

The 5 Steps to Positive Parenting

Professor Matt Sanders

What is Positive Parenting?

POSITIVE PARENTING AIMS TO PROMOTE CHILDREN'S DEVELOPMENT AND MANAGE CHILDREN'S BEHAVIOUR AND EMOTIONS IN A CONSTRUCTIVE AND NON-HURTFUL WAY. IT IS BASED ON STRONG, NURTURING RELATIONSHIPS, GOOD COMMUNICATION AND POSITIVE ATTENTION TO HELP CHILDREN DEVELOP.

Positive parenting involves emphasising the positive and planning ahead to prevent problems. It also involves using everyday situations and creating opportunities to help children learn and to motivate them to do their best.

Children who grow up with positive parenting are likely to develop the skills they need to do well at schoolwork, build friendships, and feel good about themselves. They are also much less likely to develop behavioural or emotional problems when they get older. Parents who learn to use positive parenting skills typically feel more confident and competent in managing

daily parenting tasks, are less depressed, less stressed, and have less conflict with their partners over parenting issues.

1. Creating a Safe, Interesting Environment

- Teach Your Child Road Safety Rules
- Provide Safety Equipment
- Be Safety Conscious Near Schools
- Teach Your Child About Personal Safety

2. Having a Positive Learning Environment

- Spend Time With Your Child
- Speak Nicely
- Chat and Listen Often
- Share Your Own Experiences
- Be Affectionate
- Use Descriptive Praise
- Give Your Child Attention
- Use Incidental Teaching
- Get Involved in Your Child's School

3. Using assertive discipline

- Prepare in Advance
- Arrange Activities so your child has something interesting to do
- Set Some Ground Rules
- Praise Good Behaviour
- Watch and Supervise
- Use Planned Ignoring for Minor Misbehaviour
- Use Your Voice Effectively – stay calm, get close to your child and use a firm voice
- Use Directed Discussion to make sure your child knows and understands the rules
- Give Clear, Calm Instructions
- Take Away a Problem Activity
- Back Up Instructions With Quiet Time
- Use Time-out for Serious Misbehaviour

4. Having Realistic Expectations

- Consider Your Expectations of Your Child
- Check What Other Parents Expect
- Check What Your School Expects
- Consider Your Expectations of Yourself

Here are some ideas to help you look after yourself:

- Balance Work and Family
- Talk Back to Negative Thinking
- Work as a Team

5. Taking Care of Yourself as a Parent

Parenting is easier when parents' personal needs for support, companionship, intimacy, recreation and time alone are being met. Being a good parent does not mean that your child should completely dominate your life. If your own needs as an adult are being met, it is much easier to be patient, consistent and available to your child.

Find more parenting tips at: manitoba.ca/triplep or call 945-4777 in Winnipeg or toll-free 1-877-945-4777.

Professor Matt Sanders is founder of the Triple P - Positive Parenting Program.