

**Antelope Springs
Basic Parenting Class
Session 4**

REVIEW:

Styles of parenting, Erickson's stages, goals of misbehavior, Ellis's paradigm.

Objectives:

1. To understand that the way to improve a child's behavior is to change your approach.
2. To become more aware of your child's beliefs about how to belong.
3. To understand that your child's feelings and behaviors come from those beliefs.
4. Your belief system influences what meanings you attach to situations.
5. You can change your beliefs so that you can be more effective with your child.

1. What to do when your child misbehaves.

- A. Do the unexpected. (Cognitive Dissonance)
- B. Ignore
- C. Teach
- D. Discipline (in depth discussion in a few weeks)

2. Why do children become discouraged?

- A. Faulty belief systems behind the goals of misbehavior
 - Attention: "I belong only by being noticed"
 - Power: "I belong only by being boss, even if that leads to a fight."
 - Revenge: "I am not lovable. I belong only by hurting others."
 - Display of Inadequacy: "I belong by convincing others that I can't do it."
- B. Flip it, or moving to a positive reframe
 - Move from Attention to **involvement, encouragement**
 - From Power to **independence, empowerment**
 - From Revenge to **being fair, meeting needs**
 - From Display of Inadequacy to being **thoughtful and competent in strategies**
- C. Encourage the positive
 1. Helping children take part
 2. Giving choices
 3. By being fair
 4. By noticing and teaching courage and cooperation

3. Where do beliefs come from? (remember Albert Ellis's paradigm)

- A. What is important in the family (Atmosphere and values, "family rules")
- B. The child's place in the family (Birth order)
- C. What the parents say and do (Modeling)
- D. The style of parenting (remember Giving orders, Giving in, Giving choices)

4. Where do feelings come from?

- A. Feelings come from beliefs (Ellis/Beck/Burns models)
- B. Feelings have a purpose (both parents and kids)

5. How can I be more effective?

- A. Change your responses
 - 1. **DECIDE** to change
 - 2. Change your purpose
 - 3. Change your beliefs and feelings.

6. Help yourself out.

- A. Listen to your tone of voice
- B. Watch your body language
- C. Do the unexpected
- D. Distract yourself
- E. Use your sense of humor
- F. Don't feel guilty

Next week's discussion topics:

Ego Esteem versus Self Esteem

Basic Foundations for encouragement (praise & encouragement)

How Self Esteem is formed

Homework suggestions:

Read:

The Skills of Encouragement by Dinkmeyer and Losoncy

Punished by Rewards by Alfie Kohn

Raising Self Reliant Children in a Self Indulgent World by Glenn & Nelson

Write: a 2 page paper on how your ability to encourage yourself and others has blessed your life

2 page paper on how your parenting style shows loyalty to the way your parents raised you. (Include both assets and liabilities)

Study Questions:

1. How does my birth order position impact the way that I parent? What are some of the positives? Liabilities?
2. How did I learn to get power and value in life?
3. What were the important family rules that helped to mold my beliefs?
4. What are some of the ways that my family of origin has impacted the way that I live my life?
5. Where are my strengths in the encouragement process? What do I need to work on?

