



Positive Parenting

PAKISTAN ALLIANCE FOR EARLY CHILDHOOD

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Structure of the Session

**PARENTING; AND
ROLE OF PARENTS AND
FAMILY MEMBERS**

**POSITIVE
PARENTING**

**DISCIPLINING
CHILDREN**

**PARENT CHILD
BONDING AND
ATTACHMENT**

**DIFFERENT STYLES OF
PARENTING**

**SPOUSAL
RELATIONSHIP**

**PARENTING;
AND
ROLE OF PARENTS AND
FAMILY MEMBERS**

What is “Parenting” ?



Parenting

Parenting is the process of raising children and providing them with protection and care in order to ensure their healthy development into adulthood.



Parenting

Parenting is: A way of providing care, support, and love in a way that leads to a child's total development

Parenting involves meeting the child's physical, mental, emotional, and social needs

Role of Parents

“Every young adult has the potential power to help the entire world. He just needs the right guidance and support,”

Param Pujya Dada Bhagwan

Role of Parents

To raise children who can...

1. function in the outside world as responsible and productive adults
2. cope with the knocks of life and bounce back
3. make good relationships
4. and are the sort of people we'd like to spend time with!



Sibling Relationships



Role of Grandparents and Extended Family Members



PARENT CHILD BONDING AND ATTACHMENT

Parent- Child Relationship

The parent-child relationship is a two-way street, in other words, it is actually a partnership between a parent and their child

Parent- Child Relationship

- Young children who grow with a **secure and healthy attachment** to their parents stand a better chance of developing happy and content relationships with others in their life
- A child who has a secure relationship with parent **learns to regulate emotions under stress** and in difficult situations.
- Promotes the child's mental, linguistic and emotional development
- Helps the child exhibit optimistic and confident social behaviours
- Healthy parent involvement and intervention in the child's day-to-day life lay the foundation for better social and academic skills
- A secure attachment leads to a healthy social, emotional, cognitive, and motivational development. Children also gain strong problem-solving skills when they have a positive relationship with their parents.

Attachment and Bonding

“Attachment is a deep and enduring emotional bond that connects one person to another across time and space.”

(Ainsworth, 1973 and Bowlby, 1969)

Bond means ...a relationship between people or groups based on shared feelings, interests, or experiences.

Attachment is a slow process that builds and deepens over time. **Bonding** is about the love, care and concern that are unique to your relationship with your baby.



Attachment and Bonding

- Attachment and how to develop a good relationship with your child
- Developing emotional security
- Emotional bank account
- The Five Love Languages



Parent- Child Bond

- Parenting Style – Positive Parenting
- Warm, loving interactions. Treat every interaction as an opportunity to connect with your child. ...
- Have boundaries, rules & consequences. ...
- Listen and empathize with your child. ...
- Problem Solving. ...
- Tell your child you love them. ...
- Play together. ...
- Be Available. ...
- Eat meals together etc....

POSITIVE PARENTING

What is Positive Parenting?

Positive parenting describes a set of parental behaviors that support your child's capacity to love, trust, explore and learn



Parenting is like Gardening (Video)



Positive Parenting is focused on developing a strong, deeply committed relationship between parent and child based on communication and mutual respect.

Parenting is like Gardening

Children are like plants growing and developing. Teachers and parents are like gardeners. Their role is to understand the child and help him/her to develop just like the role of the gardener is to understand what makes a plant grow well and look after it so that it grows well.

(Frobal Kindergarten)



Two Sides of Parenting



The Child

and



The Parent

**FATHERS'
ENGAGEMENT
AND ITS IMPACT
ON CHILD
DEVELOPMENT**



Children's Basic Needs



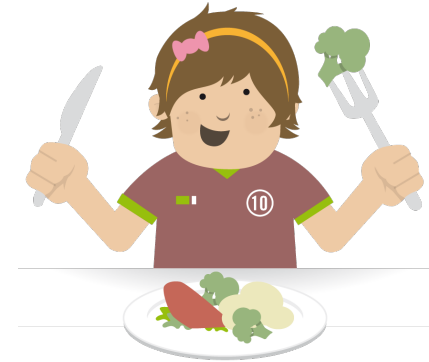
ESTEEM
NEEDS



SOCIAL
NEEDS



SAFETY AND
SECURITY
NEEDS



PHYSICAL
NEEDS

Children's Emotional Development Needs

- Attention
- Acceptance
- Appreciation
- Encouragement
- Love and affection
- Respect
- Support
- Comfort
- Approval
- Security



