Empowering Your Child to Succeed at School:

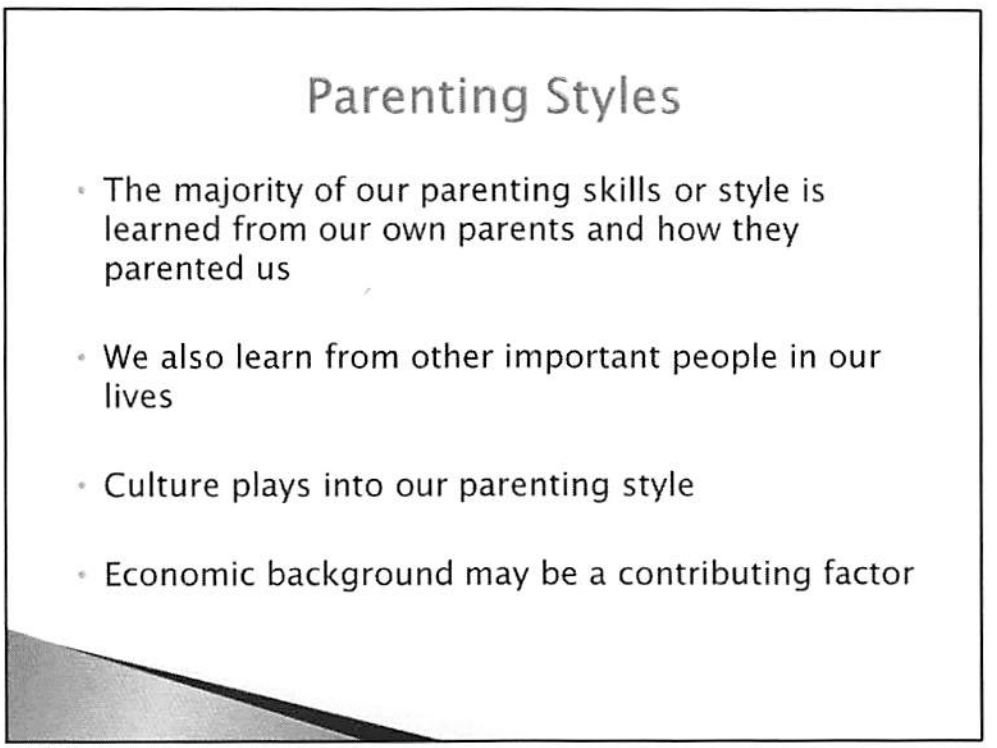
Strategies for Parents

Presentation developed by LAUSD
Psychological Services

A Look Ahead... Objectives

- Parenting styles
- Innate temperaments
- Tips for parents

- This presentation will seek to explore the various parenting styles identified by experts in the field of psychology and sociology.
- Next, it will also explore the various innate temperaments that have been identified by experts in the field.
- Last, it will present you with tips in navigating the fascinating world of parenting.



Parenting skills:

- Is learned from our parents, grandparents, relatives, foster parent(s) and/or another relatives.

Culture:

- Our culture may also come into play when developing our parenting style.

Economic background:

- Family economics (too many or too few resources) may also be a contributing factor.

Parenting Styles

- Authoritarian
- Authoritative
- Permissive
- Uninvolved

Parenting Styles:

- These four parenting styles have been identified by experts in the field of psychology and sociology.

Authoritarian Parenting

This Style of Parenting:

- expects children to follow the strict rules established by the parents
- implements punishment when children fail to follow rules
- fails to explain the reasoning behind rules
- upholds high expectations, but fails to be responsive to their children

Authoritarian Parenting:

- has **some** good qualities as it has high expectations for the child. However, it may be too controlling not allowing children to make choices and learn from their mistakes (i.e. children need to learn that if they play with their milk, they might spill it).
    - Parent may not allow their children to understand why they are being given consequences/punishments and thus, learn from their mistakes.

Authoritative Parenting

This Style of Parenting:

- establishes rules and guidelines in a more democratic manner
- is responsive to children's needs and is willing to listen to questions
- allows parents to be nurturing and forgiving rather than punishing when children fail to meet parental expectations

This type of parenting:

- offers boundaries and guidelines but also is nurturing.
- includes feedback from the child as to why they were reprimanded.
- asks the child to think of what they could have done differently and how they will behave in the future.
- allows children to learn from their mistakes.

➢ **When parenting, it is important to remember the developmental level of the child!**

Permissive Parenting

This Style of Parenting:

- places very few demands on children
- rarely disciplines children due to low expectations of maturity and self-control
- tends to be nontraditional and lenient
- does not require mature behavior
- allows considerable self-regulation and avoids confrontation

<u>Permissive Parenting:</u>

- does not impose expectations on children which may lead to lack of productivity.
- lacks boundaries which tends to lead to anxiety; this is frightening for children because they cannot predict what to expect.

➢ **Children need to feel protected and nurtured; this allows for a sense of security.**

Uninvolved Parenting

This Style of Parenting:

- places few demands, has low responsiveness, and little communication
- fulfills their child's basic needs, but parents are generally detached from their child's life
- rejects or neglects the needs of their children, in extreme cases

This type of parenting:

- offers no boundaries which makes it difficult and frightening for children.

Important points:

- We all need to feel we belong to a family unit and are loved.
  - If we do not get a sense of belonging from our family, we tend to look somewhere else.
    - Potential problems can be gangs, drugs, and/or harmful activities.

Discussion:

- Let us reflect on the previously mentioned parenting styles.
- Which one reflects the way **you** were raised?.
- Which one reflects the way you are **currently parenting** your child?
  - Are there ways we can improve our parenting style?

