

Empowered Parenting

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Objectives



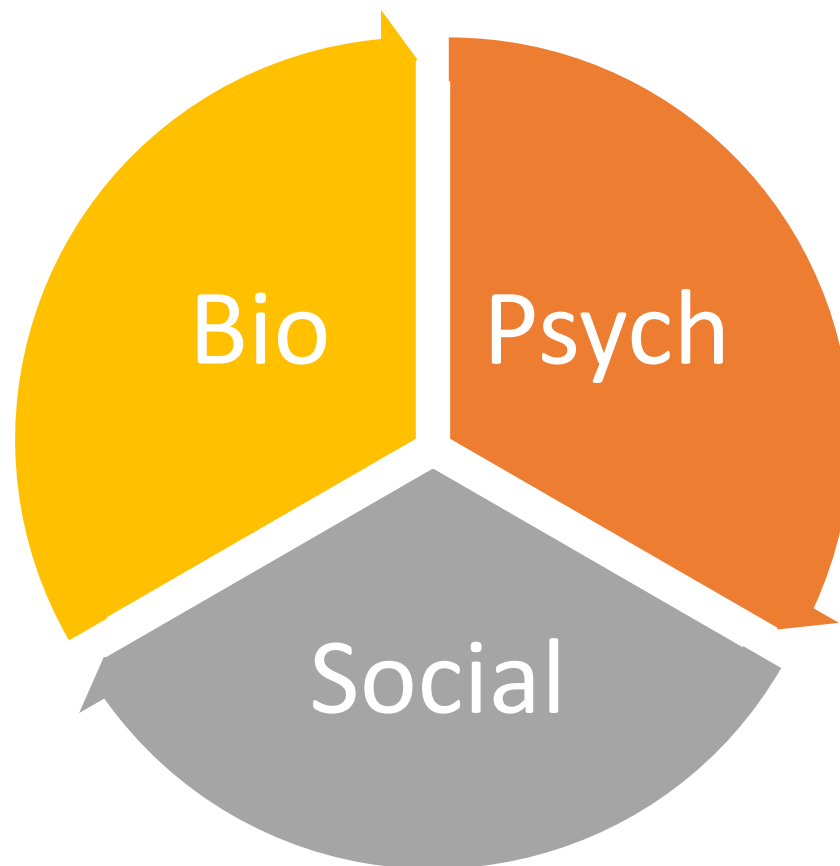
- Learn how to create and promote healthy relationships with your children
- Learn how to implement boundaries and rules without feeling guilty