The Five Love Languages

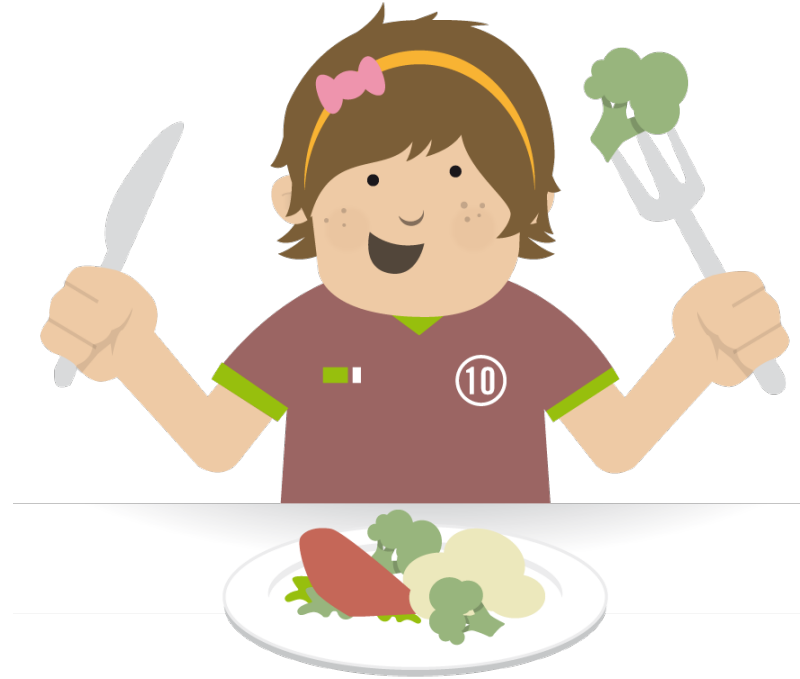


Physical touch
(Touch)



Words of affirmation
(Words)

The Five Love Languages



Acts of service (Actions)

The Five Love Languages



Quality time
(Time)



Receiving gifts
(Gifts)

Children Need to Know They are Loved

“In modern society, raising emotionally healthy children is an increasingly difficult task ... If children feel genuinely loved by their parents, they will be more responsive to parental guidance in all areas of their lives”

(G Chapman and R Campbell, The Five Love Languages of Children)

Emotional Bank Account



Children Learn What They Live

If a child lives with criticism, he learns to condemn.
If a child lives with hostility, he learns to fight.
If a child lives with fear, he learns to be apprehensive.
If a child lives with pity, he learns to feel sorry for himself.
If a child lives with ridicule, he learns to be shy.
If a child lives with jealousy, he learns what envy is.
If a child lives with shame, he learns to feel guilty.
If a child lives with encouragement, he learns to be confident.
If a child lives with tolerance, he learns to be patient.
If a child lives with praise, he learns to appreciate.
If a child lives with acceptance, he learns to love.
If a child lives with approval, he learns to like himself.
If a child lives with recognition,
 he learns that it is good to have a goal.
If a child lives with sharing, he learns about generosity.
If a child lives with honesty and fairness,
 he learns what truth and justice are.
If a child lives with security,
 he learns to have faith in himself and in those around him.
If a child lives with friendliness,
 he learns that the world is a nice place in which to live.
If you live with serenity, your child will live with peace of mind.
 With what is your child living?

Dorothy Law Nolte

**WHAT EXPERIENCES
ARE YOU GIVING TO
YOUR CHILD?**



Nurturing Environment for Holistic Development

Conducive Environment for Cognitive, Social, Emotional, Physical, Moral Environment and Language Development



Common Mistakes Parents Make

Don't live in **the past** & raise the child to fulfill your insecurities
Help your child **discover & live his uniqueness**, everyone has a different nature

Accept your **mistakes**, let children make theirs

Focus on what your **child needs**, not on what you think he needs

Give the child some **space**

Telling is not teaching (understand, explain, consequences, benefits)

Earn respect and love

Build a positive and healthy relationship with your **child's teacher/ friends**

Have open communication, **LISTEN not hear** to answer back

Positive **Discipline is a continuous monitoring** process like parenting

Be a role model, Unconditional Positive Regard (self esteem)

Tips for Positive Parenting

- Setting realistic expectations and house rules
- Formulating routines
- Keeping consistent
- One-to-one fun time
- Keeping communication going
- Freedom of expression and giving choices
- Patient listening and emotional catharsis

