

**Antelope Springs  
Advanced Parenting  
Session 2**

*“In the last decade or so, science has discovered a tremendous amount about the role that emotions play in our lives. Researchers have found that even more than IQ, your emotional awareness and ability to handle feelings will determine your success and happiness in all walks of life, including family relationships.”*

Gottman

**Agenda**

1. Review of last week’s overview/guidelines, take the Adlerian Priorities test
2. **Gottman chapter one; “Emotion Coaching”**
  - a. Good parenting involves emotion coaching
  - b. Three types of parents fail to emotion coach, Dismissing, Disapproving, Laissez-Faire
  - c. Emotion coaching has 5 steps;
    1. Become aware of the child’s emotion
    2. Recognize the emotion as an opportunity for intimacy and teaching
    3. Listen empathetically, validating the child’s feelings
    4. Help the child to find words to label the emotion he is having
    5. Set limits while exploring strategies to solve the problem at hand
  - d. Effects of emotion coaching (see page 25 - 26 in Gottman)
  - e. How emotion coaching was discovered. (pgs 35 – 38 Gottman)
3. **Dinkmeyer/McKay chapter one;**  
**“They don’t come with a manual, making sense out of children’s behavior.”**
  - a. How expectations influence behavior
  - b. Heredity, environment, and self-concept
  - c. Understanding behavior – basic assumptions
    1. Look at patterns/meaning, the overall “whole” of the behavior
    2. Behavior is goal directed and purposeful
    3. The way a child seeks to be known reveals his self-image
    4. All behavior has social meaning.  
(all behavior is useful to the child, look at context)
    5. Each child (all of us)  
has the creative capacity to make biased interpretations based on her perceptions.
    6. The basic need is to “actualize human potential”.
      - a. to be loved and accepted
      - b. to be secure and relatively free from threat
      - c. to belong, to identify as part of a group
      - d. to be approved and recognized for the way he functions (unique)
      - e. to move toward independence, responsibility and decision making
  - d. Family influences
    1. Family atmosphere
    2. Birth Order

### 3. Methods of training

#### **Advanced Parenting**

#### General Principles for Effective Parenting

Dinkmeyer

*“Do you want to open a beauty shop? Get a license. Do you want to build houses? Get a license. Do you want to be a doctor, a lawyer? Get a license. Want to be a parent? Well, you guessed it. You don’t need a license! We want our hair to look right, we want our houses to stand up, and certainly we want good medical care, and if we need a lawyer, we want someone with proven competence. If you want to be a parent, though all you need is biology – right? True, but becoming an effective parent – now that’s a different story.”*

1. The parent **understands the child and the purpose of his behavior**
2. The relationship between the parent and child is one of **mutual respect**.
3. Parents are **both firm and kind** – the firmness indicating respect for self and the kindness indicating respect for the child.
4. The child should be **valued as he or she IS**. Assets and strengths are discovered, valued, and emphasized. Parents spend more time discovering than correcting. **“AT LEAST ONE POSITIVE STATEMENT PER DAY”**. . . is a good motto.
5. **Parents learn to have courage to live with their own inadequacies**. They accept themselves as well as their children.
6. Parents learn to **ACT MORE and TALK LESS**. Natural and logical consequences that teach a respect for order replace reward and punishment.
7. If a poor or ineffectual relationship exists, parents must have the patience and take the time to make corrective efforts. Developing human relationships that are mutually satisfying requires awareness and time, but it is most often worth the effort.

**Advanced Parenting**  
Families in Transition  
Glenn/Nelson Chapter One

*“Today we find that far too many American children at the onset of puberty face an incredible “smorgasbord” of opportunities with a deficiency in capabilities. Self-confidence, self-validation, self-discipline, good judgment, and a sense of responsibility are all lacking, and our children find themselves incapable of carving out assets for themselves and ill equipped to take advantage of the opportunities.”*

1. After WWII life changed drastically, with America’s growing affluence self indulgence was encouraged. *“They did not realize that their hardships helped them build courage, character and strength and that by giving their children too much with too little effort on their part, their children did not have the opportunity to build the same qualities.”*
2. Passing Values: *“parents are too busy to give their children time, so they give them things, such as their own TVs, cars, designer clothes, and a large allowance to spend on CDs, movies, and junk food.”*
3. The Birth of Television: *“In less than thirty years, we have gone from a society with a surplus of significant communication among the generations, to a society in which that kind of significant interaction is the rare exception.”*
4. Hospitals and schools in crisis.
5. The Overall Impact: *“These changes have been so dramatic and so rapid that typical family patterns have been unable to accommodate them; hence, traditional child rearing practices no longer adequately meet the needs of a majority of young people.”*

Homework:

1. Read chapter 2 in each book.
2. Write a 1-3 page paper on how your Adlerian Lifestyles Priorities Scale scores impact or influence your parenting style. Please be concrete, specific and detailed in how that occurs. Include benefits and liabilities.
3. Begin an awareness journal where you note thoughts, epiphanies, changes in your awareness about WHO you are in your interactions with your children and others.

Advanced Parenting  
Session 2  
Group work

1. From the Adlerian Lifestyle Priorities Test given in class tonight, discuss your scores, specifically what strengths you might have in your parenting approach that are reflected in the scores.
2. Talk with your group about problems you might encounter because of your scores.
3. Discuss the 3 basic types of parenting, according to Gottman. What type do you believe that you are? Why? What type of parenting did your parents use? How did that impact you? List advantages and disadvantages to how you currently parent.
4. In the Glenn/Nelson book the following statement is made: *“In less than thirty years, we have gone from a society with a surplus of significant communication among the generations, to a society in which that kind of significant interaction is the rare exception.”* What do you think this quote means? Talk about your experience concerning “significant interactions”. When or does that happen for you? With what people? Who would you like to have a more significant interaction with? Are you capable of having that level of conversation? Why do you believe that?