

What we covered in this class:



1. We bring our history to our own parenting. That means we have triggers that our children inadvertently activate. It is up to us to make sense of our own upbringing and heal our triggers, or at least learn how to manage them.



2. Everyone is born with their own unique temperament traits. Sometimes the differences between our temperament and our child's sets needless problems and conflict in our lives. It is up to us as parents to recognize and meet our child's needs and temperament characteristics.



3. Non-directive play techniques that help build relationship.



4. "Kodak" moments. Simple observational skills that send a message of caring to your children.



5. The importance of changing our focus of attention to being more on the positive than on the negative. Avoiding upside-down parenting. Going to a 4 positive to every 1 negative interaction ratio.



6. Active Listening – helping parents and children clarify meaning and feelings.



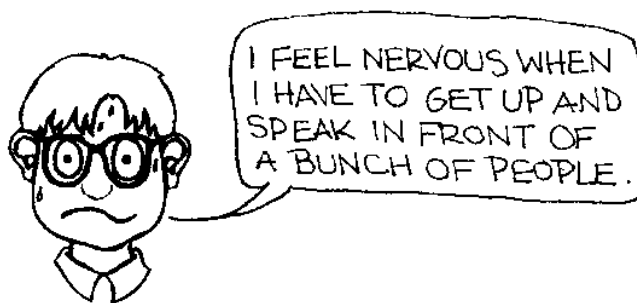
7. How emotions affect our brain. Upstairs and downstairs brain. Flipped lids.



8. How to help children calm down when they flip their lids – intercept attention, cue to calm down, name it to tame it, help them tell the story of what happened.



9. Socratic questioning – helping children think through their experiences by asking them open-ended questions that may also lead into problem solving.



10. I Statements using feeling words and expressing your needs.

“I need to prepare myself to meet that challenge”

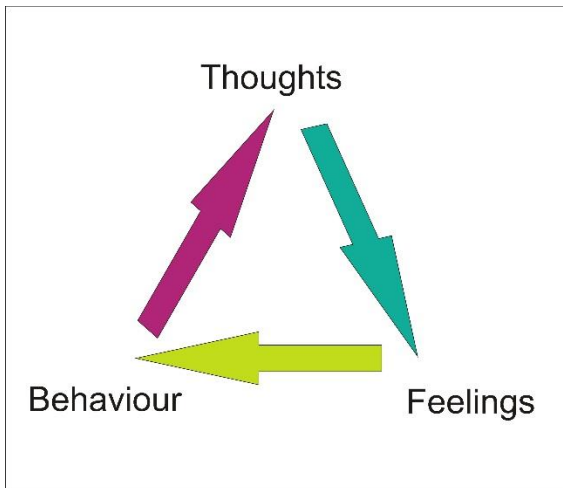


11.

Collaborative Problem Solving using communication skills. (Plan B)



12. The importance of Role Modeling.



13. Understanding the links between thinking, feeling and behaving.



14. Listening to our own self-talk and evaluation of others. Being mindful of this since it uses language to construct our reality. Understanding how that affects our children.



15. The importance of taking care of yourself as a parent.

<p>DISCIPLINE: Meant to guide and help children, gives children the tools of self regulation. It builds self esteem, respects, heals, encourages, emotionally supports and facilitates trust.</p>	<p>PUNISHMENT: Adult Oriented, Imposes Power and Control, Lowers self esteem, Humiliates, Hurts (physically &/or emotionally), Angers, Embarrasses, Discourages, Emotionally abandons, Frustrates</p> <p>The Educated Parent</p>
--	---

16. The difference between punishment and discipline.

17. How to implement discipline that children will cooperate with and learn from.



18. Connect before you Redirect. Relationship first, then discipline/instruction and/or collaborative problem solving.



19. Age appropriate chores and how to instruct children on doing them.

20. Monitoring children in their schoolwork, peer relationships, and chores.



21. Helping children find their innate sense of motivation and their desire to please their parents and contribute to the family and home.



22. Family Meetings.