

THE BASICS OF EFFECTIVE PARENTING



By Drina Madden

BASICS OF PARENTING

- LOVE
- ROUTINE
- STRUCTURE
- CONSISTENCY



BASICS OF PARENTING

- ROUTINE HELPS THEM FEEL...

- SAFE
- SECURE
- PROTECTED



BASICS OF PARENTING

- STRUCTURE HELPS THEM FEEL THAT HOME IS ...

- A PLACE THAT THEY CAN COUNT ON
- A PLACE THEY CAN TRUST





BASICS OF PARENTING

- CONSISTENCY HELPS THEM FEEL
 - SAFE FROM THE CONFUSION OF THE OUTSIDE WORLD
 - THEY CAN COUNT ON ADULTS TO PROTECT THEM



BASICS OF PARENTING

- THEY MUST HAVE THEIR NEEDS MET:

- PHYSICALLY CARED FOR

- FOOD
- SHELTER
- CLOTHES
- REST



BASICS OF PARENTING

■ THEY MUST FEEL

LOVED ...

AS THEY ARE



BASICS OF PARENTING

- YOU MAY NOT LIKE WHAT THEY HAVE DONE
- BUT YOU STILL LOVE THEM



BASICS OF PARENTING

- THEY NEED:

- HOME RULES THAT ALWAYS GIVE A SENSE OF ORDER



- AND MAKE LIFE FEEL BALANCED

BASICS OF PARENTING

- CONSISTENT HOME RULES MAKE THEM FEEL FREE
 - TO GROW AND LEARN MORE FULLY
 - TO GROW UP WITH A SENSE OF TRUST



BASICS OF PARENTING

- CONSEQUENCES NEED TO FOLLOW RULE BREAKING ---- REGULARLY
- KEEP YOUR WORD





BASICS OF PARENTING

CONSEQUENCES = CHOICE

“Please clean up, or I will clean and put the toys in the closet”

PUNISHMENT = POWER

“Stop that now or you won’t get a treat”

“Get that or I’ll spank you”

BASICS OF PARENTING

- CLEAR “TIME OUT” GIVES THE CHILD TIME TO:
 - CALM DOWN
 - SHIFT GEARS



- AND THE ADULT CAN CALM DOWN, TOO.



BASICS OF PARENTING

- 1-2-3 MAGIC by Dr. Thomas Phelan
- CHILDREN THE CHALLENGE by Dr. Rudolph Dreikurs
- S.T.E.P. PROGRAM by Dinkmeyer

BASICS OF PARENTING

- THE CHILD GETS A CHANCE TO LEARN
 - THERE ARE LIMITS IN THE WORLD



- HER CAREGIVERS HELP KEEP HER SAFE.

BASICS OF PARENTING

LOVE THEM

AS THEY

ARE



BASICS OF PARENTING

- ENJOY THEM
- BE THERE FOR THEM
- BE THERE WITH THEM