Thoughts:

- We can change...there is always room for improvement.
- We can keep the best parts of the way we were raised and... incorporate new strategies.

Play the video directly from the PowerPoint; you will need to ensure that you are playing the PowerPoint as a Slideshow. Take your mouse and hover over the image. An arrow will appear just below the image. Press that and the video should start.

- In the event that the video does not play, you will need to use the hyperlink. There is one issue...you will have to log on to "You Tube" by using your single sign-on and gain access this way.

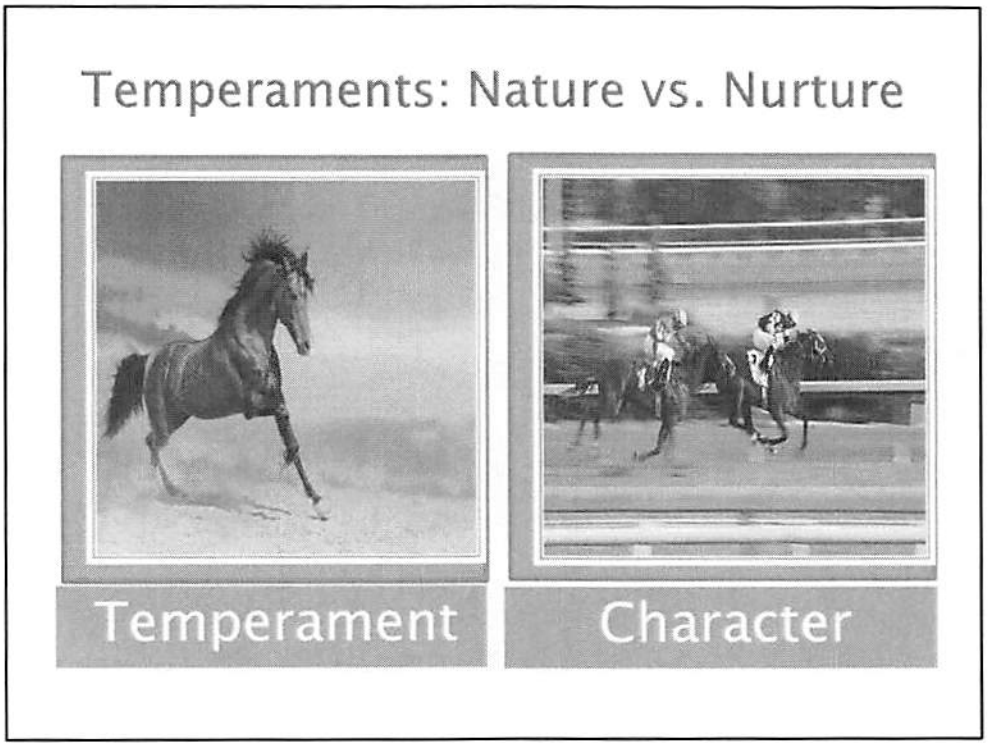
- **Last resort...**you have a separate file of the video. However, this will require for you go back and forth (from Slideshow to Video). You will need to minimize the PowerPoint and play the video file. Once the video file is played, you will need to close the file and return to the Slideshow to continue with your PowerPoint presentation.

Temperaments: Nature vs. Nurture

- Our temperaments are pre-disposed at birth
  - Shy vs. Outgoing
  - Passive vs. Active
  - Flexible vs. Strong-willed

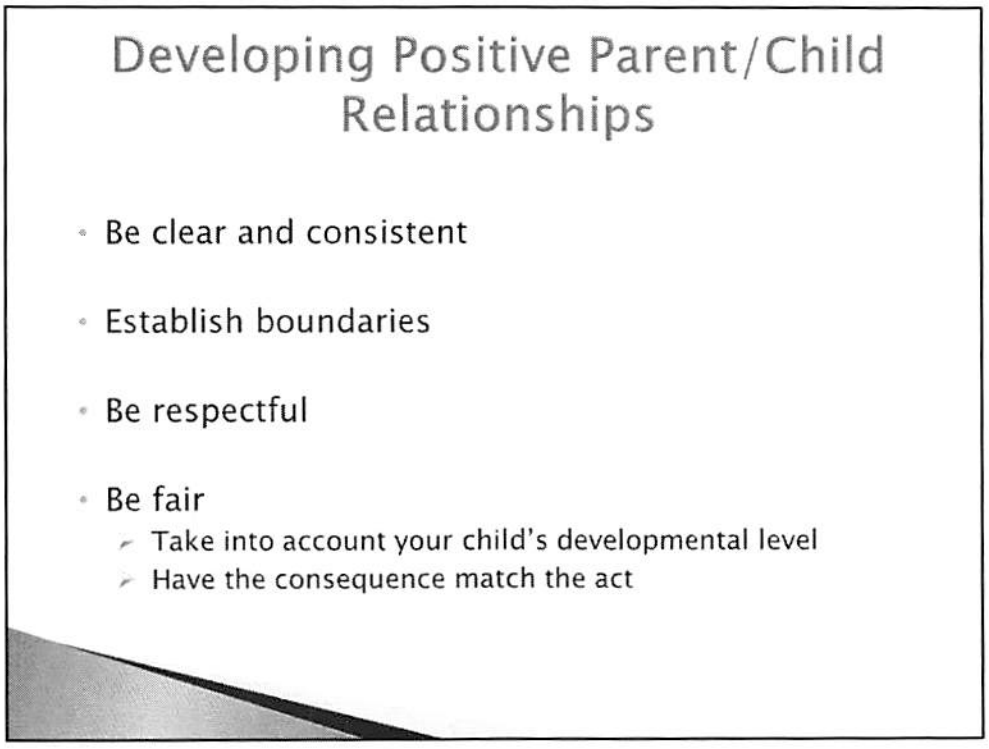
- Parenting styles can contribute towards a child's temperament by suppressing, exacerbating, and/or enhancing them.

