



Parent Education & Encouragement Group
"Represents Parental Protection, Mercy and Nurturing"

Presented at: **Good News Church**
239 W Washington Blvd Pasadena 91103
English and Spanish classes on Thursday 6:30pm- 8:30pm

1. **Communication, Active Listening, Acknowledging Feelings**
Comunicación, Escuchando con oído activo, Reconociendo sentimientos
2. **Family Meetings, Effective Praise and Rewards /Conflict resolution**
Reuniones familiares, Elogio y recompensas
3. **Parental Function, Defining My Parenting Style**
Función de padres, Definiendo mi estilo de crianza
4. **Five-Step Problem Solving / Children's Court /Parent's Rights**
Cinco pasos para resolución de problemas, Corte de menores
5. **Single Parent and Multiple Parent Families**
Padres solteros y de ambos padres
6. **Domestic Violence, Self Control, Anger Management**
Violencia domestica, Autocontrol, Control de Ira
7. **Teens and Gangs**
Adolescentes y Pandillas
8. **Teaching Principles, Values / Family Rules / History of my Family**
Ensenando principios, Valores, reglas familiares y la historia de mi familia
9. **Education Guidance / Show & Tell**
Orientación educacional, Enseñar y demostrar
10. **Natural & Logical Consequences / Structure**
11. **Mild Social Disapproval, Ignoring / Point System, Contracts and Bargaining**
12. **Structure, Establishing Limits & Boundaries**
13. **Human Sexuality and Teens**
Sexualidad Humana, El desarrollo sexual en los adolescentes
14. **Family Health Nutrition and Child Safety**
Salud familiar, Nutrición, Seguridad de niños
15. **Teens, Drugs and Alcohol**
Adolescentes, Drogas, Alcohol y Tabaco
16. **Family Group Support, Skills Evaluation, Potluck**
Grupo de apoyo familiar, Habilidades de evaluación, Platillo para compartir

Daily Homework

Active Listening and acknowledging feelings
Five Step Problem Solving
Hug and Kiss your child

Homework Review

Lesson # 2 Family Meetings, Effective Praise and Rewards /Conflict resolution

New Material

Lesson #3 Parental Function / Defining My Parenting Style

Homework Assignment

Write a paragraph describing the parenting style of your parents and then write a paragraph describing the style you would like to practice and explain why.

Facilitators:
Horacio Garcia / Myles Williams / Elvia Casas

Program Director: Dr. Janice Woods

Parental Functions

Material Functions

Socio-Emotional Functions

Educational Functions

Protective Functions

What do think your children want from you as a parent?

What do you expect from yourself as a parent / your children?

What are Basic Needs?

Social Learning Theory

Social Learning ideas are based on scientific research with thousands of adults and children of all races from all parts of the world and from different types of communities. The basic conclusion from the research and the basic Social Learning Theory idea is that “most behavior is learned and therefore most behavior can be changed or unlearned.”

How Learning Occurs

Social Learning Theory shows there are two major ways people learn:

1. By watching and copying models
2. By the consequences of their own behavior.

This means most children learn behaviors by watching and copying models available to them and by the types of consequences, parents and other people have been giving them.

This also means that:

1. By providing different models or changing the behaviors of the child’s models, the behavior of children changes or is unlearned (If we change, our children will change).
2. By providing different types of consequences, the behavior of children changes or is unlearned (Trying the same thing repeatedly may never work out, as planned).

This suggests Social Learning Theory can be a, “Behavior Modification” tool. Behavior modification is a constant parental function (Educational). From their birth until we no longer have an influence on our children, we will probably attempt to modify their behavior (Teach). Most parents say we want our children to benefit from our own experiences and not have to repeat and suffer the consequences of poor choices. Most parents want children to learn behaviors with the consequence of success!

Ideas about discipline

Discipline is essential in developing self-confidence and self-respect. Children need discipline to grow and feel secure.

