



Welcome!

Principles of Child Guidance

CG211

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Group guidelines

- You decide how much you want to say or do
 - What we share in here stays in here
 - Nobody will use what you do or say in here to evaluate you*
 - Cell phone and texting activity outside
 - Others?
- * with the standard exception that we are required to report information relevant to child abuse

What I don't want...What I want

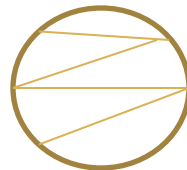


What's Your Parenting Style?

- Imagine authoritarian on one end and chaos at the other
- At mid-point is cooperation (freedom with order), in which our parenting methods can be consistent and considerate, firm yet fair

Freedom with Order

Authoritarian



Permissive

+ order
- freedom

- order
+ freedom

Children “Listen to” our Behavior

- Adults are important role models for children, who imitate what parents do



Punishment does not Work

- Many of us have been raised with authoritarian methods of discipline
- However, today's children resist attempts to control them
- We need to learn methods of influence rather than of power and control



Family Atmosphere

- We, as parents, do not cause our children to make the decisions they do
- We do set the stage for how children view what is important – we have influence
- One important influence is our Family Atmosphere – a family's unique mood or tone.
- The family atmosphere gives children messages about what is important in the family.

Family Atmosphere

- We can provide an atmosphere for our child that is encouraging, inviting them to belong by being cooperative and useful...
- Or we can set the stage for conflict and competition



Methods of Training

Family Atmosphere...

- is largely influenced by how you choose to guide your child
- To spank, to bribe, to punish, to threaten, to yell, and to praise are methods
- As are to encourage, to be firm and consistent, to enlist logical consequences, and to allow natural consequences occur



Getting to What you Want

- **Decide what kind of relationship you want**
- Measure your decisions about which parenting methods to use **against your values**
- Easier to give up methods that *won't* lead to what you want
- Easier to practice methods that are more likely fit with your values and goals.





Break

Self Assessment

Complete this
assessment on your
own (5 minutes)

Pair with someone
and discuss your
answers (5 minutes)



Self Assessment

What did you learn about yourself?

What do *our children learn* when we behave in these ways...

Parents overly concerned with...

- Fairness Control
- Perfection “Teaching” in times of conflict
- Protecting your child Control

Getting to What you Want

My Value

More respectful relationship

Child enjoys spending time with me

Less competition, more cooperation

My action

Creating the Family Life you Want

- Find a partner and complete the exercise together
- (10 minutes)



Committing to action

Letter of Appreciation

- Think of something your child (or another adult in your life) has done something recently that has made a difference, either for him/herself or for others.
- Write a brief letter to acknowledge this person
- In the letter:
 - ◆ Describe the recent behavior you noticed
 - ◆ Be specific about how the behavior has made a difference



Give your child letter ...

Send in the mail?

Hand it to them?

Hide under pillow?