- We come into the world with set temperaments but our environment and parenting can help further develop our temperaments by exacerbating or suppressing them.
- An innately shy child may be encouraged to participate in many activities; thus, they may develop more self-confidence and an ability to feel comfortable among others.
- We must try to avoid labeling children as this can result in a self-fulfilling prophesy (i.e., if you call a child "lazy" or "shy", they may live up to that expectation).



- **Discussion:**
  - **What do you see in this slide or what can you glean from it?**

Points to discuss:
The horse's innate energy represents our temperament, which without direction can run free and without boundaries has no direction...
The jockey represents our "character" or our efforts to temper or modulate our traits



- Consider the developmental level of your child. Limit the amount of instructions your child can follow. If too many instructions are given, this can be confusing for him/her. State your communications clearly and ensure to follow-through on whatever has been discussed. Inconsistent follow-through will not generalize behaviors.

- Children need boundaries and routines:
    - It is too frightening to navigate our world without them, even as adults.
    - If you state, "No eating in the living room", then you must follow-through and not allow eating in the living room.

- Respecting a child does not mean indulging a child.

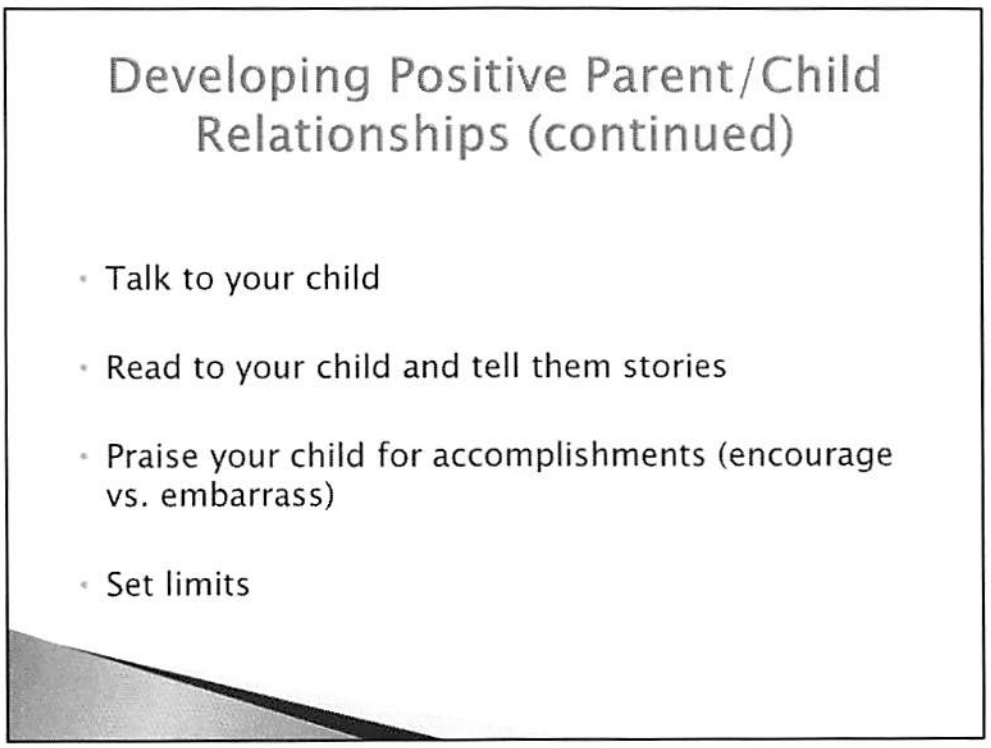
- Flexibility is important because it teaches the child to be flexible.

- If your child says, "I don't love you" understand it may be part of their reasoning at that particular stage in their life. You can help develop your child's reasoning by letting them know that you may not like their particular behavior at that time, but that you always love them.

- Remember you are the adult and in charge.

- There are some cases/incidents that are non-negotiable (i.e. if a child wants to play with the stove, wants to drive without a license, etc.).

- Children will test our patience and we must plan ahead for those moments by trying to keep our stress level down and by staying calm.

