

PARENTING POSITIVELY

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This workshop is based on concepts from Channing-Bete's "Guiding Good Choices", an evidence-based program

Know yourself - your limits and your needs

- Identify your core values and goals
- Where are your stress points?
- When to put yourself in timeout
- Self care is not selfish!
 - Finding the time vs Making the time
 - Take care of #1
 - Superhero parenting?
 - Mindfulness





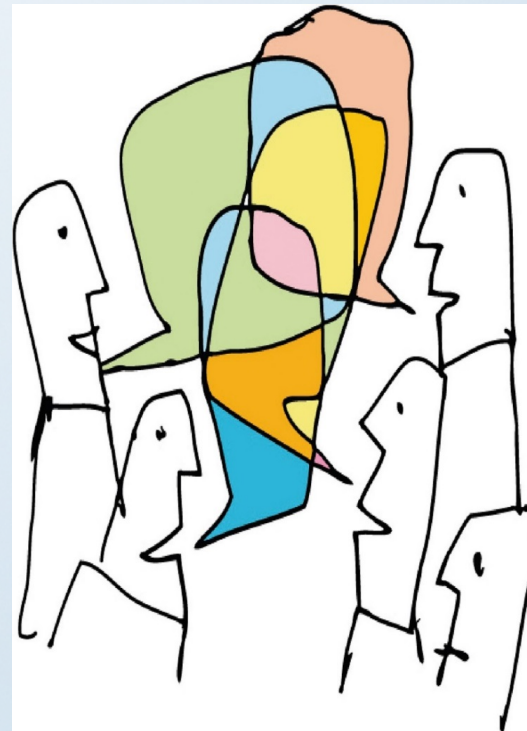
PICK YOUR SPOT

- Determine your boundary in advance (when possible)
- Know your limit and **stick to it**
- Spend time and energy on what YOU VALUE (pick your battles)
- Be consistent
- Model



Use Active Listening Skills

- Use body language and minimal encouragers (“mmhmm”)
- Restate and summarize
- Reflect
- Label emotion
- Validate
- Use “I” Statements
- Ask probing questions



Behavior Modification



- Positive reinforcement – increases the frequency of a behavior by providing a rewarding consequence
- Negative reinforcement – increases the frequency of a behavior by removing something negative; it's relief from something unpleasant (e.g. stop nagging)
- Shaping – Reinforcing small steps toward a larger goal (e.g. cleaning their room)
- Extinction – Reduces a behavior by withholding previous reinforcement (e.g. ignoring – only when safe!)
- Punishment – A consequence that results in a decrease in behavior



Giving consequences

- Be fair, firm, and consistent
- Reinforce desired behaviors to prevent undesired ones
- Communicate clear rules and expectations
- Have a menu of consequences ready in advance
- Pair a negative consequence with reinforcement of desired behavior
- Apply the punishment immediately OR allow natural consequences to do the teaching
- Punishment should “fit the crime”
- Consider developmental level



Commands

Ineffective

- Phrased as a question, e.g. "Do you want to take a bath?"
- Multiple commands at once
- Rapid fire (no chance to comply)
- Developmentally inappropriate



Effective

- Direct (**telling**, not asking)
- Positive (**what to do**, not what to stop)
- **Specific**
- **One command at a time** with a chance for the child to comply
- Given in a **normal tone of voice**
- **Realistic** and **age appropriate**
- Used only **when really necessary**



Talking with Your Child



- Keep developmental level in mind
- Separate the behavior from the child
- Temperament – fit
- Challenge gender roles/expectations
- Consider how your relationship to your child impacts your child's relationship to the world



Think creatively

Use stories, books, and movies as examples. Find teaching moments in the everyday. Use yourself as an example, both good and 'needs improvement.'





What's next?

Think, practice, try, and reevaluate. Talk to other parents. Connect. Share. Make mistakes. Learn. Grow. Come to more Parenting Workshops. Enjoy your kids!



Additional Resources:

Spenj.org

COPE Center

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