



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 # 5 Single Parent and Multiple Parent Families

New Material

Lesson # 6 Family Meetings / Effective Praise /Conflict Resolution

Homework Assignment

Write a paragraph:
1) What I learned
2) What I tried

Facilitators:
Horacio Garcia / Myles Williams / Elvia Casas
Program Director: Dr. Janice Woods

DOMESTIC VIOLENCE

Cruelty sells. Violence is regularly promoted in movies, TV and even through toys and games. However let's take a closer look at the point when "hurt" sometimes causes serious or permanent damage to children.

- A boy tells a trusted school social worker that his father got drunk and laughed with his friends as he encouraged the family dog to urinate on the boy's leg.
- A girl comes to school with bruises on her arms after her mother shook her during an argument.
- A child regularly comes to school hungry because she is not fed at home.

One of the worst crises a child can face is continual fear of being abused or neglected. Some children face this crisis every day. In Michigan, for example, more than fifteen thousand substantiated cases of abuse or neglect are reported each year. Few such situations are front-page news, but every one of them can have a devastating effect on the children involved.

The behavioral problems of children caught in this type of situation can result in major problems for the whole community. It's not mere chance that many prison inmates were abused as youngsters. Because abuse and neglect can damage children, we need to do everything we can to protect the health and safety of all the children in our communities.

The prevailing attitude is that people should mind their own business -- that parents have a right to decide how to treat their own children. There are laws, however, limiting the rights of people to harm one another.

Thinking about What's Reasonable

Rarely does anyone grow up in a family in which a parent hasn't lost his or her temper, raised a voice or said something to make a child feel hurt. However, parents have the responsibility of making sure that the "hurts" fall within humane and legal limits.

Parents who go overboard with disciplining their children usually haven't been trained in a variety of parenting techniques. Hurtful ways of teaching right from wrong may be the way they were treated themselves as children. For some parents, it's the only way they know.

In other cases, stress and uncertainty about how to handle difficult situations can result in loss of control. However, permanent damage is done when violence or neglect go unchecked. Help is needed in learning how to make changes or set limits without using harmful methods.

Understanding Limits

It's useful to categorize in three ways the kinds of hurts that sometimes go beyond reasonable boundaries in families:

Physical hurt:

- Very hard spankings
- Hitting with a belt or brush
- Slapping
- Throwing things
- Kicking
- Burning
- Shaking

Emotional hurt:

- Screaming
- Excessive criticizing
- Not loving
- Favoring one family member over another
- Lack of hugging, affection
- Disrespecting

Neglectful hurt:

- Not providing enough food
- Not providing adequate clothing
- Not providing sufficient medical care
- Not cleaning younger children regularly
- Allowing children unreasonable power to do as they please
- Not providing sufficient supervision
- Making dangerous objects accessible to children

I think most anyone would agree, that's a reasonable list. Yet an example can be cited in which a parent openly advocated forcing a child's hand into an open flame to teach him that fire was dangerous. This parent talked about how he had been raised similarly and didn't think there was anything wrong with it. The kind of terror and mistrust such methods can cause in children can be devastating, especially if done often.

Clearly; millions of parents and parents-to-be need education in non-violent parenting skills. We must teach our own children that:

- Hurting others physically or torturing them mentally is not acceptable behavior.
- It's impossible to live with someone and never disagree or get mad at them.
- There are ways to vent angry feelings without exceeding reasonable limits in terms of hurt.
- People who use violence don't usually change without help.
- Assault is a crime, even if it is done to family member.
- Using violence generally makes others feel disrespected.

Action Steps

Parents must be made aware of what they can do if they find themselves in a violent situation, or if they observe others amid violence. A child who sees violence being done to another person can be as damaged as if the violence were being done to him or her. Parents also must share the following approaches with their children for dealing with any violent situation.

Possible actions by yourself:

- Leave the situation or try to get to a safe place (behind a locked door, for example) until the situation changes.
- Try to calm the situation by talking.
- Try to protect or defend yourself physically, if no weapon is involved.
- If others might hear, screaming fire can draw attention (again, when no weapon is involved).

Possible actions supported by family or friends:

- Call or have some way to signal a friend to ask for help in getting you out of the situation.
- Escape any way you can and run to a friend or relative's house.
- Get someone the violent person respects, to talk to him or her, about their behavior when they're not in the heat of anger.
- Move to a friend or relative's house until the person gets some help controlling his or her violence.