Our children will learn discipline and acquire a sense of values from the examples we set for them. We cannot tell a child “Do as I say, not as I do.” If we use profanity or show disrespect toward our partner, our child will follow our example. If we are observed drinking alcohol or smoking weed, our children will do the same. On the other hand, if they observe us treating each other with mutual respect and eating wholesome foods on a regular basis, they will more than likely do that. They will perceive our values according to what they observe. They will perceive what we do regularly, as what is most important to us, therefore perceived, as most important in life. They will learn from us what is important in life by the way we live our own lives.

If we teach children to respect us and other members of our family, this is social function. If we show respect for them, praise their achievements, guide and comfort them through new experiences, this is emotional function. When we function at our best, our children will become more confident and we become more effective as parents.

Remember,

the most effective form of discipline is praise. Our children will be more than happy to follow our desires if we praise them.

Discipline also includes teaching children the advantages of good manners. This simply means being pleasant to other people can be advantageous to our children when they're interacting in our society.

If discipline is due, restrict activities, but we should never beat, spank, whip, whoop (whatever we call it) our children. A spanking is only for the most severe of behavior violations and should only be used within the guidelines of the law. To beat is to instill fear or to defeat. This is not our goal when we discipline. When we hit, what are we teaching?

*Discipline can be achieved without physical punishment. When we set up limits for our children and when we are **consistent** in maintaining them, it will not be necessary to punish. It is discipline that makes punishment unnecessary.*

When a child has guidelines to follow and examples to imitate, he will understand just how far he can go.

*** Black Parents Handbook-Clara J. McLaughlin**

How to Bring Up a Healthy Child of Color in America

Our basic child rearing practices should be the same as those of others. There will always be some differences between groups, however, because we all bring our different cultures to bear in child rearing.

Good child rearing principles are fundamentally the same for all, because the basic needs of children are universal. Youngsters need food, clothing, shelter, and protection from physical and psychological damage. They need to be taught to control their aggressive and impulsive energy in order to be able to learn, work and play in gradually more mature ways. Parents of color must sometimes act in special ways in order to provide our children with psychological well-being and physical safety.

***Black Child Care-Dr James P Comer**

Small Group Discussion

How can parents prepare children for racism, prejudice and bigotry in our country/culture/community?

How can parents keep children safe from gangs...police?
What do we teach them about how to conduct themselves?

Find Your Style of Parenting

There are many ideas about how to rear children. Some parents adopt the ideas their own parents used. Others get advice from friends. Some read books about parenting. Others take classes offered in the community. No one has all the answers. However, psychologists and other social scientists now know what parenting practices are most effective and are more likely to lead to positive outcomes for children.

Ideas about child rearing can be grouped into three styles. These are different ways of deciding who is responsible for what in a family.

Authoritarian

Authoritarian parents always try to be in control and exert their control on the children. These parents set strict rules to try to keep order, and they usually do this without much expression of warmth and affection. They attempt to set strict standards of conduct and are usually very critical of children for not meeting those standards. They tell children what to do, they try to make them obey and they usually do not provide children with choices or options.

Authoritarian parents don't explain why they want their children to do things. If a child questions a rule or command, the parent might answer, "Because I said so." Parents tend to focus on bad behavior, rather than positive behavior, and children are scolded or punished, often harshly, for not following the rules.

Children with authoritarian parents usually do not learn to think for themselves and understand why the parent is requiring certain behaviors.

Permissive

Permissive parents give up most control to their children. Parents make few, if any, rules, and the rules that they make are usually not consistently enforced. They don't want to be tied down to routines. They want their children to feel free. They do not set clear boundaries or expectations for their children's behavior and tend to accept in a warm and loving way, however the child behaves.

Permissive parents give children as many choices as possible, even when the child is not capable of making good choices. They tend to accept a child's behavior, good or bad, and make no comment about whether it is beneficial or not. They may feel unable to change misbehavior, or they choose not to get involved.

Democratic Or Authoritative

Democratic parents help children learn to be responsible for themselves and to think about the consequences of their behavior. Parents do this by providing clear, reasonable expectations for their children and explanations for why they expect their children to behave in a particular manner. They monitor their children's behavior to make sure that they follow through on rules and expectations. They do this in a warm and loving manner. They often, "try to catch their children being good" and reinforcing the good behavior, rather than focusing on the bad.

