

Parenting Strategies	Currently doing...	Want to do more	Tips
<b>CREATING A SAFE HOME</b>			
<b>RESPECTFUL LANGUAGE</b> (no swearing, name calling)			If home is experienced as a threatening place, they will always be on edge and this will make them quicker to react emotionally because they are more easily scared, threatened and overwhelmed.
<b>RESPECTFUL BEHAVIOR</b> (No threatening or intimidating behavior, expressions or words)			
<b>CREATE A SAFE SPACE</b> (emphasize own space +/- calm corner)			Respecting their space or creating a special space just for them provides them with a place to help them calm down quicker.
<b>COMMUNICATION</b>			
<b>EYE CONTACT</b> when speaking			This is a sign of respect that is expected by most adults in North American culture- it is socially adaptive to teach and reinforce this
<b>AGREE TO PART OR ALL OF WHAT THEY ARE SAYING WHENEVER POSSIBLE</b>			This minimizes escalation and keeps their defenses down. Ie. I wish you could stay up later too and hang out with us, I look forward to when you are older and can do that
<b>VALIDATE &amp; NORMALIZE their experience</b>			Helping people feel heard reduces their distress and helps them feel safe (prevents escalation) Ie. "I can understand that if what you thought I said was that you couldn't date him that you would get really upset"
<b>"WHEN-THEN" or "IF-THEN"</b> (Ie. When you do your chores, then you get your allowance)			Instead of arguing about them having to do things, using this language CLEARLY OUTLINES the conditions in which they get what they want
<b>MATTER OF FACT TONE</b>			Prevents further escalation, use whenever possible (humans tend to match each other's moods and levels of intensity, especially kids and people who are already distressed)
<b>USE CLEAR COMMANDS</b>			Don't ask a question when it isn't one Ie. Is that your bag lying on the floor? Vs. Please put your bag away
<b>CHECK FOR UNDERSTANDING</b>			Ask them to repeat back to you what you expect them to do and when to make sure they heard and understood you
<b>REPEAT BACK</b> what you heard or cue child to repeat back what they heard to check for understanding -(Paraphrase as a question)			Minimizes miscommunication Ie. "So you thought I said you couldn't date him and that made you really mad?"
<b>SPEAK FROM OWN EXPERIENCE</b>			Minimizes opportunity to argue when speaking from own experience Model this and cue them to do the same
<b>CUE THEM TO CONSEQUENCES</b>			Helps keep them aware of their CHOICE in the matter and the connection to OUTCOMES
<b>EMPHASIZE THEIR CHOICE</b> in what happens next			Using language of CHOICE encourages a sense of them being in control which reduces distress and anxiety
<b>FAMILY MEETINGS</b> to discuss or share important news (can be called by kids or adults)			Teaches them they are a valued member of the family and gives them a venue to talk about issues more openly

EMOTION AWARENESS & COPING SKILLS			
<p><b>TALK ABOUT HOW DIFFERENT EVENTS MAKE YOU OR OTHERS FEEL</b></p> <p>(this can relate to your own life or to characters in books, in cartoons or while pretend playing)</p>			<p>In order to avoid people acting out their frustration or sadness, they need to be <b>aware</b> of the feelings and the situations where they might come up.</p> <p><b>Modeling</b> talking about feelings teaches kids that <b>feelings are ok</b></p>
<p><b>TALK ABOUT HEALTHY COPING STRATEGIES</b></p> <ol style="list-style-type: none"> <li><b>1. ASK FOR COMFORT &amp; FEEL IT</b> (cuddle with toy, parent, know its ok to be sad or angry)</li> <li><b>2. RESET &amp; CALM DOWN</b> (count to 10, look around room and name all the colors or objects, have a drink of water)</li> <li><b>3. PROBLEM SOLVE</b> (talk to someone, ask for help, read about how other people deal with it)</li> <li><b>4. DISTRACT YOURSELF</b> (read a book, color, play with dinkies, go play outside, watch TV, listen to music, play DSI)</li> <li><b>5. DO SOMETHING PHYSICAL</b> (run, yell ninja 3x, scream in a pillow, punch a mattress, ride a bike, rake leaves)</li> <li><b>6. CREATE SOMETHING</b> (paint, color, cook, bake, garden, play music)</li> </ol>			<p>People <b>need a chance to rehearse</b> healthy new responses when calm before they can implement them when they are in crisis or upset</p> <p>Talking about it as it relates to different situations, characters in books etc, <b>helps kids connect those situations to healthy coping strategies</b>, making it easier for them to remember them when they are upset too</p> <p>Ideally you do this through stories and games in fun times, as <b>kids learn best and most effectively through play</b> (when they are feeling calm, happy and safe)</p>
<p><b>ASK THEM HOW DIFFERENT EVENTS MAKE THEM FEEL</b></p>			<p>It usually <b>doesn't come naturally to do something in a different way</b>, so if they are not used to talking about feelings, <b>you will have to ask them (start the conversation)</b></p> <p>You may also have to <b>make educated guesses about how they might be feeling at first and ask them if that is right</b> (they may need help learning the language of emotions) ie. It looks like you are really upset right now- is that right?</p>
<p><b>CUE THEM TO HEALTHY COPING STRATEGIES when they are upset</b></p>			<p>Rehearsing helps make the new behavior more readily accessible, but it is still <b>difficult to try to do something new when you are already upset- they may need extra cueing and praise</b> for using healthy coping strategies in this context</p>
RULES			
<p><b>CLEAR HOUSE RULES</b> (ie. Do's/ Don'ts)</p>			<p>Preferably <b>posted somewhere very visible</b>, like the fridge or in the kitchen</p>
<p><b>CLEAR CONSEQUENCES FOR DESIRED BEHAVIORS</b> (preferably posted also)</p>			<p><b>Behavior changes quicker through reward than punishment!</b></p>
<p><b>CLEAR CONSEQUENCES FOR COMMON PROBLEM BEHAVIORS</b></p>			<p><b>Having an approach</b> makes it easier to keep a matter of fact tone and <b>be less reactive</b> when they come up (also post somewhere visible)</p>