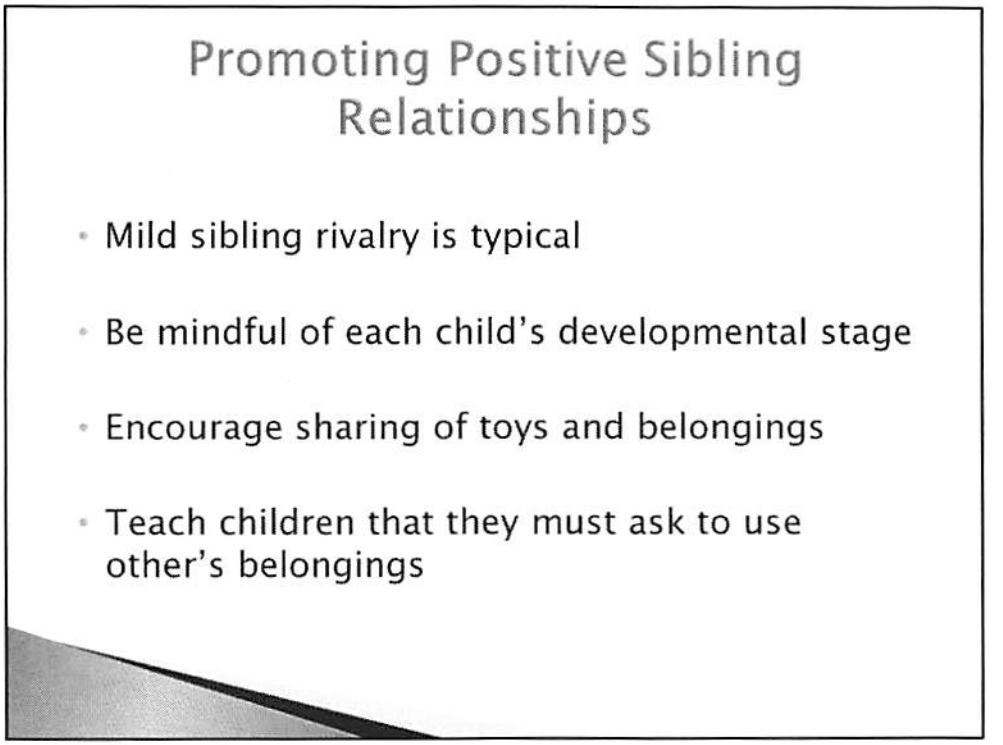


- Children love to hear stories about you when you were little and even more about themselves.
    - Many family traditions and values are passed on from generation to generation through storytelling.

- Praise your child when they do well; avoid offering praise without merit.

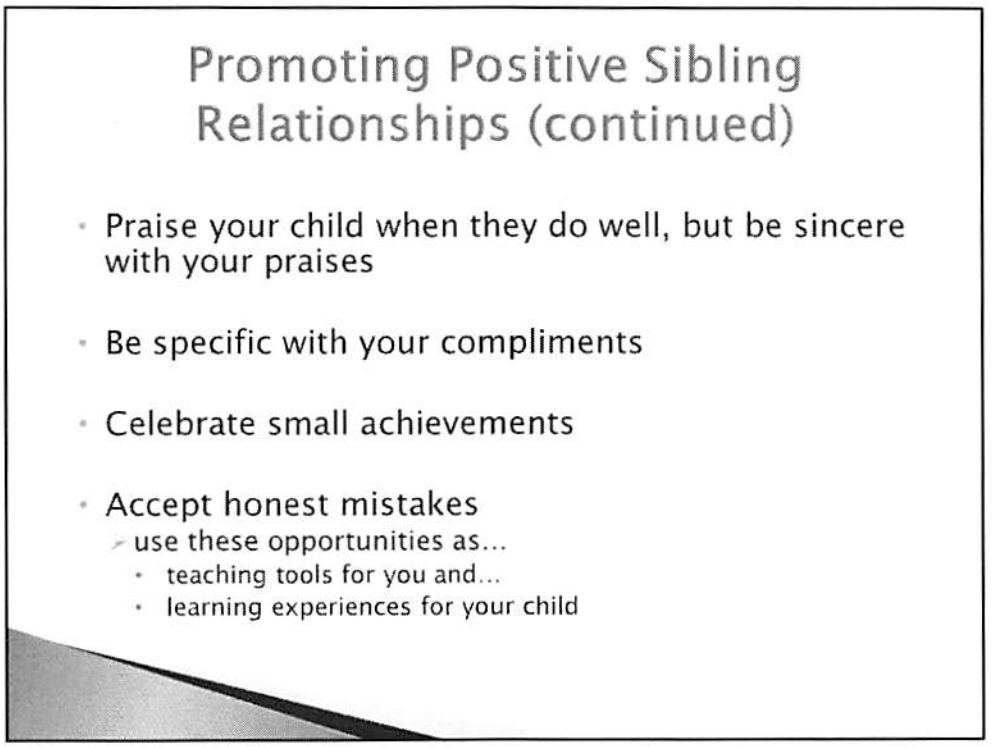
    - Children know when they do not do well (i.e., avoid providing false praise to your child when he/she does not concentrate while trying to hit a ball during a baseball game). This false praise may cause your child to feel embarrassed or humiliated.

- Consequence/punishment should be realistic and developmentally appropriate.
    - Be prepared to follow through with consequences. Be sure that you can live with the consequences you implement so that you are not punishing yourself or others.



- Mild sibling rivalry is typical but when not resolved in earlier years, it will spill into adulthood and may affect family dynamics later on.

- A three year old child and a one year old at are at different developmental stages.
    - While a three year old may understand more, he/she is at a developmental stage where he is "learning" to share. Expecting him/her to hand over their toys automatically may be unrealistic.
    - We must encourage children to share, but we must also teach children to ask permission to use things that are not ours.



- **Discussion with participants:**
  - **Let's get some practice with specific compliments:**
    - Ask for ideas or suggestions from parents.
      - An example may be, "I like the way you focused when you sat down to do your homework."

Promoting Positive Sibling Relationships (continued)

- Allow your child to make choices
- Be honest
- Keep your promises

- Allow your child to make a choice from 2 or 3 items that you pre-identified (i.e. snacks, clothes, activities, etc.). An example may be: "No, you may not have cookies for a snack. However, you may choose apples or a box of raisins".
- If you tell your child, "Come here and I will give you a candy" then do not keep your promise, it will not get you far the next time!
- Be realistic (and developmentally appropriate) with consequences. Consider the phrase, "make the punishment fit the crime". If the child broke his/her sibling's toy, how might you modify the consequence if the child were 2?...5?...8?...14?...
- Be consistent with keeping promises, implementing consequences, etc. This will help your child learn to trust your word, understand behaviors have consequences, predictability, etc.

Promoting Positive Sibling Relationships (continued)

- Allow siblings to settle their own disagreements
- Encourage children to express their feelings with words
- Praise individual strengths and accomplishments and avoid comparisons
- Spend quality time with each child whenever possible

- Allowing children to settle their own disagreements teaches them valuable problem-

Strategies for Family Bonding Time

- Set family rules
- Set schedules but allow for flexibility
- Eat as many meals together
- Set "family fun" activities
- Limit electronic gadgets for both children and parents (TV, video games, phone, iPads, etc.)