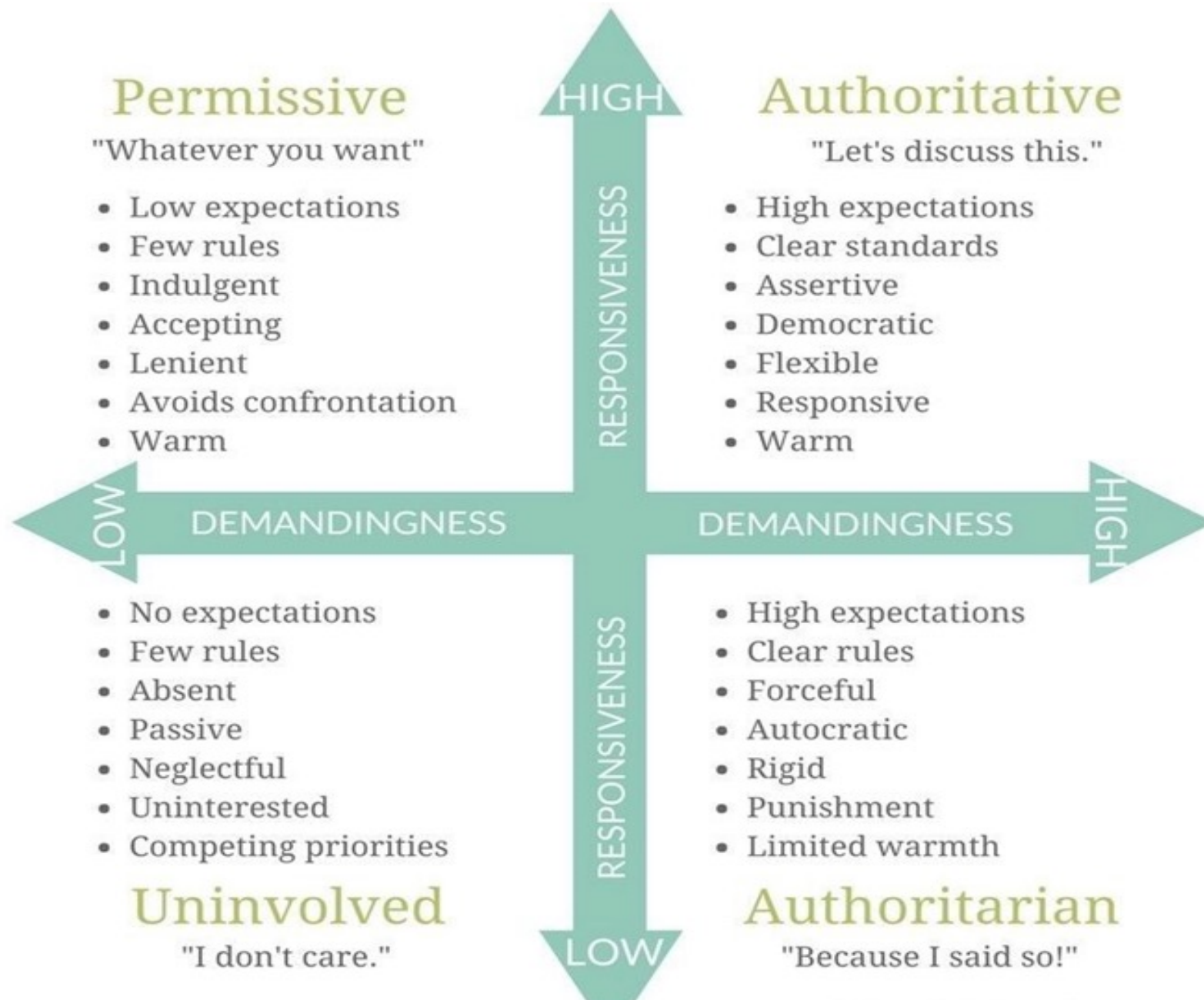
Tips for Parents

1. It's ok for your child to be mad at you. "Be a parent, not a friend. ...
2. Treat your child with respect. ...
3. Look at the big picture. ...
4. Give effective instructions. ...
5. Use natural consequences. ...
6. Problem-solve together. ...
7. Use discipline to teach, not punish. ...
8. Provide praise for good behavior.
9. Be consistent with discipline
10. View misbehavior as a sign your child has a problem. Make yourself available.
11. Be attentive to your child's cues.
12. Respond quickly and appropriately.
13. Be warm, positive and caring.
14. Follow your child's lead and co-operate with them on how they play and interact.
15. Avoid over stimulating your child as you interact.

