



LESSON 4

PARENT RESOURCE GUIDE

CONNECTEDNESS

REVIEW & FIRST STEPS

TOOLS FOR SUCCESS & PROGRESS CHECKS

SUPPLEMENTAL MATERIALS LIST



HOLISTIC
POSITIVE
PARENTING

LEARNING OBJECTIVES & FIRST STEPS FOR EACH MODULE

Connecting Through Play

Learning Objectives:

- Improve parent-child connectedness through play while also guiding and encouraging your child's intellectual, social, emotional, and physical development.
- Increase the time your child spends on enjoyable activities other than screen time and the amount of time they spend outside the house.

First Steps

1. Encourage children and teens to engage in activities of interest and avoid electronics.
2. Play with your babies and toddlers but also provide play materials for solo play.
3. Discuss and encourage older children and teens to engage in outdoor activities and group events.
4. Provide materials for creative play, hobbies, and physical activities based on interest.
5. Use the Special 20 tool to schedule daily fun time with each child.

Connecting Through Activities

Learning Objectives:

- Improve parent-child connectedness and positive parent-child relationship through fun activities.
- Increase family interaction through regular family activities at home and in the community.



LEARNING OBJECTIVES & FIRST STEPS FOR EACH MODULE

First Steps

1. Schedule a fun activity for each family meeting.
2. Look for opportunities to let them help you with a task, go on errands with you, or just hang out.
3. Engage in family outdoor activities such as going for a walk, bike ride, swim, etc.
4. Schedule Family Nights (Game, Movie or other).
5. Schedule family outings that are fun including exercise, educational, cultural, or community projects.

Connecting Through Reading

Learning Objective:

- Improve parent-child connectedness and your child's interest in and love of reading through reading to and with your child.

First Steps

1. Read bedtime stories to younger children.
2. Use some fun time for reading to younger children and with older children.
3. Visit your local library to find interesting books and participate in group activities.
4. Encourage older children and teens to keep a reading log.
5. Discuss books you and your children are reading during special time or at dinner.



TOOLS FOR SUCCESS

DIRECTIONS FOR USE



Problem Thinking Tools for Kids

The tool provides instructions for children on how to think more positively. Parents can use this tool to help children learn to handle negative thoughts by flipping them into positive thoughts. Parents, kids, and teens can use the section on gratitude to develop the habit of noting three things they are grateful for each day.

HOME

This is a suggestion for coming up with a family pact on how you want to support and enjoy each other. It could be discussed and reviewed at your regular family meetings. You can certainly use this as a model and come up with your own. The affirmations might be written on a card for review by family members when they want to improve the way they relate to others or how they want to develop their own success in life.

I Can Pledge

This is a suggestion for a pledge that all family members can make individually and to the whole family. It helps with motivation.

I Can Affirmations

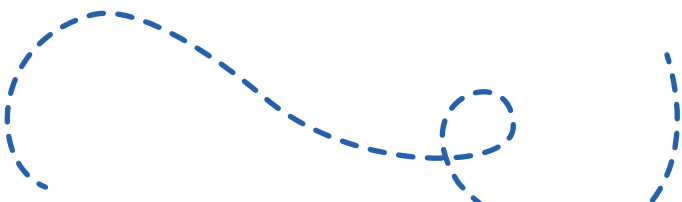
Encourage your child to select one of these affirmations or come up with one on their own, write down somewhere as a reminder and repeat it several times either silently or aloud several times per day. Encourage them to imagine behaving according to the affirmation.

Tools for Responding Appropriately to Behavior

Using Planned Ignoring and Attending provides simple directions on how to acknowledge and praise appropriate behavior and how to ignore inappropriate behavior. Example of Behaviors Worthy of Praise and Words of Praise and Encouragement serve as reminders of things parents should be "on the lookout for" to praise along with variety of statements of praise parents use to acknowledge appropriate behavior.

Children Can Use Problem Solving

This newsletter provided by Child Care Plus of Montana provides easy to follow steps on how to help children develop problem solving skills. The Brainstorm worksheet is an excellent tool to use at first when mutually problem solving with your children and hopefully later your child will be able to use it on their own. (Developed for teachers but can also be used at home).



