



POSITIVE PARENTING

What is Positive Parenting?

All parents want to raise kind, well behaved children. It can be so hard to know what to do as a parent to help shape your child, especially in response to problematic behaviour. There is a lot of information out there about various approaches to discipline.

There is more and more evidence that “Positive Parenting” is the approach that results in better outcomes in terms of the child’s behaviour, emotional growth, and mental health.

Positive discipline is guidance that teaches children appropriate behaviour rather than punishing them for inappropriate behaviour. The purpose of positive parenting is to foster independence and communication skills, along with children’s abilities to get along with others, manage feelings, solve problems, set goals, take responsibility for behaviour and ultimately become emotionally intelligent adults. The aim is never to shame or punish.

Practicing positive parenting can be difficult. It takes self reflection as a parent to recognize your own reactions and responses to your child’s behaviour. It requires educating yourself as a parent and creating a behaviour plan. Though it may seem like more work than traditional discipline (time outs, punishments), it is well worth it!

What are examples of Positive Parenting strategies?

“Connect and Redirect”

Before trying to correct behaviour, it is first important to connect with your child. You want to communicate comfort (get down to their level, give a loving touch or empathetic look), validate their feelings, listen to your child, and reflect back what you hear. By acknowledging a child’s emotions, you will validate what your child is feeling. It is important for children to feel heard. When your child is ready, you can then offer consistent discipline.

“Time In”

Time outs are a common strategy, but often they are implemented incorrectly or misused. They can be effective when used correctly in the right age and setting.

A positive parenting strategy is the use of “Time ins”, where parents sit and talk to their child about their feelings and behaviour in an age-appropriate way, or often just quietly be present until strong emotions have passed.

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How do I implement Positive Parenting?

You will need further resources to move forward with your Positive Parenting approach. Below are some helpful resources to consider:

Books

- “No Drama Discipline” by Dr. Daniel Siegel and Dr. Tine Payne Bryson
- “How to Talk So Kids Will Listen & Listen So Kids Will Talk” by Adele Faber and Elaine Mazlish
- “How to Talk So Little Kids will Listen - A Survival Guide to Life with Children Ages 2-7” by Joanna Faber and Julie King
- “Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic” by Mary Sheeny Kucinka
- “Raising Human Beings: Creating a Collaborative Partnership with Your Child” by Ross W. Greene

Websites

- <https://www.caringforkids.cps.ca>
 - Select “Behaviour & Parenting” for a variety of handouts
- <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>
- <https://www.triplep-parenting.ca/alb-en/triple-p/>
- <https://www.positiveparentingsolutions.com/parenting/best-parenting-books>
- <https://afineparent.com/positive-parenting-conference>
- <https://www.rebeccaeanes.com>

Local Resources for Parenting Support

- Find a Triple P Provider (<https://www.triplep-parenting.ca>)
 - Choose Find Help- Find a Provider
- Children’s Link (www.childrenslink.ca)
 - Click Community Resources and select Parenting Programs or Behaviour concerns for a variety of resources
- Family and Community Resource Centre (www.fcrc.albertahealthservices.ca)
 - Select “Resoucrues”, then “Information Prescriptions” and choose “Nurturing Parenting”