

children about accepting differences in cultures, different economic backgrounds, physical attributes/disabilities, communication styles, the way a child likes to act and dress. We feel uncomfortable when someone falls outside of the norm. It sparks fear and what we fear we deny, push away, or belittle. A child will overcome fear of differences with communication and conversation.

#### e. Morality

A child's ability to know good from bad and right from wrong. Develop values by being honest, loving, and considerate; make amends, think about others and family, and compromise.

#### f. Academic pressure

Balance excellence and competition with health. Communication is key to recognizing stress. Listen to children, adjust expectations if it's too much, ensure appropriate sleep, and provide healthy foods.

#### g. Healthy relationship skills

Set rules and expectations. Help develop boundaries by taking turns talking and listening. Help children know how words hurt and how to identify feelings. Be good examples of healthy communicators, and children will watch and follow.

#### h. Life skills/money management

Teach life skills – how to do laundry, cook, clean, use tools, drive, write letters/resumes, first aid, dress/make up, personal cleanliness, hygiene, money and time management. Teach leadership, problem solving, flexibility, creativity, and autonomy. That is a lot for a child to learn – but a parent has 18 years!

#### i. Health

A child should eat well, sleep at night, be easy-going, friendly, active, and demonstrate good boundaries. Talk with your child about sex, disease, alcohol, drugs, tobacco, address dating, peer pressure, behavior changes in friends or peers and their use of alcohol and drugs. Provide good nutrition, eat together, read labels, and talk about food choices.



### Mission

To give hope, help and healing to children, adults and those who love them.

### Vision

To transform lives of individuals with emotional, mental, developmental, and behavioral disorders caused by trauma, abuse, neglect or other causes; by providing mental health care and educational services in a safe environment with teamwork, compassion and innovation.

### What we value...

Integrity, Human Well Being, Quality, Community, Respect and Excellence



**HOPE. HELP. HEALING.**

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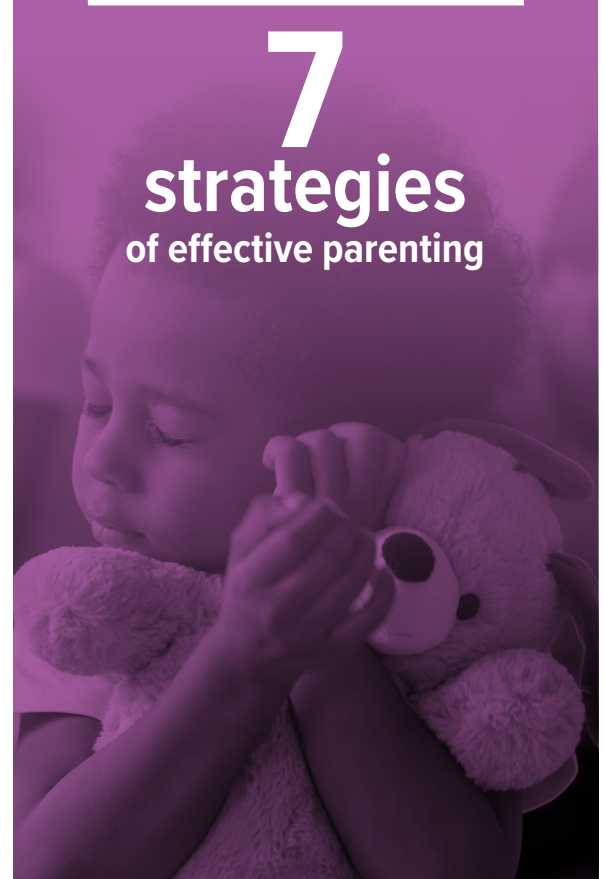
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# 7 strategies of effective parenting



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## 7 Strategies of Effective Parenting

Today parents deal with issues that were non-existent 20 years ago. Amid issues like kidnapping/trafficking, substance abuse, school safety, varied cultural norms, religions, gender changes, and technology, parenting is crucial to our children having a successful future.

