

# Positive Parenting



Corrina Puttock & Karen Finnegan

# Building Positive Relationships where do we start?

## Acknowledging the challenges of being a parent

- The demands of parenting
- Becoming a parent a journey not a destination
- Children's development
- One size does not fit all
- Picking your battles
- Being self-aware
- Looking after ourselves. Making sure our own batteries are charged up will give us the boost we need.



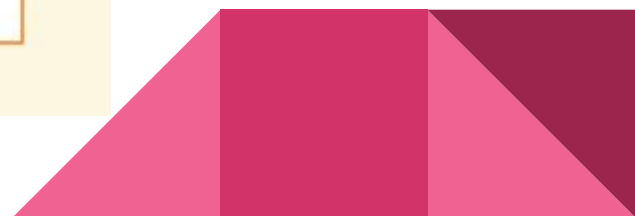
# The Goal of Parenting



- To raise adults who can function in the outside world
- Who can cope with the knocks of life and bounce back
- Who can make good relationships

And are the sort of people we'd like to spend time with

# Meeting our Children's Needs



# What is Positive Parenting?

Positive parenting approaches can vary slightly but the central thought is to **emphasise positive interactions.**

- Recognise and **reinforce positive behaviours and impulses.**
- **Show empathy and offer warmth and support.**
- **Create an environment to make it easier for your child to behave cooperatively and constructively.**



## What Positive Parenting Looks Like

Spending one-on-one time and **delighting in moments of connection** with the child

**Praising specific actions through words**, instead of using rewards or bribes

Recognizing that parenting can be stressful, and **focusing on what you can control**

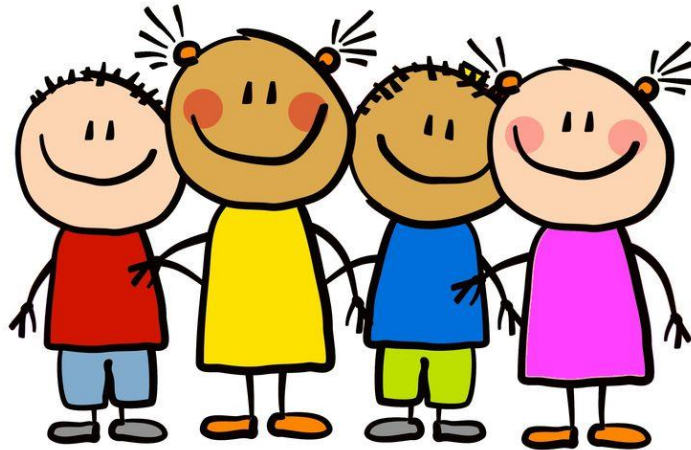
Providing **consistent, age-appropriate consequences and guidelines** for child behavior

Using **positive interactions to correct problematic behavior**, instead of yelling, time-outs or nagging

**Working towards a balance** of meeting parental needs and child needs

# What are the benefits of Positive Parenting for your child?

- Decreases externalising behaviours.
- Teaches children about accountability and responsibility.
- Provides emotional safety for children.
- Fosters children's self-confidence.



# What are the benefits of Positive Parenting for Parents?

- Decreased levels of stress
- Better emotional and mental wellbeing
- Increased confidence
- A calmer home environment
- Stronger Parent-Child relationships






# Setting Boundaries

All children need boundaries and **positive discipline** is the best way to instill these.

## Positive Discipline **is**

- Helping children develop self-control over time
- Communicating clearly
- Teaching children how to make good decisions
- Building children's skills and confidence
- Teaching children to respect others feelings
- Age appropriate

## Positive Discipline **is not**

- Letting children do what they want
  - Having no rules
  - Punishment, shouting or smacking
  - Criticising or putting down
  - Dominating and controlling
  - Being cold or detached
  - Being inconsistent
- 

# How do we put effective Boundaries in place for our children?

Boundaries are not about punishment. They help children understand what is right and wrong, whilst creating a safe space to learn about life.

- Creating simple Family Rules
- Offering choices
- Avoiding empty threats
- Do's work better than don'ts
- Picking your battles - behaviour to ignore
- Parental behaviour - Children learn by example
- Acceptance that boundaries may change over time
- **Consistency, consistency, consistency**



# Behaviour Management



## Feelings drive behaviour

Children often act out their feelings because they can't put them into words. Being able to put yourself into your child's shoes helps you understand their behaviour

## What behaviour management strategies best support Positive Parenting?

- Emotion Coaching
- The Zones of Regulation or Colour Monster
- Time to calm - Calm down Toolkits or Spaces

- Praise - focus on the good stuff
- Rewards
- Sanctions
- Active ignoring
- Realistic expectations
- Distraction
- Active listening and tracking back
- ABC
- Early intervention
- Choices and consequences
- Turning mistakes into lessons
- Reminders
- Reframe the behaviour “Why are you behaving like this?” instead try “What’s happened?”



# Useful Websites

<https://www.careforthefamily.org.uk/courses/courses-for-parents/>

<https://kr.afcinfo.org.uk/pages/community-information/information-and-advice/parenting-support/parenting-advice-and-courses>

<http://www.familylives.org.uk/>

<https://www.familylinks.org.uk/resources-for-parents>

<https://www.careforthefamily.org.uk/courses/courses-for-parents/parenting-courses-time-out/time-out-for-parents-the-primary-years/>



<https://familiesunderpressure.maudsleycharity.org/>

<https://parentingsmart.place2be.org.uk/>

<https://www.careforthefamily.org.uk/support-for-you/family-life/top-tips-leaflets-downloads/>

<https://parents.actionforchildren.org.uk/behaviour/>

<https://families.barnardos.org.uk/4-8-years/understanding-behaviour>

<https://www.zonesofregulation.com/free-downloadable-handouts.html>



**Any  
questions**





**THANKYOU!**