We lead increasingly busy lives. However, at the end of the day we realize that children grow-up much too quickly and nothing is more important than our families and fostering harmonious family life.

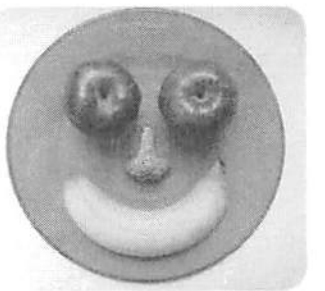
- Schedules keep us organized and thus, help limit stress.
- Family bonding happens during family activities such as game night, movie/popcorn night, cooking, gardening, etc.
- Many quality conversations take place at the dinner table or during family time.
- We are the adults and must set the example of what we expect for our children.
  - If we are on our phones constantly, what are we teaching our children?
- Relationships are like bank accounts; the more we invest, the greater the return.

➢ **Discussion:**

➢ What are some of the electronic gadgets in your home and how can you limit them?

Encouraging Nutritious Eating Habits

- Make fruits and vegetables part of your meals
- Make water a choice to drink
- Set breakfast, lunch and dinner times if possible
- Encourage healthy snacks



- Children learn from the examples we set.
  - Fruits and vegetables provide children with needed vitamins and minerals necessary for growth and brain development.
  - While we occasionally resort to comfort food, it is important to remember that moderation is key. Unfortunately, obesity has become an overwhelming concern amongst our youth.

Creating a Productive Learning Environment

- Allow children a quiet space for homework time, whenever possible
- Have materials ready (pencil, assignment, eraser, etc.)
- Allow your child to do his/her own homework by themselves
- Make yourself available to clarify questions or review information

- Some people can block out noise, but most of us cannot.
- Limit your child from being near a window, T.V., or heavy foot traffic; this can be very distracting for your child.
  - Research on distractions: Gloria Mark of the University of California, Irvine, found that a typical office worker gets only 11 minutes between each interruption, while it takes an average of 25 minutes to return to the original task after an interruption.
    - Think of the implications this research may have for your children.
  - It takes several minutes to regain focus...when you loose your focus it only delays the process...½ hour of homework time can turn into 2 hours.
- Doing your child's homework for them can send the wrong message..."I don't trust you to do it correctly"

Creating a Productive Learning Environment (continued)

- Provide your child with timers (to help with time management)
- Help your child with organization of materials
- Avoid as many distractions as possible during homework time (i.e. TV, radio, etc.)

- Timers:
  - can be purchased at the 99 Cent Store, supermarkets or swap meets
  - are generally a part of cell phones (i.e. stopwatches)

- Organization of materials:
  - Backpack: Teach your child to put his/her backpack in a designated location near the front door. As your child learns to put his/her backpack in a designated location, work with your child to put his/her homework in the backpack so it eventually becomes a part of their regular routine.
  - Cereal box can make good storage for pencils and papers.

- Distractions and homework: Homework should be homework (review). No new skills should be presented through homework.
  - NASP article states: A general rule of thumb is that children do 10 minutes of homework for each grade level. Therefore, first graders should be expected to do about 10 minutes of homework, second graders 20 minutes, third graders 30 minutes, and so on. If your child is spending more than 10 minutes per grade level on work at night, then you may want to talk with your child's teacher about adjusting the workload.

Cultivating Positive Sleeping Habits

- Try to be consistent with bed time
- Establish a routine to prepare for bed time (bath, brushing teeth, reading)
- Remember that children need 10-12 hour of sleep, depending on their age
- Remember that most adults need 7-8 hours of sleep

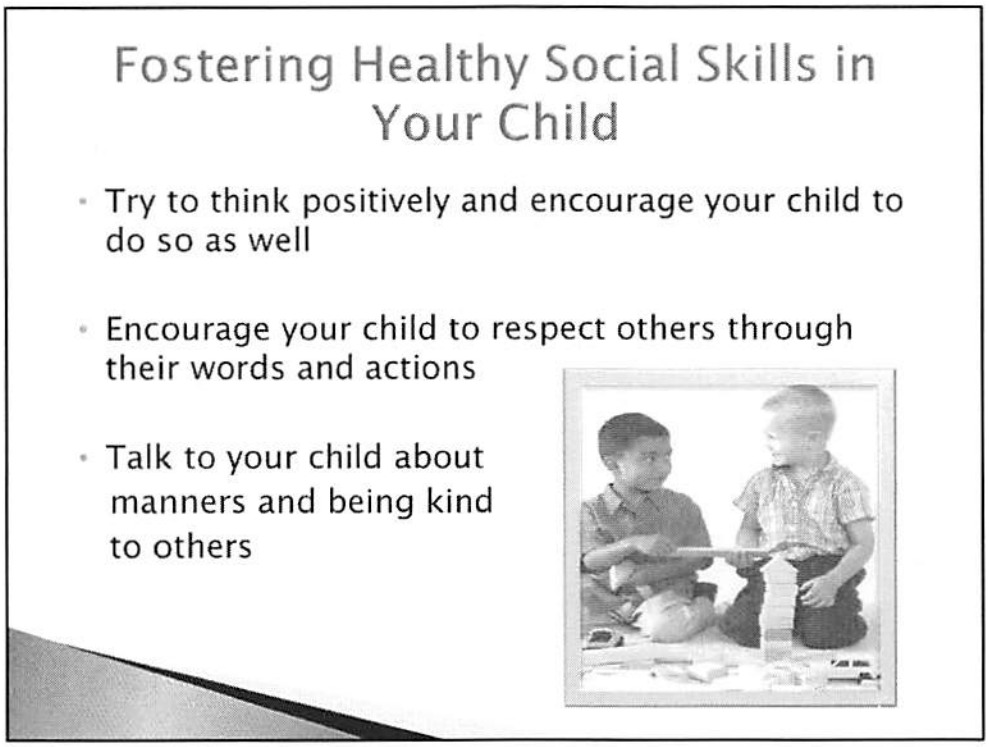
- Helpful tips for bedtime:
  - Make bedtime a positive and relaxing experience without TV or videos. According to one recent study, TV viewing prior to bed can lead to difficulty falling and staying asleep. Save your child's favorite relaxing, non-stimulating activities until last and have them occur in the child's bedroom.
    - TV in children's bedrooms can be hazardous because it may be more difficult to monitor what and how much they watch
  - Make bedtime the same time every night: a consistent bedtime allows an individual to easily fall asleep.
  - Sleep allows a body to grow and metabolize food
  - Keep the bedtime environment (e.g. light, temperature) the same all night long.
  - Limit noises
  - Give children a warning (for example, you can say, "In ten minutes, I'm going to turn off the lights.")