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

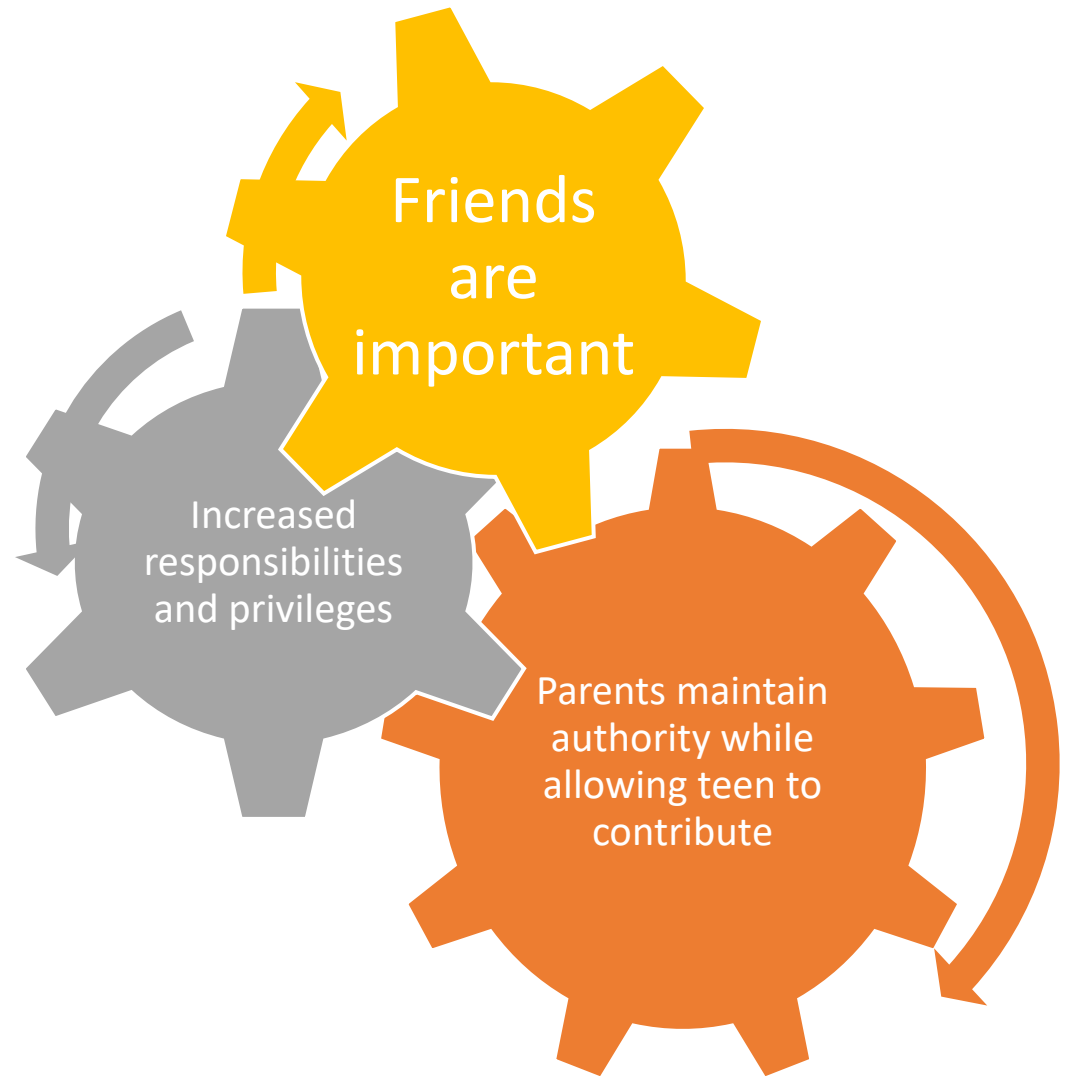
Norms

- Egocentric
- Stage of Development

Needs

- Expectations/Praise
- Responsibility

Teenagers



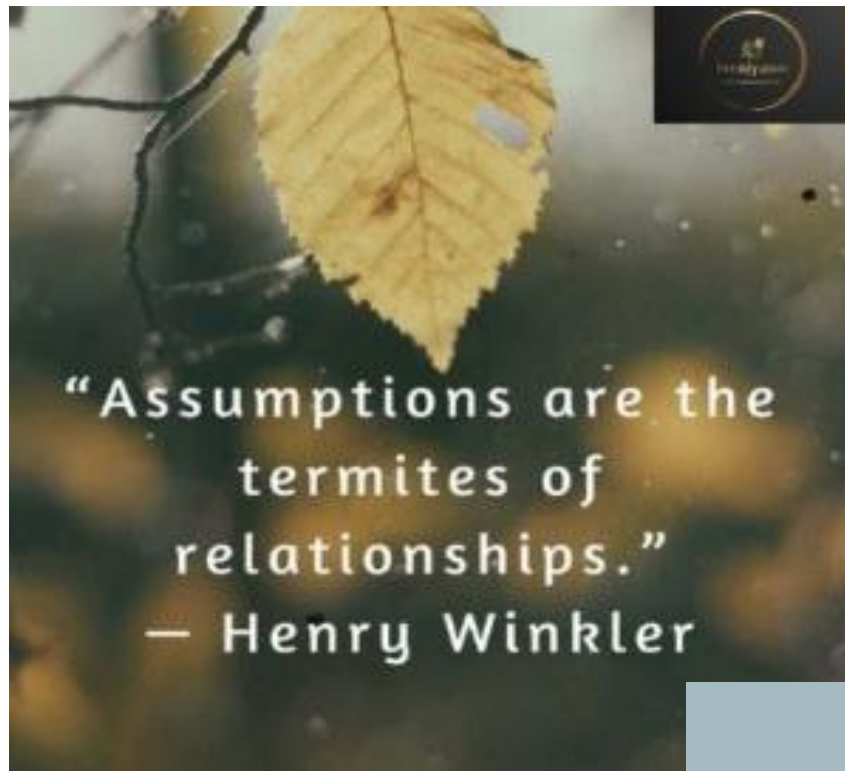
Common Complaints from Teens

- “They do not understand.”
- “They do not care.”
- “They think they are always right!”
- “They are too controlling!”
- “They do not listen!”
- “They have different expectations for themselves.”
- “I don’t trust them.”
- “I don’t know what they expect of me.”
- “I am stressed.”
- “They care too much about...”

Common Obstacles

- Age-inappropriate expectations, privileges
- Lack of communication
- Lack of specific expectations/rules
- Inconsistency
- Lack of or too much structure
- Double standard
- Mistrust
- Solutions in expense of empathy
- Under controlled or overcontrolled behavior





“Assumptions are the termites of relationships.”
— Henry Winkler



**The biggest communication problem is we do not listen to understand.
We listen to reply.**

“When we fail to set boundaries and hold people accountable, we feel used and mistreated.”