TOOLS FOR SUCCESS

DIRECTIONS FOR USE

Family Problem Solving Contract

The tool provides instructions for children on how to think more positively. Parents can use this tool to help children learn to handle negative thoughts by flipping them into positive thoughts. Parents, kids, and teens can use the section on gratitude to develop the habit of noting three things they are grateful for each day.

This is a tool to help resolve problems between family members. It will usually apply for parent/child issues, but it could be used for parent/parent issues as well.

When you become aware of a repeated issue (such as not putting things away, sibling rivalry, not coming home on time, not sharing, etc.), you should wait for a time when everyone involved is calm and free to talk.

- Open the session using an “I message” and stating your concerns (describing the behavior and why it is a problem for you).
- Ask your child to share their point of view and invite them to share in a brainstorming session using the tools above to find a solution that would be okay with all.
- Decide on a solution to try and then write out the contract.
- Agree on a reward for meeting the terms of the contract. See the Reward Ideas and Teens bellow for some suggestions.
- Agree on a time to review progress and revise the plan if necessary or celebrate a solved problem and provide any agreed upon reward.

Things I Can Do When I Am Bored

If the problem is frequent or chronic boredom, “I’m bored there is nothing for me to do” the Things I Can Do When I Am Bored tool has proven to be very useful.

- Meet with your child and come up with activities for each of the categories.
- Post the list in their room. Then when your child comes to you complaining of boredom, ask them to go into their room and pick something off the list and do it.
- You can also say that if you can go the whole week without exhibiting the “I’m Bored” behavior they can earn a privilege on the weekend.

TOOLS FOR SUCCESS

DIRECTIONS FOR USE

The First Time Club

Younger children are notorious for not responding appropriately to requests. They may ask to do it later, refuse to do it, or agree to do it but not actually engage in the requested behavior. The First Time Club tool is an easy way to change the behavior.

- Get out a copy of the chart and discuss the problem, pointing recent incidents. Then tell them you would like to help them to learn to do things when they are asked.
- Then select a reward and complete the top portion of the chart. Decide on what mark or sticker should be placed in a square for following the rule.
- When the chart is filled provide the reward. After the chart is completed congratulate them and tell them they have learned to respond to requests just like grown-ups do at work.
- Occasionally praise them following the completion of the program for responding appropriately to requests.

Communication Obstacles and Alternative (Skills)

This is a useful tool for parents and kids to learn appropriate alternatives to inappropriate and/or non-productive communication skills. Both parents and kids should complete the Communication Check List. (Click on the link to download the questionnaire). Discuss the results and identify new strategies that will improve your interaction with each other.

Parents Help to Encourage Social Success at Home, Too

This tool is easy to use and provides information and suggests activities parents can do with children that will encourage the development of age-appropriate social skills. Social skills enable children to participate in successfully peer activities and relate appropriate with others in a wide variety of social situations. Helping Your Child Learn Appropriate Ways to Express Feelings and the How are you feeling? chart are useful in helping children to be able to understand how they are feeling and become aware of when and how to express feelings appropriately. Your Supplemental Materials List for this lesson provides links to other resources available to help children and teens develop social skills.

Click on this link to [DOWNLOAD TOOLS FOR SUCCESS](#) for this lesson



PROGRESS CHECK LIST



Steps & Notes	Date Started	Date Completed
Encourage children and teens to engage in activities of interest and avoid electronics.		
Play with your babies and toddlers but also provide play materials for solo play.		
Discuss and encourage older children and teens to engage in outdoor activities and group events.		
Provide materials for creative play, hobbies, and physical activities based on interest. Use the Special 20 tool to schedule daily fun time with each child. NOTES:		
Look for opportunities to let kids help you with a task, go on errands with you, or just hang out.		
Engage in family outdoor activities such as going for a walk, bike ride, swim, etc. Schedule Family Nights (Game, Movie or other). Schedule family outings that are fun including exercise, educational, cultural, or community projects. NOTES:		
Read bedtime stories to younger children.		
Use some fun time for reading to younger children and with older children.		
Visit your local library to find interesting books and participate in group activities.		
Encourage older children and teens to keep a reading log. [See Tools of Success]		
Discuss books you and your children are reading during special time or at dinner. NOTES:		

