



Parenting for Positive Behavior

CONCERN: EMPLOYEE ASSISTANCE PROGRAM

A Benefit for Employees and Families



CONCERN:EAP



CONCERN: EAP Services

- Work/Life Benefits
 - Parenting and Childcare Resources
 - Eldercare Services
 - Financial Counseling
 - Legal Consultations
- Short Term Counseling 1-8 visits per issue per 12-month period
- Free Confidential – 24/7 800 number answered “live”



Getting Started

- Call for an appointment 6:30 AM to 5:00 PM (Pacific Time) Monday through Friday
- In crisis situations, call 24/7 for immediate telephone support
- For more information
 - Ask your HR/Benefits Department
 - www.concern-eap.com
 - Call CONCERN at (800) 344-4222





Parenting for Positive Behavior

Seminar Topics



- **How parents can identify and meet the needs of children**
- **Self-esteem and self confidence**
- **The difference between punishment and discipline**
- **How to use discipline to encourage good behavior**

Encourage Children



- **Praise your child for doing a good job**
- **Expect success**
- **Notice the effort children make**
- **Stop on a high note**
- **Avoid name calling**
- **Focus on solutions**
- **Separate the deed from the doer**
- **Listen**
- **Don't compare**



Healthy Self-Esteem Decisions



- **Parents believe children are capable**
- **Children are allowed to contribute**
- **Children influence decisions**



Unhealthy Self-Esteem Decisions



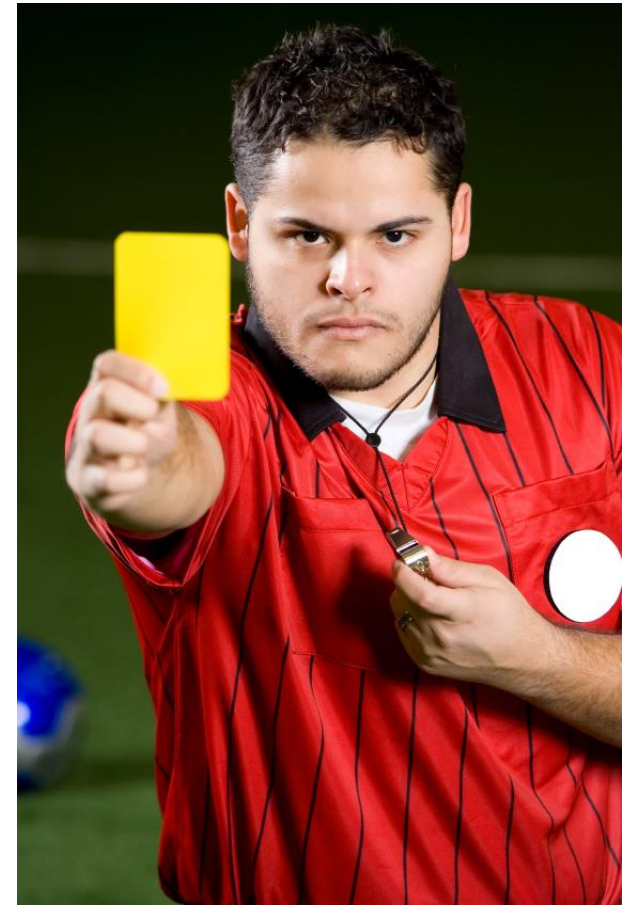
- **Need to change**
- **Parents do too much**



Goals of Punishment



- **To regain control**
- **To establish your authority**
- **To force children to do what you want them to do**
- **To stop unwanted behavior**



Goals of Discipline



- **To teach socially acceptable behavior**
- **To teach children to solve problems and to make good choices**
- **To develop conscience**
- **To encourage self-discipline**
- **To enhance self-esteem**
- **To establish limits and to teach children to live with the consequences of their actions.**

Effective Discipline – A Proactive Approach



- **Plan ahead – back up words with actions**
- **Set routine and structure**
- **Express clear expectations**
- **Make eye contact**
- **Practice staying calm**



Effective Discipline – Teach Acceptable Behavior



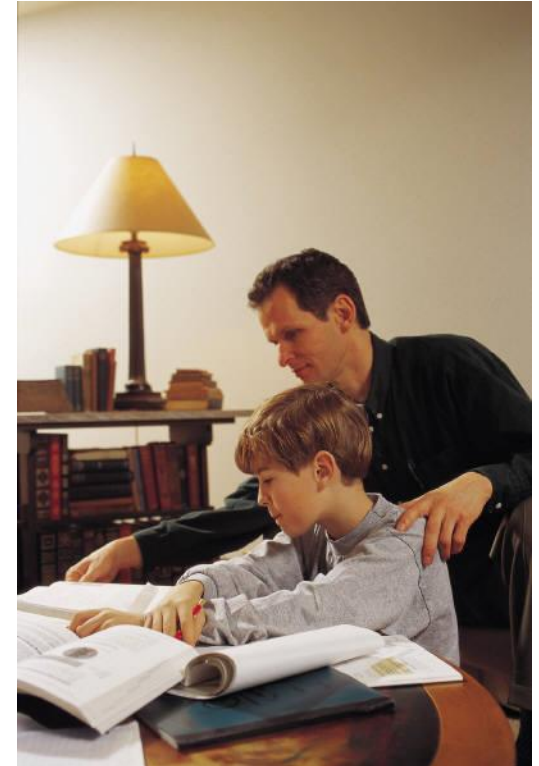
- **Give alternatives**
- **Be consistent – repeat expectations often**
- **Have consistent rules**
- **Include children in problem solving**
- **Have children repeat agreements back to you**



Methods of Handling Misbehavior



- **Assertive Communication**
- **Positive Reinforcement**
- **Logical Consequences**
- **Negative Consequences**
- **Parental Involvement**
- **Patience and Consistency**
- **Role Modeling**



12 Keys to Effective Parenting



- Provide love, affection and concern
- Help build self-esteem
- Respect children
- Accept and show approval
- Understand discipline techniques
- Set clear & reasonable expectations
- Be consistent
- Set strict and firm limits