— BRENE BROWN
researcher, author, motivational speaker

THE Healthy

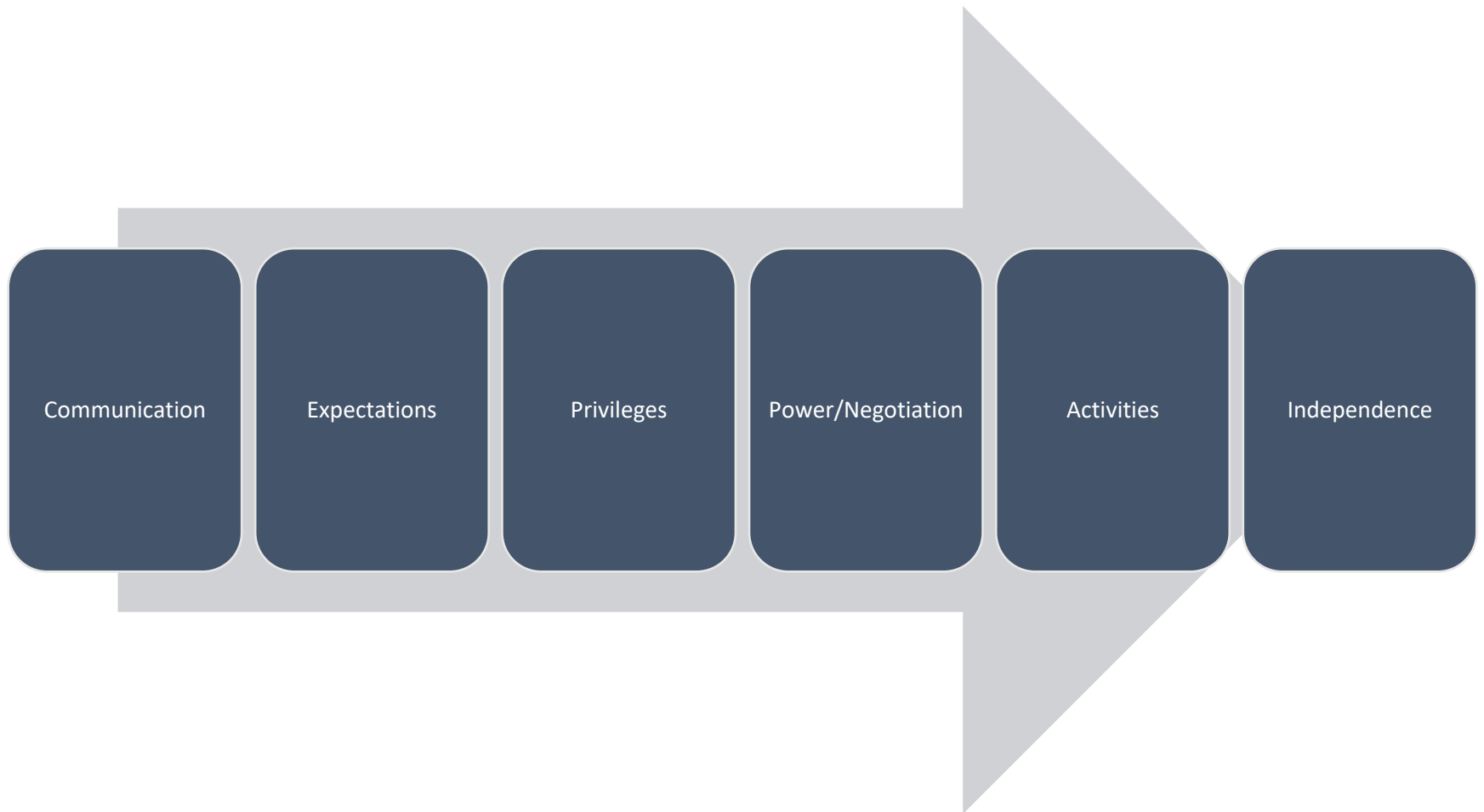
Consistency is Key

Set clear rules

Establish the
+ & -
consequences

Follow
through

Consider developmental level



Communication

- Model healthy communication
- As they progress in age/development, adjust appropriately
- Use “I” statements
- Allow for reciprocity and boundaries
- Show/model respect
- Less authoritarian as they age: “Because I said so” no longer works: negotiate and explain as appropriate.
- Appropriate vulnerability
- Ask directly about their concerns and show empathy, not just solutions. Listen

