



CCPS

Collier County
Public Schools

Positive Parenting: 10 things to improve the parent and child relationship

January 19, 2017



Positive Parenting

East Naples Middle

- <https://www.youtube.com/watch?v=t0GxWOcFiQ4>



Positive Parenting

East Naples Middle

Please remember:

Our goal is to provide parents strategies which will help them develop and maintain a healthy relationship with their child

We know that every child is unique. Every parent is unique. Some things will work and some won't.

You are the parent. Ultimately, you will decide what is best for your child.

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Tip #1: Begin with you

- Do you model the behaviors you want your child to adopt?
- Love and Logic: "Anger and frustration feed misbehavior"
- Sometimes you will need to step away from the situation before addressing it – that is okay

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Tip #2: Health matters

- Is your child getting enough sleep?
- What is your child eating?
- Is your child having yearly check-ups?

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Tip #3: Making time

- How often do you spend one on one time with your child?
- Do you sit down and share a meal with your child (no electronics) at least once a week?
- If this is the single most effective strategy, how can you make it occur?

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Tip #4: Rules and routines

- **1114 middle school students attend everyday. Without routines, we are doomed.**
- **Simplify rules to help make expectations clear**
- **Can your child describe the routines and rules that you have established?**

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Tip #5: Consistency

- **Being firm creates a strong foundation in your relationship with your child.**
- **Boundaries are meant to expand. As your child grows, the boundaries will too.**
- **If you set limits with your child in a consistent, positive way, eventually your child will internalize your expectations.**
- **These guidelines will help him to get along successfully in life.**

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Tip #6: What is the source of the behavior?

- **Avoid asking “why?” Instead ask “What did you think would happen”” or “What did you want to happen when you acted that way?”**
- **If you, and more importantly your child, understands the meaning behind the behavior there is a much greater chance to change future action**

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Tip #7: Get to “Yes”

- Kids ask us for things and permission all the time. It is draining to always be the voice of “No”
- Set conditions which you can live with and get them to hear “Yes”

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Tip #8: Focus on the positive

- PBS works at school and at home
- Recognizing positive behaviors can be done without bribing your child

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Tip #9: Consequences for them

- 1. Use Consequences That Have Meaning
- 2. Make Consequences Black and White
- 3. Have Problem-Solving Conversations
- 4. Don't Get into an Argument over Consequences
- 5. How Will I Know If a Consequence Is Working?
- 6. Some Things Should Never Be Used as Consequences

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Tip #10: Reflecting on their actions

- What were you wanting to have happen when you did this?
- Was there some part of you that said ‘Don’t do this’?
- What got in the way of you listening to that part of you?
- What else could you have done?