DIFFERENT STYLES OF PARENTING

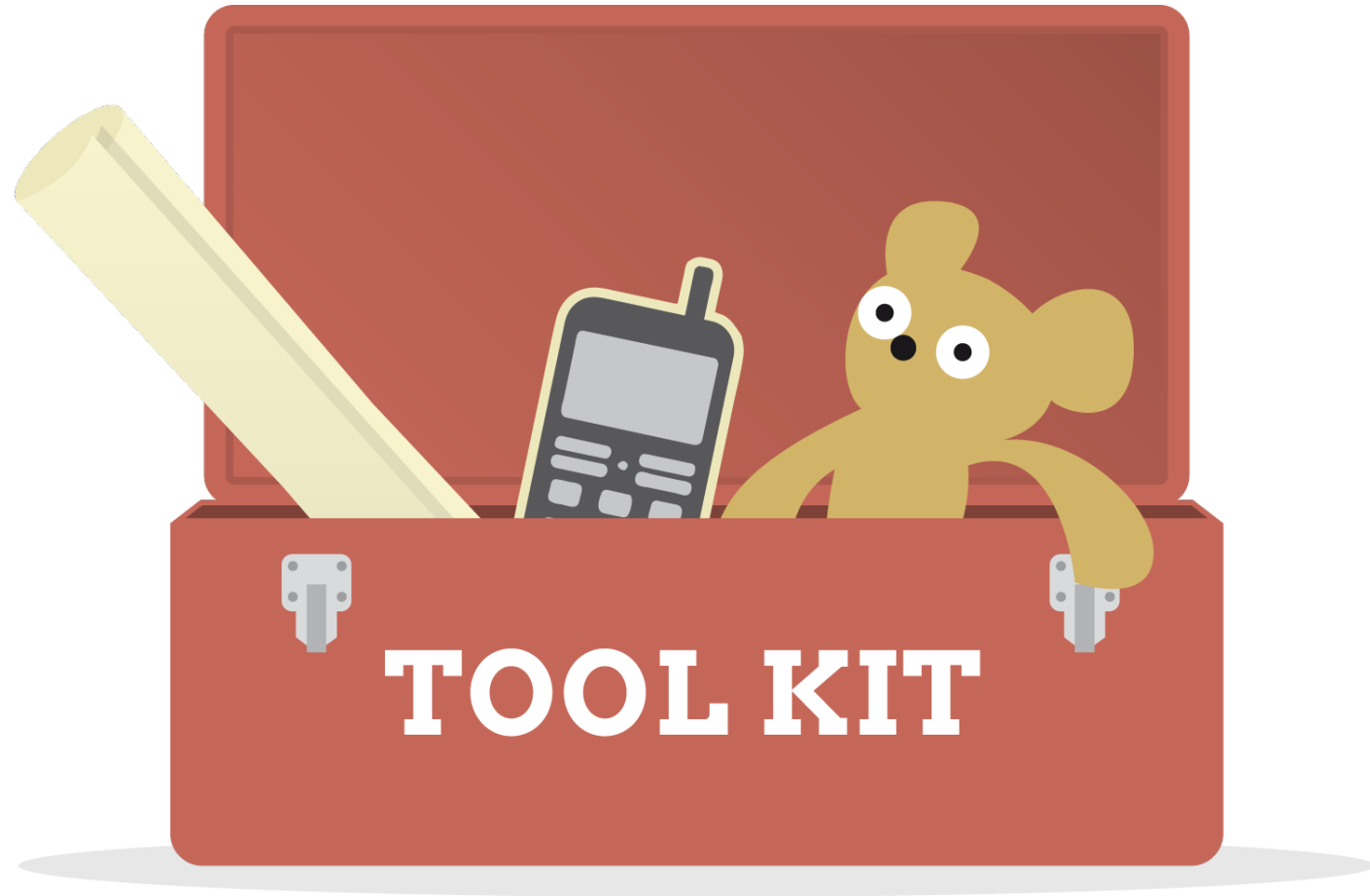
Parenting Styles





DISCIPLINING CHILDREN

Your Discipline and Safety Tool Kit



Encouraging Good Behaviour

REWARDS



Encouraging Good Behaviour

STAR CHART/ STICKER CHART

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I will Brush my teeth	★		★	★		★	
I will Eat all my food		★	★		★		
I will Go to bed on time	★		★	★		★	
I will Brush my hair	★	★	★	★	★	★	★
I will Be good today			★	★	★		