Expectations

- Set clear boundaries
- Discuss specific household rules, chores, etc.
- Be very specific of consequences of breaking rules, not completing chores, not meeting expectations.
- Set SMART goals and expectations
- Be flexible
- Allow them some say in creating these as age appropriate
- Developmentally appropriate
- Explain rationale in terms they understand

Privileges

- Consider their age and maturity level and give privileges accordingly
- Positive reinforcement is preferred over negative consequences
- Be willing for them to choose several options from ones you have already approved
- Tie into boundaries, reward responsibility and work toward independence

Power/Negotiation

- Begin to share power and negotiate as your child matures
- Do not hold stance simply because you are older, you know best and always have right answer
- Do not down-play what they bring to the table
- Be open to understand their perspectives as appropriate
- Lean into your experience in a way your child can understand how it informs your decisions
- Negotiation doesn't mean you lose your role as a parent; you are modeling them earning more privileges and responsibilities.

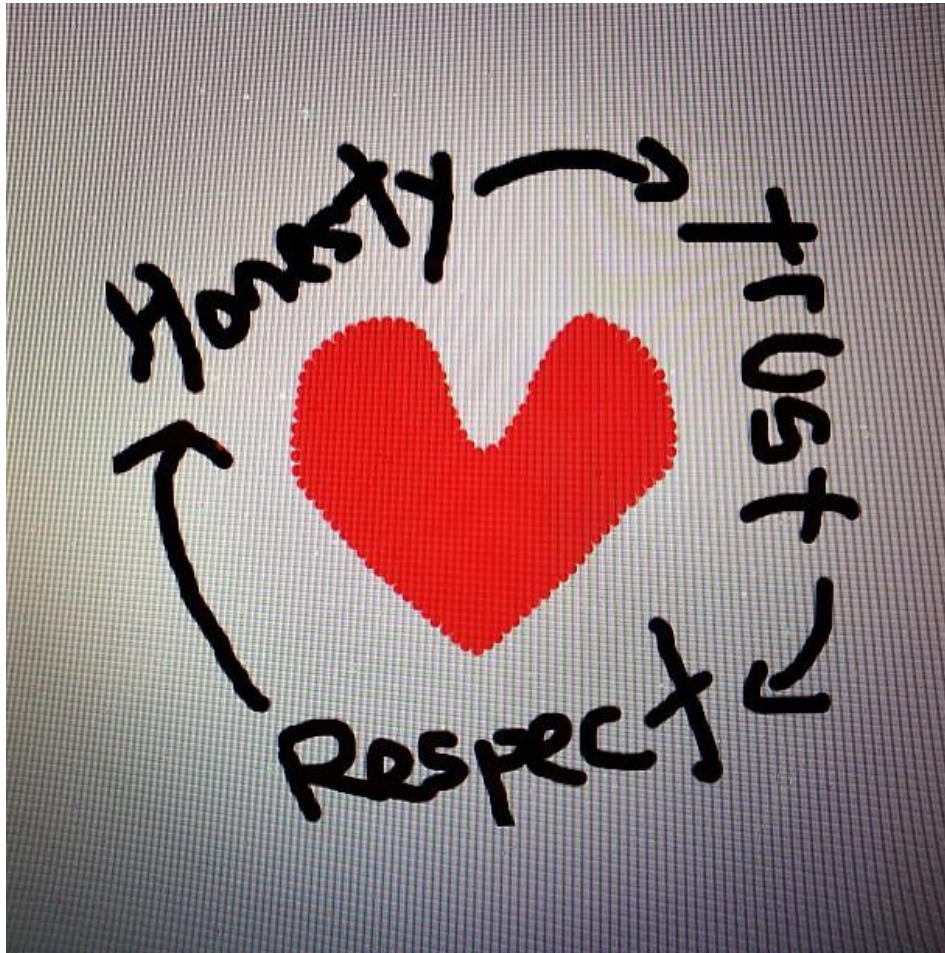
Activities

- Encourage meaningful and fun activities
- Be specific when you would like to spend time together (as children age and are driving/creating their schedule with friends)
- Recognize as they age, they become more focused on peer relationships and solidifying own identity.
- Be open to their interests
- Immerse yourself in their worlds
- Show interest in their friends, school, work, etc.
- Learn the lingo and the culture

Independence

- Support your child in obtaining developmentally appropriate independence.
- Encourage their own individual timeline.
- Developmentally appropriate independence in activities, thoughts, feelings, expression, values, etc.
- Help them work through life choices and consequences while empowering them.
- Respect appropriate privacy

Fostering Positive Relationships





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.

Where do
you see
relationship
opportunities
in your
family?





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