

PARENTING 101

Effective parenting increases the likelihood that you will raise children who are responsible, competent, and high in self-esteem. Children who feel good about themselves have no need to act out. You, the parent, therefore have less of a reason to fight with them.

<u>Effective Parenting</u>	<u>Ineffective Parenting</u>
1. Moderate to high restrictiveness Clear rules, firm limits. Parent willing to listen and be flexible, but always in charge.	1. Unyielding restrictiveness or extreme permissiveness
2. Insistence on mature behavior Child given age-appropriate responsibilities. Parental expectations are high, but realistic.	2. Little insistence on mature behavior
3. High parental acceptance/warmth Never criticize the child, only the behavior. Demonstrate affection with hugs, etc.	3. Low parental acceptance/warmth (Rejection)
4. High responsiveness Parent promptly attends to the child's Physical, emotional and other needs.	4. Inconsistent responsiveness
5. High positive involvement Show interest by asking questions and doing activities together. Spend some one-on-one time with each child in the family.	5. High negative involvement

Other guidelines for effective parenting:

1. Say "do____", rather than "don't do____". When kids are told that what they are doing is wrong or even imperfect, they often sulk or rebel.
2. Rather than issuing commands, offer choices. Say: "First you____, then you may____." Or else: "You have a choice. You can____ (what you expect), and then____(the positive consequence that follows); or you can____(the misbehavior about to be committed), and then____(the negative consequence that follows).
3. Don't threaten consequences unless you are ready to enforce them, or else your kids will misbehave even more. Be consistent. Kids cannot become competent and responsible unless they experience a connection between their actions and the consequences.
4. Never defend your actions when enforcing your rules - that will only lead to unnecessary arguing. Offer to hear your kid's opinions and feelings later, after the rule has been enforced.
5. Present a united front with your spouse. If you have differences about parenting, never discuss them in front of the kids.

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