Empowered Parenting

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Objectives

- Learn how to create and promote healthy relationships with your children

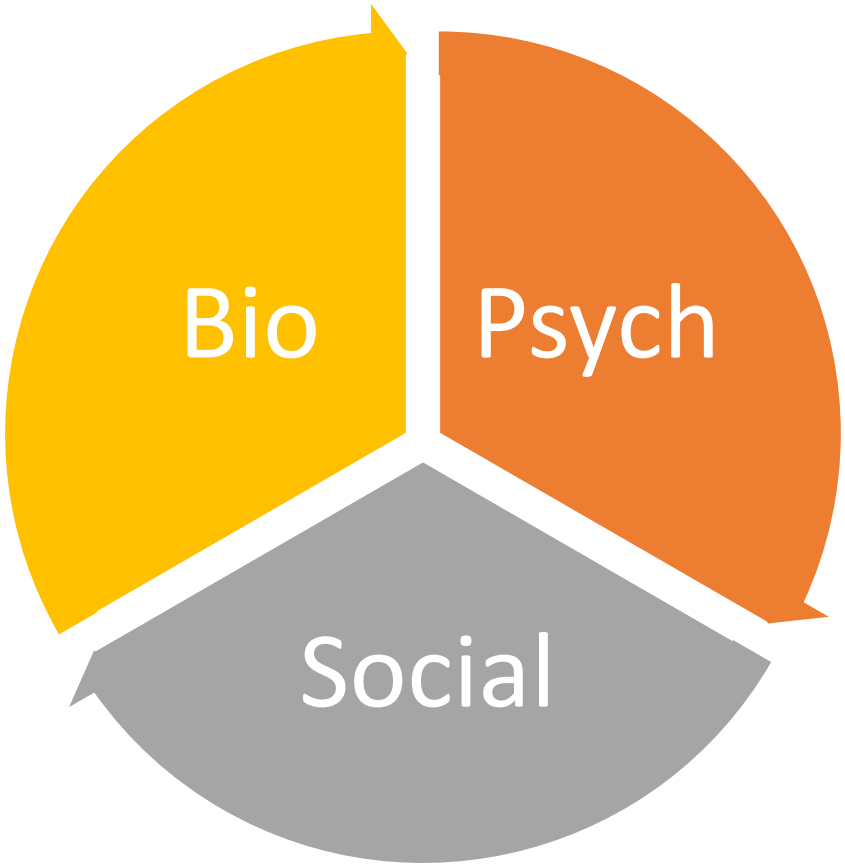
- Learn how to implement boundaries and rules (*hopefully without feeling guilty)

Relation Foundation

- Parenting is not just a title, it's a process

- Key elements
  - Trust
  - Communication
  - Division of power

Relation Foundation



It’s never too early to build trust and healthy boundaries

- Put down the phone
- Give full attention to your baby
- Show kindness
- Maximize ordinary moments

School-aged children

Norms

- Attention span
- Stage of development

Needs

- Expectations/Praise
- Interactive Models

Building Self-efficacy

Short attention span

Congruent expectations

Work together

Minimize electronic teaching

School is their job

Building a strong sense of self in your child

- Model and promote kindness and curiosity.
- Show interest in their activities.
- Give them your uninterrupted time- PLAY with them.
- Handle misfortunes or disappointments with mindfulness: observe, problem-solve, move on, and when needed, forgive.
- 4:1

Mindfulness

- Build resilience
- Opportunities vs adversity
- Allow kids to explore and to decide for themselves
- Allow kids to fail
- Family rituals for connection
- Limit electronics/cell phone use if child is not self-monitoring