➢ **Discussion:**
  - How do you feel when you have not had a good night's sleep?

Promoting Healthy Practices

- Encourage your child to play outside vs. watching TV or playing video games
- Go on walks with your child
- Encourage your child to participate in school sports/activities
- Set the stage for the academic week on Sunday evenings

- Exercise is important...it can be the best cure for obesity, depression, and many other ailments; active play outdoors helps to expand imagination, develop social skills, and use critical thinking skills.
- It takes several days to get over a late night...Sunday should not be that night or it will be many days later before a child's body will catch up on sleep. Consequently, learning may be compromised.



- We are our children's greatest role models; what they see from us is oftentimes what is emulated. Thinking positively requires restructuring our perspective from viewing the glass half-empty to viewing the glass has half-full.
    - Strategies to promote positivity:
        - **Success of the Day** - Each night before bed, at dinner or while taking an after dinner walk ask your children their success of the day. The success could be a great conversation, an accomplishment at school, something they are proud of, a situation where they helped someone, etc. The important thing is to help them focus on accomplishments instead of failures.
        - **Implement the No Complaining Rule** – It is a simple rule that says you are not allowed to complain unless you identify one or two possible solutions to your complaint. This empowers children to become a driver of their bus instead of being a passenger griping on the bus.
        - **Encourage them to try and keep trying**. Children who are confident and positive are often resilient. They are not fazed by failure, often treating it is a setback and learning the lesson it holds. Many famous people (i.e. Michael Jordan, Albert Einstein, etc. have endured failures but have found that those failures were the groundwork and motivation to achieving their successes.
        - **Positive thinking using visualization**. Visualization is a technique that

Fostering Healthy Social Skills in Your Child

- Try to think positively and encourage your child to do so as well
- Encourage your child to respect others through their words and actions
- Talk to your child about manners and being kind to others

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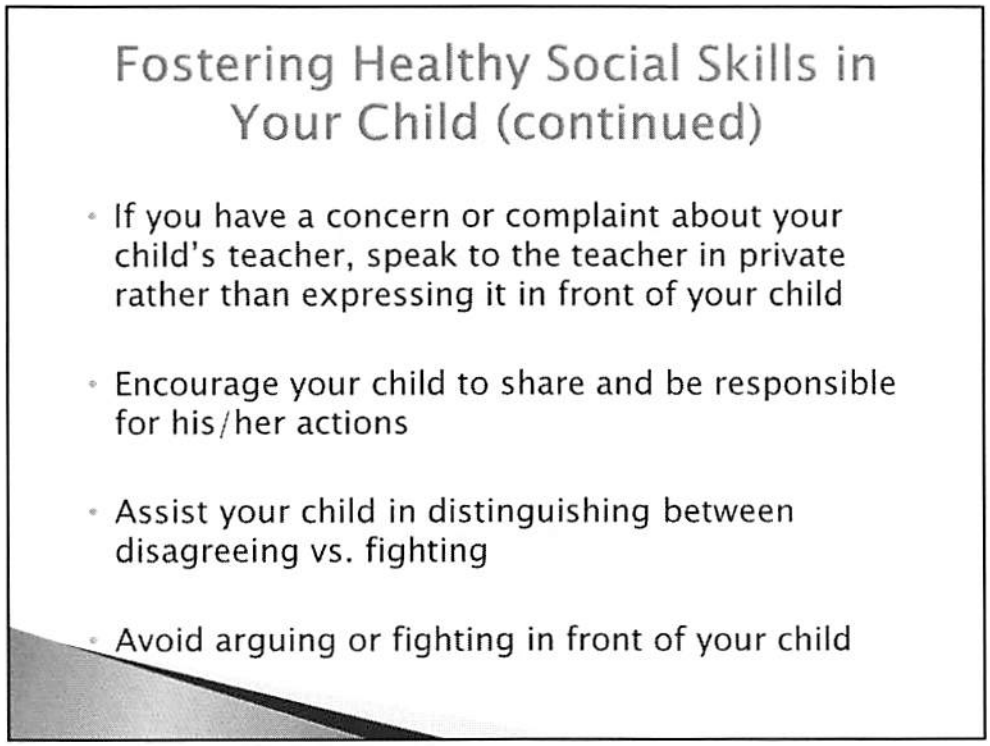
uses the imagination to help us bring what we want in life to fruition. It harnesses the power of our imagination to help us achieve our goals.

