

REINVENTING PARENTING FOR THE 21ST CENTURY

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The Central Practice

What do you think is your most important job as a parent?





Preparing your
child to launch.



Positive Parenting Practices

- Noticing and Praising
- Catching our children being good
- Veer Away from Punitive Methods
- Healthy Limits and Boundaries
- Enmeshed Vs Appropriate Monitoring
- Love based on their human self not based on their behavior or performance



re·sil·ience

noun

\ri-'zil-yən(t)s\

an ability to recover from or adjust easily to misfortune or change

allows us to...

- exist in the less than perfect world
- move forward with optimism and confidence even in the midst of adversity

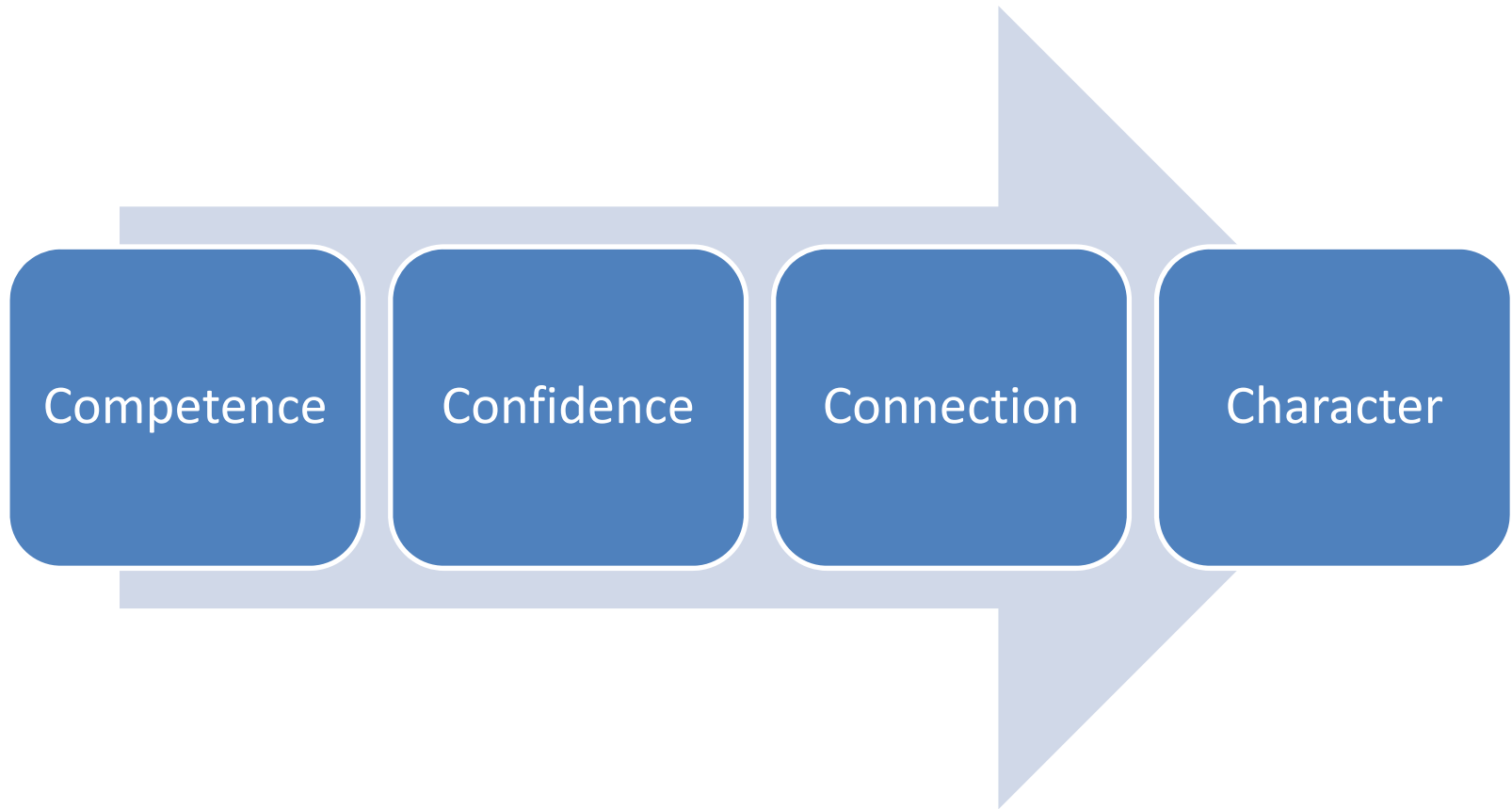
teaching our children through...

- unconditional love
- modeling

**a vital tool for thriving
in a stressful world**



THE FOUR C's





Motivation



Seek guidance

Learning opportunity

Disengagement



Overeating

Anger



STRESS & ITS EFFECTS ON THE FAMILY

- “Hurry Up” Syndrome
- Ways of managing stress positively
- Negative expressions for stress
- How stress can actually be motivating
- Physical effects of stress



STRESS & ITS EFFECTS ON THE FAMILY

- Helping our children distinguish a real crisis from a bump in the road
- Event Happens> Thoughts about the Event> resulting feelings and coping mechanism



Family Connection

- To be strong, children need unconditional love, absolute security, and a deep connection with at least one adult
- Sometimes the best thing a parent can do is get out of the way
- Listening to children attentively is more important than any words parents can say.
- Children will only take positive steps when they believe they are competent
- Children with a wide range of positive coping strategies will be prepared to overcome stressors and far less likely to try many of the risk behavior their parents fear
- Put away blackberries during family gatherings
- Limit computer time/video games (know what sites your children are exploring)

Family connection con't

- Find one time to “gather” each day
- Healthy monitoring vs intrusive and enmeshed
- Working parents: make the time you do have, quality
- Teach you child without nagging, lecturing or criticism
- Make your own family traditions/ HAVE FUN
- Unified parenting = increased family connectedness



The Virtual World

- Society has increasingly become more obsessed with staying connected virtually
- What positive and productive effects do we gain from the internet
- What are the unhealthy effects of the virtual world
- Immediate gratification
- Talking has been replaced by texting