Possible actions supported by community resources:

- Call the police.
- If the violence is directed toward children or observed by them, call Protective Services after the violence subsides.
- Call a crisis intervention center as soon as possible to discuss the incident and get referrals to community resources.
- Begin getting counseling or therapy for yourself and the abuser—if possible—through community organizations (religious groups, human services agencies, community mental health).
- Join a support group for people in similar situations.

Again, it is extremely important to remember that a pattern of violence seldom stops unless outside help is obtained. In fact, violence tends to escalate from one incident to the next, interrupted by a brief period during which the abuser feels apologetic. An incident might be triggered by anything that makes the abuser feel threatened. For instance, when parents feel a lessened ability to control growing children, they sometimes try harsher punishments.

Other times, particularly when substance abuse is involved, almost anything can start trouble. When an adult family member is abused and doesn't seek to change the situation, it encourages the abuser to abuse the children.

Behavioral problems are likely to occur if parents spend almost no time with their children and don't make sure that their basic needs for food, clothing and shelter are met. In some cases, a lack of affordable child care causes some parents to neglect their children or expect them to take on too many adult responsibilities at an early age. Parents who work but do not make enough to pay for child care are in an awkward position. Our communities need to push for more recognition of this problem and implement strategies to improve the situation. Parental substance abuse is another common cause of neglect. Children who don't get adequate parental attention for positive behavior are tempted to draw negative attention.

Community Responsibility

If you see a parent publicly abusing a child, an attempt might be made to empathize with the parent's frustration and to give an example of a technique you used to effectively handle a similar situation with one of your children. Before doing this, consider your own safety and approach the person respectfully.

Distraction of any sort can frequently interrupt what's going on and encourage the person to think more consciously about what he or she is doing. If you sense something extreme happening in a neighbor's house, an anonymous call to Protective Services or an informal suggestion about a series of parenting classes being offered in the community during a nonvolatile time might be useful.

For the health of our communities, we need to do whatever we can to discourage violence against one another.

Anger Management

What is the psychological definition of anger?

Anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong. **Anger** can be a good thing. It can give you a way to express negative feelings, for example, or motivate you to find solutions to problems.

What is an anger problem?

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to **problems—problems** at work, in your personal relationships, and in the overall quality of your life.

What is the cause of anger?

It is an emotion that involves a strong uncomfortable and emotional response to a perceived provocation, hurt or threat. **Anger** can occur when a person feels their personal boundaries are being or going to be violated. ... Some view **anger** as an emotion which triggers part of the fight or flight brain response.

Anger management: 10 tips to tame your temper

Keeping your temper in check can be challenging. Use simple anger management tips — from taking a timeout to using "I" statements — to stay in control.

By Mayo Clinic Staff

Do you fume when someone cuts you off in traffic? Does your blood pressure rocket when your child refuses to cooperate? Anger is a normal and even healthy emotion — but it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships.

Ready to get your anger under control? Start by considering these 10 anger management tips.

1. Think before you speak

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything — and allow others involved in the situation to do the same.

2. Once you're calm, express your anger

As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

3. Get some exercise

Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other enjoyable physical activities.

4. Take a timeout

Timeouts aren't just for kids. Give yourself short breaks during times of the day that tend to be stressful. A few moments of quiet time might help you feel better prepared to handle what's ahead without getting irritated or angry.

5. Identify possible solutions

Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room drive you crazy? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening — or agree to eat on your own a few times a week. Remind yourself that anger won't fix anything and might only make it worse.

6. Stick with 'I' statements

To avoid criticizing or placing blame — which might only increase tension — use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes" instead of "You never do any housework."

7. Don't hold a grudge

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation and strengthen your relationship.

8. Use humor to release tension

Lightening up can help diffuse tension. Use humor to help you face what's making you angry and, possibly, any unrealistic expectations you have for how things should go. Avoid sarcasm, though — it can hurt feelings and make things worse.

9. Practice relaxation skills

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal or do a few yoga poses — whatever it takes to encourage relaxation.

10. Know when to seek help

Learning to control anger is a challenge for everyone at times. Seek help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.