SUPPLEMENTAL MATERIALS

Free Downloadable Documents (PDF)

[Craft Ideas for Kids \(eBook\)](#) Provides ideas for parent/child craft projects for all age groups and interests. (Child Development Institute)

[Make the Most of Playtime](#) Provides information and suggestions for parent/child play time for infants and toddlers. (The Center on the Social and Emotional Foundations for Early Learning, Vanderbilt University.)

[Individual and Family Play Activities](#) Provides suggestions and directions for a wide range of activities for all age ranges. (Be Active Kids)

Internet Articles

[Special Playtime](#) Special playtime is a chance for you to focus on your child's good behaviors and build a strong, nurturing relationship. You can use the time to actively listen and practice praising, imitating, and describing your child's behavior. The more you practice the skills, the easier it is to use them in everyday situations. This is a guide for special time with toddlers and preschoolers. (Centers for Disease Control and Prevention)

[78 Parent Child Activities](#) You can either just print out the list below or you can download the document to make your own Activity Cards. If you use the Activity Cards, you can either select a card by interest or you can select randomly and let fate decide for you! It can make the whole process very exciting for the kids too. A lot of these activities are great to use at family gatherings too. Get everyone involved: mommy, daddy, grandma, grampa, uncles, aunts, cousins! The more the merrier! (Life Learning Today)

[60+ Family Tradition Ideas](#) You can incorporate some of these directly into your family or use them as inspiration for creating your own traditions. (The Art of Manliness)

[Reading Rockets: Launching Young Readers Reading Aloud with Children of All Ages](#)

Launching Young Readers is a public television series designed for teachers, parents, caregivers, and anyone else interested in helping children learn to read. Based on the latest research findings, the series consists of 30-minute television programs that explore the stages of reading that every child goes through. The programs feature the country's top reading experts, look at different reading strategies, provide practical advice for parents, and interweave the personal stories of children, families, and teachers. (PBS)

[20 Chapter Books to Read Aloud with Your Kids](#)

Provides suggestions for books to read aloud as your children grow. (Medium)

SUPPLEMENTAL MATERIALS

Books

[Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence](#)

Have you ever stepped back to watch what really goes on when your children play? As psychologist Lawrence J. Cohen points out, play is children's way of exploring the world, communicating deep feelings, getting close to those they care about, working through stressful situations, and simply blowing off steam. That's why "playful parenting" is so important and so successful in building strong, close bonds between parents and children.

[101 Kids Activities That Are the Bestest, Funnest Ever!:](#)

[The Entertainment Solution for Parents, Relatives & Babysitters!](#)

Whether your kid is 3, 5 or 12 years old, there are hundreds of fun, educational and engaging things to do in this book. When they ask to watch television, you'll have the perfect solution. 101 Kids Activities That Are the Bestest, Funnest Ever! has time-tested, exciting activities to keep your children laughing and learning for the whole day, every day.

[131 Connecting Conversations for Parents and Teens: How to build a lifelong bond with your teen! \(Creative Conversation Starters\)](#)

Parents and teens are often disconnected and at odds with one another. Fortunately, this doesn't have to be the case. In 131 Connecting Conversations for parents and Teens, parents will discover why proactively connecting with their teenager matters, and how connecting equips teens and tweens to live healthier, happier, more joy-filled lives.

[Memory-Making Mom: Building Traditions That Breathe Life into Your Home](#)

What's the solution to gaining the balanced, meaningful life you desire with your family? Create traditions that bring joy and significance. Popular "Smarter Each Day" blogger and mom of three, Jessica Smartt explains why memory-making is the puzzle piece that today's families are longing for. She highlights the tradition-gifts kids need most with 300+.

