



Developing Healthy Relationships at Home, School and the Community

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Keys for Healthy Relationships

- Effective communication
- Empathy
- Conflict resolution
- Personal boundaries
- Roles
- Self respect
- Respect for others

It All Starts at Home

- Parents:
 - Leaders
 - Models
 - Teachers

Effort is Everything

The harder I work the luckier I get.

Thomas Jefferson, 3rd US President

Leadership

Leadership is the art of getting someone else to do something you want done because he wants to do it.

» **Dwight D. Eisenhower, 34th US president**

Vision

To the person who does not know where he wants to go there is no favorable wind.

» **Seneca, Roman Stoic Philosopher**

Who and what do you want your children to be?

- Happy?
- Successful?
- Good?

Modeling

I'm not a role model... Just because I dunk a basketball doesn't mean I should raise your kids.

Charles Barkley, former NBA player

One mother teaches more than 100 teachers.

Old Jewish Proverb

Don't worry that children never listen to you; worry that they are always watching you.

Robert Fulghum, Author

Teacher

Train up a child in the way he should go:
and when he is old, he will not depart from it.

Proverbs 22:6

Little by little does the trick.

Abraham Lincoln, 16th US president

What is your parenting style?

- Does it matter?
- Awareness
- Goals
- Effectiveness
- Outcome
- Willingness to assess ourselves
- Open to make changes
- Admit mistakes

Baumrind's 4 General Parenting Styles

- Authoritative
- Authoritarian
- Indulgent
- Neglectful

Authoritative Parenting

- Demanding and responsive
- Warm and nurturing
- Balanced
- Child-centered
- High expectations of maturity
- Teaches the regulation of feelings
- Encourages independence, but with controls/limits
- Clear standards with monitoring of limits
- Measured and consistent consequences for actions
- Give and take with the child

Authoritarian Parenting

- High expectations of conformity and compliance
- Little dialogue between parent and child
- Restrictive and punitive
- Little explanation from parents regarding their reasoning /rules
- Less responsive
- Punishment before discussion

Indulgent Parenting

- Permissive, nondirective or lenient
- Few behavioral expectations
- Few demand and few controls
- Very responsive, nurturing and accepting
- Parents do not require children to regulate themselves or behave appropriately
- “Spoiled”

Neglectful Parenting

- Neither demanding nor responsive
- Uninvolved, detached, dismissive, hands-off
- Low warmth
- Little control
- Often dismissive of children's emotions and thoughts
- Provide only for the basic needs

Parents Work Together

- Get on the same page
- Be prepared
- Adult conversations don't include children
- Back each other up
- Protect your 'each other's' power
- Model respect to each other and about each other

Positive Discipline

- Don't argue with children
- Don't put children on the defense
- Catch them being good
- More positive statements than negative
- Don't run from the truth
- Be consistent
- Be direct, don't lecture
- Don't predict the future, control your own anxiety
- Have patience

Why Manners are Important

- They create a positive energy
- People like to be treated with respect
- First impression
- Makes others comfortable
- Standard of behavior
- Not pretending or to impress
- Good social skills

Manners

- Say please
- Say thank you
- Don't interrupt adults
- Say excuse me
- Ask permission first, when in doubt
- Keep negative opinions to yourself
- Answer people when they speak to you
- Thank people for their kindness
- Cover your mouth
- Knock if the door is closed
- Table manners

It's Home, School and the Community

A child educated only at school is an
uneducated child.

George Santayana, philosopher, writer

Parents and Other Adults

- You're on the same team
- Support each other
- Communication takes effort
- Express gratefulness
- Model respectfulness
- Don't be quick to judge
- Don't blame
- Thank others for their help
- Ask for help

Experiences Help Children Grow

- Having problems and working through them is a positive thing.
- Learning to work respectfully with others is important.
- Learning to stand up for yourself
- Learning to problem solve
- Guide children based on their age, ability
- Don't do it for them
- Don't be afraid to make mistakes

Remember

**Parenting is the most important
job on the planet.**

Nobody can do it for you.

It's hard work.

They are worth it.

Thank you!

Questions

Thank you!

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