Presentation 4.2 Parenting Challenges

Learning Goals

* In this presentation we will look at:

Some of the challenges parents face raising children

How to manage bad behaviour

ABCs of dealing with behaviour issues

Assessment will include assignments.

Challenges – Writing Assignment

* Parenting presents many challenges as well as rewards.
* Each family faces their own issues as well as common challenges faced by all parents.
* Different types of families experience their own unique challenges.
* Using a piece of paper, answer the following questions.
* Brainstorm some challenges you think parents face.
* Do you think that parents face different challenges today than 25 years ago?
* How do you think family structure affects parenting challenges?

Managing Behaviour and Discipline

* As a parent, one of your jobs is to teach your child to behave.
* It’s a job that takes a lot of time and a lot of patience.
* It helps to learn effective and healthy strategies to manage behavior.
* Through the next several slides, we will examine discipline strategies
* Using the chart in the Child Studies Binder, write down these strategies.

Show and Tell

* Teach children right from wrong with calm words and actions.
* Model the behaviours you would want to see in your children.
* Basically this means to set an example for your children to follow.

Set Limits

* Make sure rules are clear and consistent.
* Make sure your children understand these rules and that you have explained them in an age appropriate manner.

Give Consequences

* Be calm and explain consequences when the child misbehaves.
* For example – you say pick up your toys or I will put them away for the rest of the day.
* Be prepared to follow through with consequences immediately.
* Do not give in and give the toys back after a few mins.
* However, NEVER take away something the child needs like a meal.

Hear Them Out

* Listening to children is very important.
* Let them finish speaking before trying to help them solve a problem.
* Watch for patterns in misbehaviour and talk to your child about it rather than reacting with consequences.

Give Them Your Attention

* One of the most powerful tools a parent has is their attention – you can use it to reinforce good behavior and discourage bad behavior.

All children want their parent’s attention.

Positive Reinforcement

* Children need to know when they do something bad – but they should also be praised for doing something good.
* Praise positive behaviour and attempts at positive behavior.
* Ex – Wow, you did a great job cleaning up your toys!

Know When to Ignore Behaviour

* As long as the child isn’t doing anything dangerous, its okay to ignore negative attention seeking behavior.
* Sometimes ignoring bad behavior can be effective to stop it.

Be Prepared

* Tantrums are inevitable.
* Plan ahead for situations where the child might have difficulty behaving.
* Try to prepare children ahead of time by explaining the activities you plan to do and how you expect them to behave.

Redirect Bad Behaviour

* Sometimes kids misbehave when they’re bored or just don’t know any better.
* In these circumstances, find something for the child to do.

ABCs of Behaviour Management

* Follow the link <https://childmind.org/article/managing-problem-behavior-at-home/>
* Answer the questions in the Child Studies Binder