<b>CONSISTENCY!!!!!!!</b>			<b>Behavior changes quickest when people get the same message every time!</b> <b>Predictability also lowers children's anxiety levels</b> , making them less likely to get easily upset
<b>EXPLICITLY CONNECT THEIR ACTIONS TO THE CONSEQUENCE</b>			Helps them connect their actions to consequences and see that they have <b>CHOICE</b> in the matter Also helps kids learn <b>accountability</b>
<b>USE LOGICAL OR NATURAL CONSEQUENCES</b>			This also <b>helps youth connect their actions to consequences</b> , do this whenever possible
<b>REQUIRE RESTITUTION</b> (where applicable) <ul style="list-style-type: none"> <li>- Letter of apology</li> <li>- Work chores</li> <li>- Pay back or replace damaged items</li> </ul>			In life, people often have residual fall out from mistakes, restitution <b>teaches kids to think of how they can make up for their mistakes to the affected people</b>  This is a <b>good social skill</b> to develop and helps <b>foster accountability and responsibility</b>
<b>CLEAR BOUNDARIES</b> between adult and child responsibilities			<b>Helps kids respect authority of parent</b> <b>Helps them feel safe</b> , because they have someone else to turn to if they need it who is in control (could fix whatever they need)  ie. Don't negotiate established rules or executive decisions Don't involve kids in adult matters like relationship issues or financial concerns Don't allow siblings to parent each other when not being explicitly left in charge for a specified time period (ie. babysitting)
<b>RELATIONSHIP BUILDING</b>			
<b>INDIVIDUAL DATE TIME</b> with kids <ul style="list-style-type: none"> <li>• Regularly scheduled</li> <li>• Emphasis on learning about them and sharing their interests</li> <li>• NOT WITHDRAWN AS PUNISHMENT OR USED AS A REWARD (this would send the message of conditional love)</li> </ul>			It is important that this be <b>child-directed</b> (ie, they choose the activity and lead it, focus on spending time with them, not teaching them to play fair or chop wood)  <b>Kids work harder to maintain positive relationships with parents than when they feel "written off" already</b>  <b>Extra 1:1 time can however be used as incentive</b> , but not date time (treat it as being sacred)
<b>FAMILY TIME</b> <ul style="list-style-type: none"> <li>• Regularly scheduled</li> <li>• Emphasis on spending time together and sharing each others' interests</li> <li>• NOT WITHDRAWN AS PUNISHMENT OR USED AS A REWARD (this would send the message of conditional love)</li> </ul>			<b>At least once every other week</b> , explicitly planned family date time, to build opportunities to have and build on positive relationships, and have family meetings  Consider <b>rotating who gets to choose the family time activity as a way to learn and share in each other's interests</b>  ie. Cooking, going to a playground, movie night, drumming, teach each other something
<b>MEAL TIME</b>			At least <b>3 x/ week</b> <b>Humans form extra connections through sharing food</b> An opportunity to <b>share about each others' day</b> (ie. Apples/ Onions aka <b>Best!</b> )

			<b>Worst)</b>
<b>FAMILY RITUALS</b>			<i>When distressed, people fall back to traditions or familiar rituals for comfort and to find the strength and courage to move forward.</i>  <b>Create your own family rituals</b> around special occasions, bedtime routines, family times etc as a source of resilience for your family in times of stress and comfort and happiness in times of calm