- Teaching our children to share and to be responsible for their actions will offer them a valuable and life-long lesson that will serve them well as adults
    - Talking to your child allows you to learn more about your child, teach your child and stay connected to your child.

- Encourage your child/chidren to say kind words and phrases at home and at school such as "please", "thank you" and "you're welcome" and... by waiting for their turn and trying to help others. These key words and phrases are instrumental in building and maintaining positive relationships with peers and others.
    - We are the role model for our children. If we teach our children to be respectful of others (children, teachers, staff, parents, others...), we are laying the foundation for healthy social skills in adolescence and adulthood.



Pitfalls of complaining about your child's teacher in their presence?...The child may...

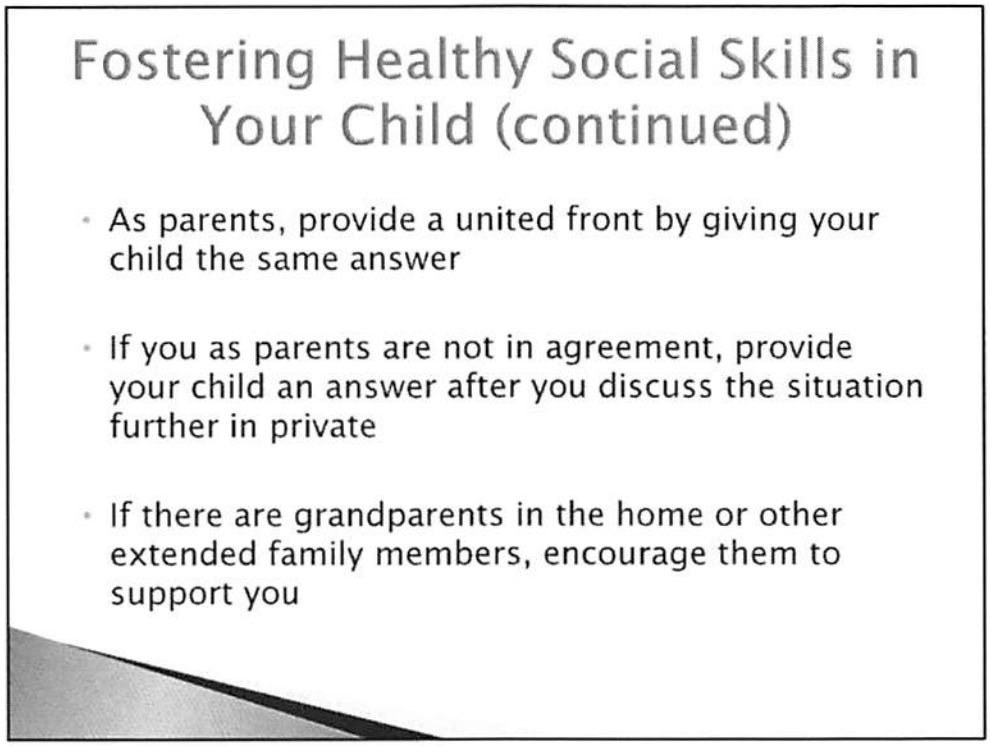
- feel conflicted between two important adults in his/her life
- lose respect for their teacher, parent, or both
- undermines the teacher's professionalism and authority
- misbehave and may cause the child to feel empowered due to possible friction and/or animosity amongst the two adults

Learning to be responsible for actions:

- Being responsible is a key to children's success both in school and in the larger world when they grow up. When they learn to take responsibility for their actions and their commitments, they get things done and people know they can be counted on to meet obligations and promises.

- Disagreement vs. Argument: **A disagreement** is when both parties express their opinions without getting emotional. It's just that they may see things differently. **An argument** involves being hurt or angry that the other will not see things the same way.
    - If you disagree with your parent/sibling, etc...it does not mean that you do not love the person; it just means that you have a difference of opinion.
    - We are all entitled to our own opinion and must respect the opinion of others.

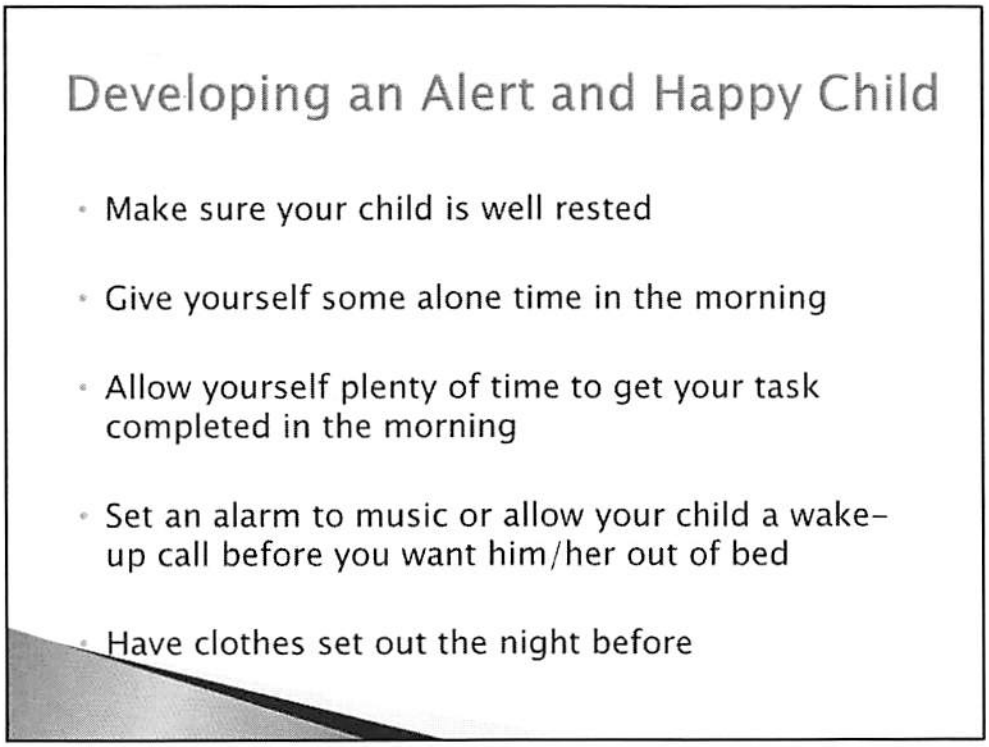
- It is encouraged that parents negotiate and discuss many issues in the presence of their children. It teaches children how relationships work. However, fighting and arguing in front of their children teaches them that fighting and arguing is acceptable.
    - Fighting in front of children also elevates their anxiety because it threatens their safety at home; children see parents arguing and worry about divorce. In addition, children do not learn healthy ways to negotiate their needs and address their feelings in an effective manner.