### 7 Effective Parenting Strategies - **PREPARE:**

1. **P**arenting style: praise/accountability/reward/directives
2. **R**esiliency/adjusting to change
3. **E**mbracing stress/stress management
4. **P**reparing for/recognizing danger
5. **A**utonomy and independence
6. **R**espect, Love/Affection
7. **E**ducating children

### 1 Parenting Style

*Authoritarian:* parent enforces rules rigidly

*Permissive:* parent indulges/enables child

*Uninvolved:* parent provides little/no guidance, nurturing

**Authoritative:** the BEST parenting style! Offers:

- **Praise:** empower children, teach responsibility through choices/problem-solving, use praise for efforts
- **Accountability:** offer warmth/support, provide limits and enforce consequences
- **Reward:** provide an appropriate reward, balanced with accountability and consequence. Rewards are behavior-based, short-term, positive, measurable
- **Directives:** provide positive direction; redirect a child to a task that they can do.

### 2 Resiliency/adjusting to change

Children should learn how to handle life changes. A resilient parent means a resilient child. If a parent can't handle a child's outburst and sends a child to their room, the child learns the parent isn't flexible dealing with the behavior. Work through the reason for the outburst and find some common ground around the issue; then the child learns their parent is resilient.

### 3 Embrace stress/stress management

Embraced stress means embraced feelings. Children who embrace feelings embrace resiliency. Find a place for them to sit/lie down and close their eyes. They learn awareness of feelings within their body and notice how stress makes their body feel. Other stress relievers to share with children: physical activity, sleep, talking, a stress diary, and proper time management.

### 4 Prepare for/recognize danger

Prepare for danger based on age. A newborn needs sleep safety, avoiding suffocation; firm mattress, crib bumpers, not sharing beds, room temp, smoke-free rooms, back sleeping, and the right child safety seat. Practice safety around fire/water. Look online about safety standards. Protect children from choking - learn maneuvers for each age.

Teach about internet safety/predators. Parents know the apps a predator may use to lure a child. Walk in pairs, be alert to surroundings. Teach children to say "NO" to drugs and ANYTHING that is offered by a stranger. Discuss the dangers of vaping tobacco and synthetic drugs.

### 5 Autonomy/independence

Create opportunities for a child to be successful. Trust them, encourage ideas, teach responsibility, allow them to work, provide options within boundaries, and acknowledge, name, and recognize their emotions.



### 6 Respect, Love/affection

These are the cornerstones to a healthy child. Show love using affection, pay attention to what they say, how they feel, praise a child for praiseworthy behavior, enjoy family meals, choose family activities, create bedtime rituals. A healthy child with sufficient love/affection will feel secure, happy, and confident.

### 7 Educating children

#### a. Know and respect cultural differences

Children learn by example - if you embrace other cultures, children will too. Be ready to answer questions. Talk about race/cultural differences and acceptance. Discuss images in the media. Explain negative thinking of other cultures is called prejudice. Teach children to respect differences, and then they can maneuver the world!

#### b. Screen time/social media

Prolonged screen time is a budding behavioral issue. Monitor screen time - no screen time under 18 months, parent-guided after 18 months, then highly structured with short amounts of screen time. No screen time at dinner or before bed. School age kids: balance screen time with physical activities. Know what is being viewed - no violence, vulgar language or age-inappropriate pictures. Focus on activities that help children learn.

#### c. Gender identity

Children can identify gender between 18-24 months old and know their own gender by 3. We recognize two genders-male and female. However, there are non-binary or 2 genders or more; bi-gender, transgender, pangender, fluctuating genders, and no gender. Help children understand and identify who they are, how others are, and the ability to accept others.

#### d. Bullying

Communication and good social skills help children function in school. An example; ask how their day went. You will recognize bullying and can address it. Work with