

The Formula for Effective Parenting

On a scale of 1 to 10, rate yourself on the following skills. 10 is the highest

1. Both parents, together, create an effective, cooperative parenting team that is in agreement on all aspects of your co-parenting. -----
2. With your child, create a loving, attuned relationship with warm, open communication and fair limits that are understandable to the child. -----
3. Have a clearly written and posted set of parental guideline. Along with the guidelines, create a list of fair, doable consequences and positive rewards for adherence to the rules. -----
4. Use positive noticing and positive parental involvement to encourage and reinforce your child's initiative, industry and compliance. -----
5. Be consistent . Consistency in your follow through creates the structure, predictability and safety that children need. -----
6. Place the emphasis on your child's positive behaviors rather than his or her negative behavior. Practice catching your child being good. Remember that any behaviors you reinforce, with any kind of attention, will increase. -----
7. Use games, athletics, family night play and individual parent-child time to provide continuous, positive connection between parents and children. -----
8. Do not personalize or become defensive over your teen's increasing need for privacy, autonomy and his/her reaching out to peer groups more than to family. Deal effectively by remaining calm, warm, supportive, and by encouraging communication and family connection. -----
9. Have good communication:
 - Practice active listening, that is, listen, empathize, then reflect back what was said. Rather than giving your child the solution, help him/her find the solution that will work for both you and your child. -----
 - Try to help your child understand that when "no means no" and there is very little compromise, it is not a punishment but rather a necessary attempt to provide safety. -----
 - Know your triggers and know how to stay calm in the face of conflict. Talk to your child in a calm, respectful and "reasoned" manner. Remember, The way you relate to him or her is ultimately the way he or she will learn to relate to you. -----
10. Know there is a higher power, that wishes peace, love, harmony and joy to prevail in your home. -----

Total