For example, a child who leaves her toys on a staircase may be told not to do this because, "Someone could trip on them and get hurt and the toy might be damaged." As children mature, parents involve children in making rules and doing chores: "Who will mop the kitchen floor, and who will carry out the trash?"

Parents who have a democratic style give choices based on a child's ability. For a toddler, the choice may be "red shirt or striped shirt?" For an older child, the choice might be "apple, orange or banana?" Parents guide children's behavior by teaching, not punishing. "You threw your truck at Mindy. That hurt her. We're putting your truck away until you can play with it safely."

Which Is Your Style?

Maybe you are somewhere in between. Think about what you want your children to learn. Research on children's development shows that the most positive outcomes for children occur when parents use democratic styles. Children with permissive parents tend to be aggressive and act out, while children with authoritarian parents tend to be compliant and submissive and have low self-esteem.

No parenting style will work unless you build a loving bond with your child.

These tips were reproduced from the **U.S. Department of Education**

Parenting Style Quiz

1. You are at your wits end with the squabbling and bickering that goes on between your two children. How do you handle it?
 - I defer to my husband, since the children will listen to him.
 - I try to ignore it and block the noise from my ears. Kids will be kids, and this is the way my brother and I used to behave.
 - I sit the children down and talk to them about how upsetting their behavior is while offering them other options for resolving their difficulties.
2. You are hosting a summer cookout at your home this weekend. You could really use help getting ready. How do you involve your children?
 - I ask each of my children what they would like to eat at the cookout so I can shop for them.
 - I assign specific tasks for each of my children, but allow them to request other assignments if the task proves to be too difficult.
 - I ask if any of my children want to help, but I don't assign any specific tasks.
3. Your husband's sister is always nagging you about setting limits on your children's behavior. How do you respond?
 - I let her ramble on, and I make noncommittal comments.
 - I agree with everything she says outwardly, but inside I am seething.
 - I realize that everyone has differences of opinion. I know I've set limits on my children's behavior, but I don't want to run my home like the prison camp her home has become.
4. Your child has just broken the large picture window in the family room with a ball. She is OK, but you clearly told her not to throw things in the home. What do you do?

- I ask her to get the broom and dustpan for me. After I clean up, we sit down and talk about how much worse the situation could have been.
- I let it slide since it was clearly an accident.
- I calm my child's fears by telling her it's okay and that I love her.

5. If someone asked your children how they would describe you, they would say you were:

- A pushover.
- A forgiving mother.
- A leader.

6. The rules and weekly chores for your children are:

- Written on a weekly chart that the children mark when they complete them.
- Nonexistent.
- A fluctuating entity from one week to the next, depending on my mood and theirs.

7. When the summer break begins, which scenario is most likely to occur at your home?

- My children will relax, ask for sleepovers and let me know what it is they want to do.
- We will have set schedules for certain days of the week that will include activities and chores.
- We will decide what happens one day at a time.

8. When your child misbehaves, which scenario is most likely to occur?

- My child and I will sit and discuss what happened, what could have happened as a result of the behavior, and how to do it better next time.
- I ignore the situation, and life continues in much the same manner as always.
- I tell my child that it's okay and that no punishment is necessary, as long as no one got hurt.

9. Your child tells you what he would like to do over the weekend. What do you do?

- I rearrange my plans to accommodate him.
- I ask my child to help me figure out how we can do some of his plans while still allowing mine to happen.
- I ask my child if he has any other plans I should know about before I rearrange my schedule.

10. You would like some help in the kitchen. How do you handle it?

- I ask if anyone would like to help.
- I ask who is going to wash the dishes and who is going to dry the dishes.
- I wish I had the money to hire a maid.

OUR RESULT: Democratic Household

Your parenting style is authoritative. Even though you allow your children to have a say in how they behave, you provide guidance, structure and reassurance to help them become responsible adults.

Homework:

Write a paragraph describing the parenting style of your parents and then write a paragraph describing the style you would like to practice and explain why.