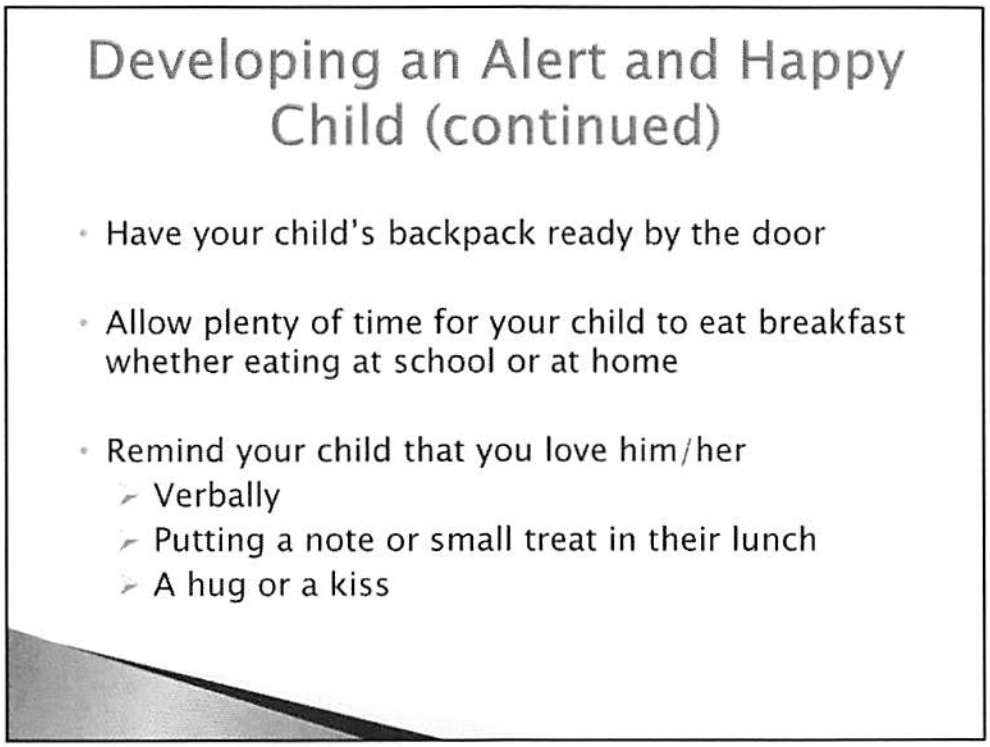
- All adults in the home need to provide a united front...if mom or dad say, "No" then no must be "No"; bending of the rules once will lead to attempts to bend the rules from that point after.

- If you as adults do not have the same answer for the child, tell your child you will discuss the situation further and will provide him/her with an answer after you have reached an agreement or solution.

- Grandparents can be a blessing. However, in many instances, they feel that they no longer need to uphold the parents' rules as they are entitled to spoil their grandchild/children. However, grandparents need to support the parent's wishes for reinforcing rules to ultimately help the child.
    - Bottom line: Parents are "the parents" and must enforce the rules.



- Having the right amount of sleep will reduce the probability of a child resisting to get up in the morning, thus allowing for a less stressful morning.
    - Lack of sleep can cause distractibility both at home and in the classroom.
- We are all different... some people can jump out of bed as soon as the alarm goes off and others need a little bit more time. Having some time to yourself can help you mentally organize your day. If you are organized, the morning process will be much smoother.
- Having clothes set out the night before helps save time and energy.



- As previously mentioned, it is best to have your child's backpack in a designated location near the front door. This helps to foster predictability and reduce chaos and loss of time while in search of the backpack.
- Breakfast is the most important meal of the day! It provides nutrition and helps jump start metabolism; time is necessary for digestion.
- We all need to know we are loved!

Important to Know

- Children are resilient and love their parents
- As parents we are our child's greatest role model
- Parenting is a rewarding and life-long learning process

- Children are resilient like rubber bands and usually jump back quickly.

- Children learn what they see and from their parents; parents are their first and most important teachers!
- Dr. Winnicott's theory...all children need is a "good enough parent"
  -children do not need a perfect parent... it can lead to neurosis
  -children do not need a dysfunctional parent...it can lead to chaos
  - all children need... is a good parent

- Think about your own parents...they may not have been perfect, but they were good parents.
- We must remember the good things our parents or caregivers did and learn from their mistakes.
- Parenting can be the most difficult yet most rewarding task a human being is asked to perform.

Questions/Discussion

Thank You
Mahalo
Kiitos
Tack
Toda
Grazie
Obrigado
Thanks
Takk
Gracias
Merci
Thank You for Your Attention!