Encouraging Good Behaviour

PRAISE AND
OVERHEARD
PRAISE



Discouraging Bad Behaviour



REMOVAL OF
OBJECT THAT
CAUSED A
CONFLICT

Discouraging Bad Behaviour

Distraction



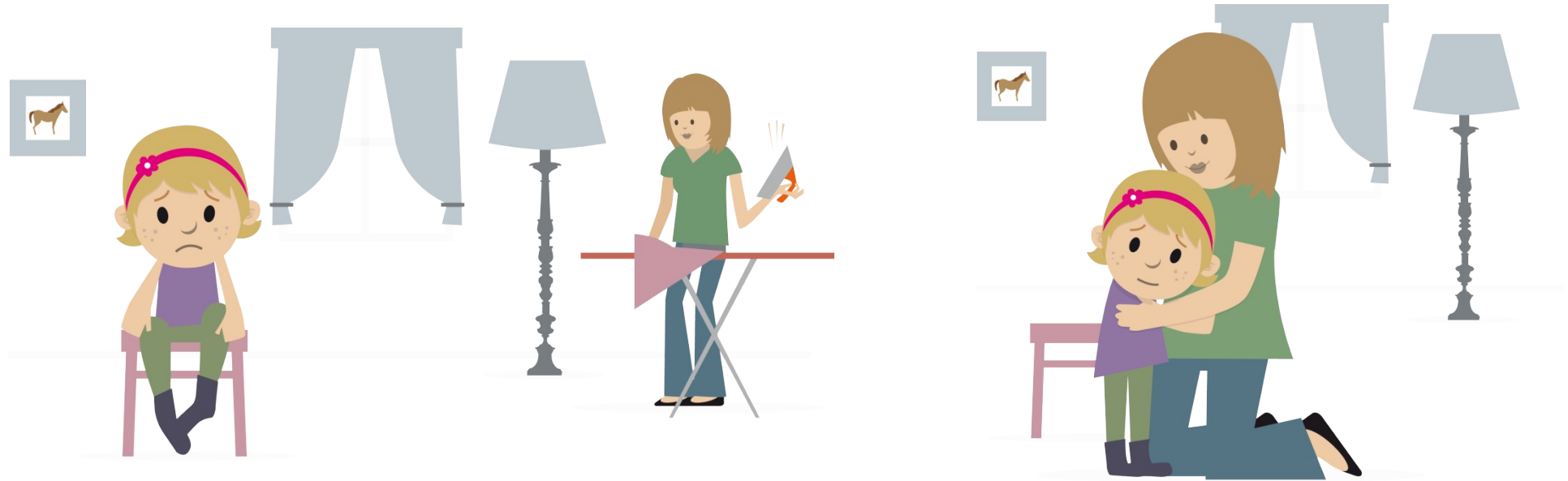
Discouraging Bad Behaviour

PLANNED
IGNORING



Discouraging Bad Behaviour

TIME OUT



Discouraging Bad Behaviour

TAKING
AWAY
PRIVILEGES



Discouraging Bad Behaviour

GIVING CHOICES
AND
CONSEQUENCES



MAKE UP AFTERWARDS



CHILDREN
SPELL LOVE
T-I-M-E



**NEVER
COMPARE**



IMPORTANCE OF COMMUNICATION

ARC Triangle

(For both Spousal / Child
relationship)



SPOUSAL RELATIONSHIP

Spousal Relationship

- **Developing** Synergies
- Gelling well together
- Understanding
- Compromising
- Patience
- Mutual Trust & Respect
- Open Communication

Handling Conflict: Stop Bad Habits

S – Scoring points

T – Thinking the worst

O – Opting out

P – Putting down

1. Stop Scoring Points

- Apologise, deal with the issue and don't allow things to get out of control.
- Swallow your pride and put your relationship first

2. Stop Thinking the Worst

- Make sure your conclusions are fair
- Ask questions for clarifications
- Check your assumptions. You may be pleasantly surprised.

3. Stop Opting Out

- Say you're feeling under pressure but keep talking
- Let the other person know you care
- You could ask for time out and suggest another time when you can give your full attention.

4. Stop Putting Down

- Recognise your bad attitude
- Look for the good things your partner does and compliment them

Principles for Handling Conflict

- Pick your battles and be prepared to compromise
- Don't pick up on everything
- Ask yourself 'why is this such a big deal for me?'
- Do we need to lower our expectations to become more realistic?

“There is no such thing as a perfect parent, so just be a real one”



Resources Used in this Session

<https://www.verywellfamily.com/parenting-tips-from-10-parenting-experts-1095042>

<https://www.parentingni.org/blog/parent-child-relationship-why-its-important/>

<https://www.bpsd.org/Downloads/Children%20Learn%20What%20They%20Live.pdf>

Thank You