Teenage children

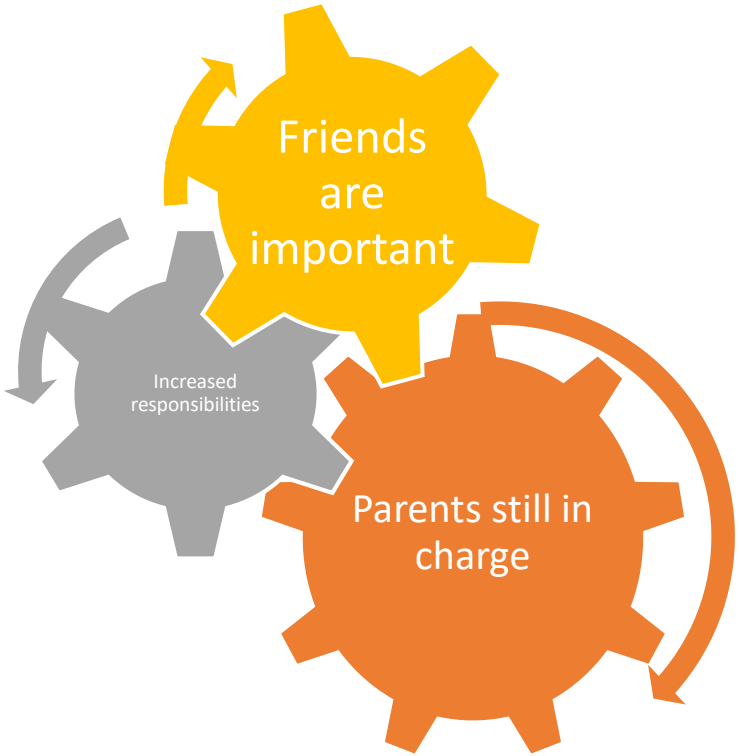
Norms

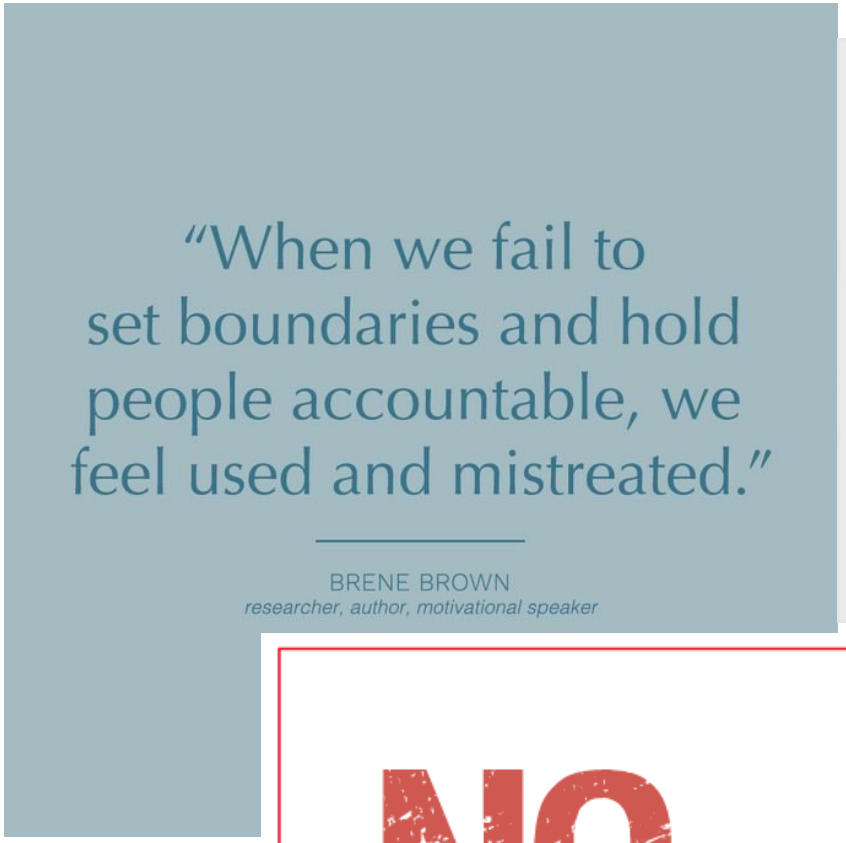
- Egocentric
- Stage of Development

Needs

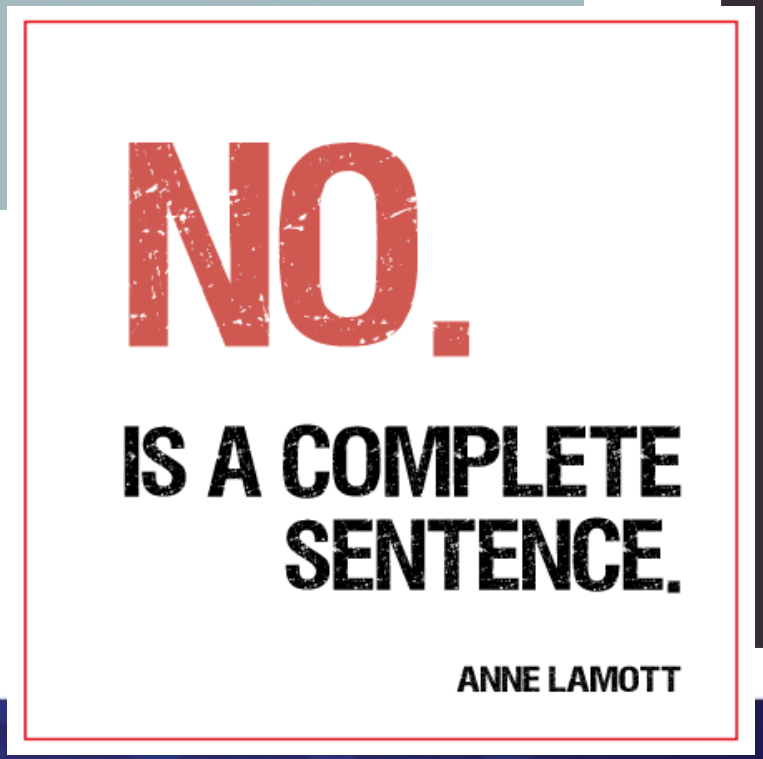
- Expectations/Praise
- Responsibility

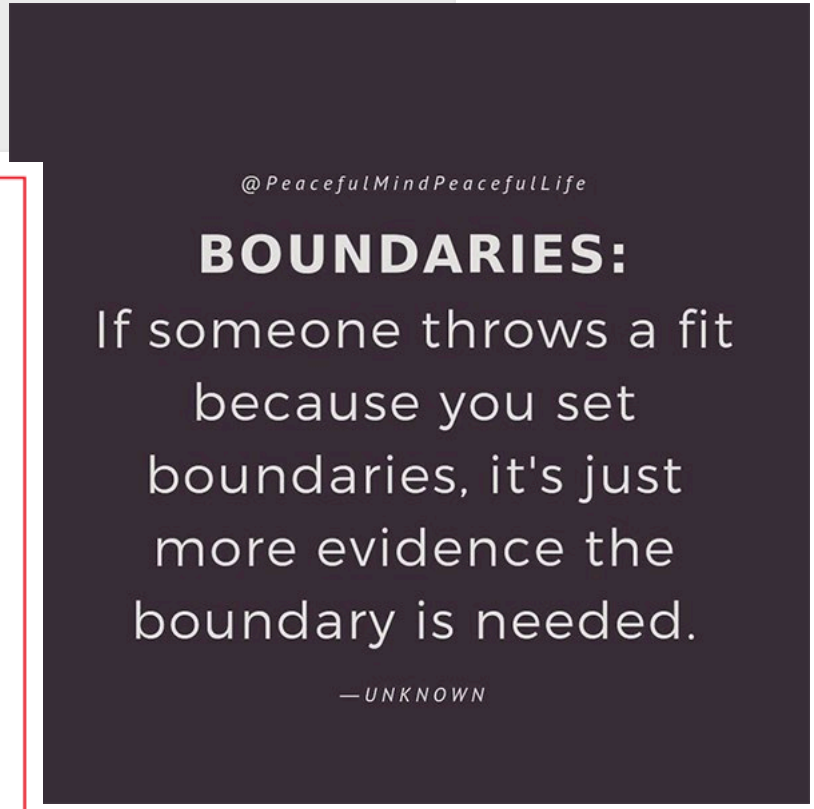
Teenagers!!


Friends are important
Increased responsibilities
Parents still in charge


"When we fail to set boundaries and hold people accountable, we feel used and mistreated."
BRENE BROWN
researcher, author, motivational speaker

Stop asking why they keep doing it and start asking why you keep allowing it.


NO.
IS A COMPLETE SENTENCE.
ANNE LAMOTT


@PeacefulMindPeacefulLife
BOUNDARIES:
If someone throws a fit because you set boundaries, it's just more evidence the boundary is needed.
—UNKNOWN

Consistency is Key

Set clear rules

Establish the + & - consequences

Follow through!!!

What about cell phone usage?

Screen Time

- Familiarize yourself with programming to make sure it is age-appropriate.
- Talk to your child about what they are seeing. Point out good behavior, such as cooperation, friendship, and concern for others. Make connections to meaningful events or places of interest.
- Be aware of advertising and how it influences choices.
- Encourage your child to learn other activities such as sports, music, art, and hobbies that do not involve screens.
- Set a good example with your own safe and healthy screen habits.
- Teach children about online privacy and safety.
- Actively decide when your child is ready for a personal device.
- Encourage using screens in ways that build creativity and connection with family and friends.
- Consider your child or teen's maturity and habits. The right plan for one family may not be a good fit for another.

AACAP Facts for Families

Where do you see relationship opportunities in your family?