Antelope Springs  
Basic Parenting  
Session 3  

Agenda  
1. Review and finish discussion re:  
 a. 3 basic styles of parenting (permissive, autocratic, democratic)  
 b. What 5 things can influence behavior? (temperament, heredity, environment, age/stage, gender roles)  
 c. ABCD Goals of misbehavior (Attention, Boss, Counterhurt, Disabled)  
 d. Discouragement/pampering = basic needs not being met?  
2. Where are you at now?  
 a. Assessing your parenting style (Parenting Styles Quiz)  
 b. Erickson’s Stages of Development  
 c. Parenting enrichment plan (write a 1 page goal oriented plan)  
3. Where beliefs & feelings come from.  
 a. What is important in the family (family “rules”, values)  
 b. The child’s birth order  
 c. What the parents say and do (modeling example)  
 d. The style of parenting  
4. Further understanding beliefs and feelings  
 a. Ellis’s paradigm (ABCD)  
 b. Changing beliefs  
 c. Reframing, “ascribing noble intention”  
 d. Understanding your child’s belief system.  

ERICKSON'S STAGES OF DEVELOPMENT  

<table>
<thead>
<tr>
<th>Conflict</th>
<th>Age</th>
<th>Resolution</th>
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</thead>
<tbody>
<tr>
<td>1. BASIC TRUST VS MISTRUST</td>
<td>0-18 MONTHS</td>
<td>HOPE</td>
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<tr>
<td>2. AUTONOMY VS SHAME/SELF DOUBT</td>
<td>18-36 MONTHS</td>
<td>WILL</td>
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<tr>
<td>3. INITIATIVE VS GUILT</td>
<td>3-7 YRS</td>
<td>PURPOSE</td>
</tr>
<tr>
<td>4. MASTERY VS INFERIORITY</td>
<td>7-12</td>
<td>COMPETENCE</td>
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<tr>
<td>5. IDENTITY VS IDENTITY CONFUSION</td>
<td>12-18</td>
<td>FIDELITY</td>
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<tr>
<td>6. INTIMACY VS ISOLATION</td>
<td>18-30</td>
<td>LOVE</td>
</tr>
<tr>
<td>7. GENERATIVITY VS STAGNATION</td>
<td>30-60</td>
<td>CARE</td>
</tr>
<tr>
<td>8. EGO INTEGRITY VS DESPAIR</td>
<td>60-death</td>
<td>WISDOM</td>
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</tbody>
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Lack of hope in my life suggests...  
Lack of will in my life suggests...  
Lack of purpose in my life suggests...  
Lack of competence in my life suggests...  
Lack of fidelity/being trustworthy in my life suggests...  
Lack of love for myself and others in my life suggests...  
Lack of caring for myself and others in my life suggests...  
Lack of wisdom in my life suggests...
Homework Study Questions

Looking at the handouts about life stages, please answer the following;

1. What do you find that is unresolved in your own development?
2. What steps might you take to resolve the issue and more effectively meet your own needs?
3. Using available resources, what structures or processes might you use to move through the issues in development that you need to address?
4. Looking at your needs, describe the type of "parent figure" that you need in your life right now.
5. What do you need to do to treat yourself that way, and who can assist you in reinforcing that type of parenting?
6. Looking at the list of conflicts and age stages, where are your children in resolving issues related to their stage/age?
7. What types of things do you do that enhance/help their resolution? What do you do that tends to get “in the way” of your children resolving their conflict?

I have come to a frightening conclusion. I am the decisive element in the home. It is my personal approach that creates the climate. It is my daily mood that makes the weather. As a parent I possess tremendous power to make a child’s life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or humor, hurt or heal. In all situations it is my response that decides whether a crisis will be escalated or de-escalated, and a child humanized or de-humanized.

Adapted from Dr. Hiam Ginott
“Between Teacher and Child”
Review and Study Questions for Session 2

1. The most effective way to figure out the child’s goal when they misbehave is to ask them. T  F   Why or why not?

2. If you focus on the child’s behavior as a way to understand their goal you will most likely figure it out quickly. T  F   Why or why not?

3. The most effective way to help understand the goal of misbehavior is to look at _______  __________.

4. Name the four basic goals of misbehavior.

5. Now list the embedded goal or need behind each of those four goals.

6. Name the three basic parenting styles. Which one did your father do most often? Your mother? What style do you predominately use? What are the pros and cons of how you do that?

7. If we ask respectfully, most often a child/youth will tell us why they misbehave. T  F

8. The main difference between conscious and intentional versus subconscious and intentional is?

9. Some of the most effective responses to misbehavior are? (list at least 2)

10. What are the unmet needs behind your misbehavior?