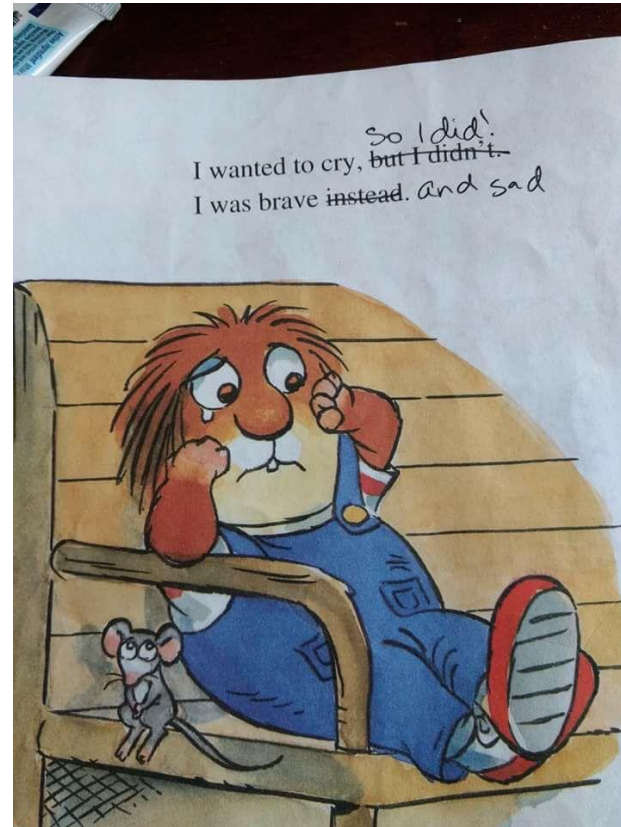


Bettner & Lew (1996). Raising Kids who Can

How can we Encourage our Children

- Make time for your children
- Separate the deed from the doer
- Commend effort and improvement
- Use humour
- Show your trust in the child
- Listen
- Build on strengths
- Use encouragement instead of praise
- Help the child develop the courage to be imperfect
- Don't give a sense of responsibility and significance only to those who are already responsible.
- Love them unconditionally
- Allow for natural/logical consequences not punishments
- Be optimistic! Show your belief in them (and you)!

Making Space for Uncomfortable Emotions



problem solving

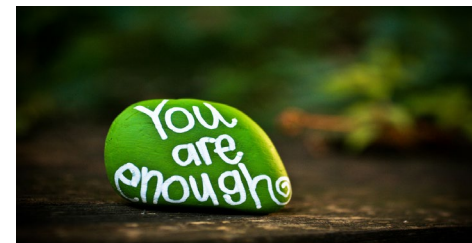
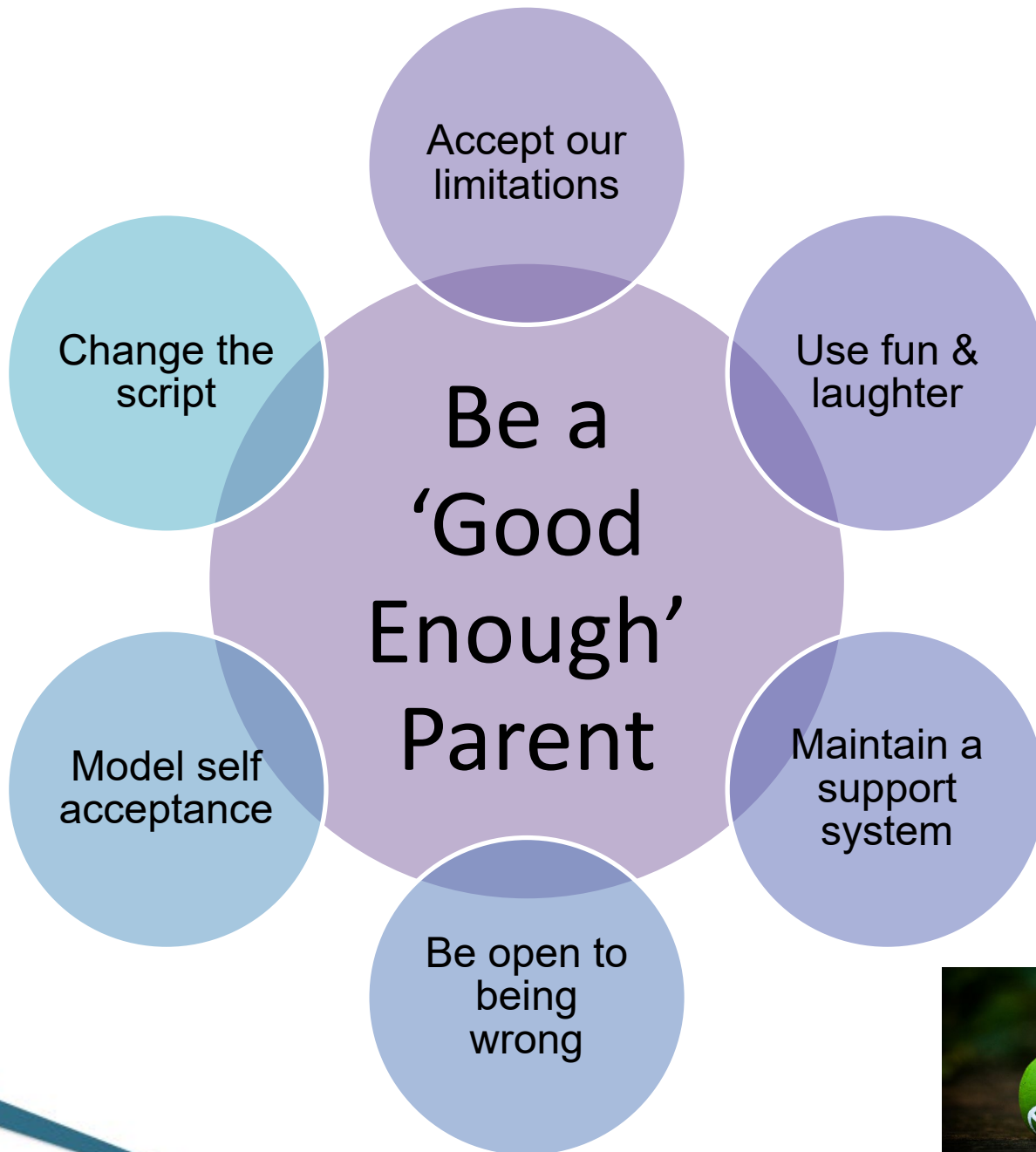
Take Time for Yourself

Approach your Child when Calm

Empathize

Express your Feelings

Collaborate on a Solution



References

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