

**Antelope Springs
Basic Parenting Class
Session 5**

1. Review:
 - a. 4 goals of misbehavior
 - b. Thinking = feelings (Ellis Paradigm and changing old thought patterns)
 - c. Birth Order Exercise
2. What is Self - Esteem?
 - a. **Self esteem vs. Ego Esteem** (read The Self Esteem Workbook by Schiraldi)
 - b. Competition and cooperation (read No Contest by Alfie Kohn)
3. How can I encourage my child?
 - a. Love and accept your child (do you want to be “close” or “right”?)
 - b. Notice effort
 - c. Appreciate your child
 - d. Have faith in your child
4. **Differences between Praise and Encouragement**
 - a. Praise is a reward for behavior that we want/like in the child
 - b. Encouragement is a gift, not necessarily tied to any behavior
 - c. **Praise uses words that judge**; “You are really smart”
 - d. **Encouragement uses words that notice feelings**: “You look excited”
“I really love you”, “I feel safe around you”, “You seem sad”, etc.
 - e. **Encouragement uses words that show preference**: “I love how that shirt looks with your eye color” instead of, “that shirt looks great on you!”
5. Using the language of Encouragement (read The Skills of Encouragement by Dinkmeyer and Losconcy)
 - a. Focus on feelings as much as possible, not performance
 - b. **Learn to validate** (Read Harville Hendrix, Giving The Love That Heals, especially section on listening/validating)
 - c. Notice and acknowledge effort
 - d. Teach respect
 - e. See the positive side (reframe)

f. Celebrate differences as much as possible

Losconcy suggests that encouragement involves inviting people to correct two basic mistakes in the way they look at life. . . He wrote:

“Much discouragement is the result of two basic mistaken beliefs about self, others and life. The first error is the failure of people to face and accept reality as it is. The second major mistake is the failure of people to realize all of the possible alternatives still available to them once they face and accept that reality.

Discouragement occurs when people fail to overcome one or both of these errors. The unwillingness of people to accept reality as it is results from a superiority complex. The second mistake that hinders human happiness is the unwillingness of people to realize all of the possible alternatives still available to them once they face and accept that reality. When people make that mistake they become overwhelmed by the universal reality, giving it too much credit and blame. These people are unaware of their life possibilities and feel hopeless and helpless. They are passive victims to what they see as the powerful forces of life and other people.

Either mistake of underplaying or overplaying the importance of reality results in discouragement. The process of overcoming both of these discouraging beliefs is perhaps the most important road to the courageous life. Yet it is perhaps the most complicated task of life because many of us continue to go on making error #1, disrespecting reality, or error #2, disrespecting ourselves.”

6. Encouraging yourself

- a. Be patient
- b. Realistic goals
- c. Use positive self-talk
- d. Be healthy (food, exercise, sleep, etc)
- e. Have the courage to be imperfect
- f. Nurture yourself

Encouragement Skills and Concepts
Book list

*"The lesson of spiritual practice is not about gaining knowledge, but about how we
love"*
Kornfield

<u>Book Title</u>	<u>Author(s)</u>
The Skills of Encouragement	Dinkmeyer and Losoncy
How You Feel is Up to You	McKay and Dinkmeyer
Punished By Rewards	Kohn
Brighter Side of Human Nature	Kohn
No Contest	Kohn
Emotional Intelligence	Goleman
Social Intelligence	Goleman
The Self Esteem Workbook	Schiraldi
A General Theory of Love	Thomas;Amini, Fari;Lannon, Richard Lewis
Parenting Young Children	Dinkmeyer and Mckay
Raising a Responsible Child	McKay and Dinkmeyer
The Parent's Handbook	Dinkmeyer and McKay
Encouraging Children to Learn	Dreikurs and Dinkmeyer
Understanding Human Nature	Adler
After the Ecstasy, the Laundry	Kornfield
What Happy People Know	Baker
The Buddha's Brain	Hanson
They Happiness Hypothesis	Haidt
NurtureShock	Bronson & Merryman

Keys to Help Your Children Perceive That You Love Them

*“For one human being to love another, that is perhaps the most difficult of all our tasks,
the ultimate, the last test and proof, the work for which all other work is but preparation”*

Rainer Maria Rilke

1. Show actions that let the child know that you really care for them. Talk, kiss, hug, give, listen, tell, feed, touch, in short do something **that is visible**. Love that is unexpressed is relatively useless. Keep in mind that different age/stages and personalities respond to different expressions of love. Get to know your child’s love maps.
2. Be very careful how you choose to motivate your child... Are you trustworthy or manipulative? Children and youth are very intuitive about whether we have other (hidden) agendas as we interact with them.
3. Be aware that **timing is essential** in dealing with children and even more so with teens. What you do at one time, might not be appropriate at another time.
4. Consider all options and choices in your behavior, **become much more proactive and less reactive**. Are you arbitrary or flexible? Can you be adaptable to changing circumstances or are you more locked in to specific ways of reacting?
5. Understand that **your child knows who benefits from each interaction**, more than you may give them credit for. Work always toward a WIN/WIN interaction and relationship.
6. Under gird all of the above with **respect and patience**. Remember you can say almost anything that you want/need to say if it’s done with respect.

Remember that the only evaluation that counts is **how your children perceive** you’re feeling toward them. Whether you believe that you are a loving, kind parent may have little to do with your impact upon the child. Are you respectful to your children, do you treat them with dignity and kindness?

A Few Encouragement Techniques

1. **Date Night**... spend one evening with one child, doing what they choose within your parameters. Rotate with all your children. One on one is the key to success for this activity.

2. **Nights Up**... each child can stay up as late as they want one night per week. (pre-arranged) This stays in effect as long as they are up the next day and do not miss school, chores, etc. You may stay up with them, or you may go to bed. No friends over, no leaving the house, and other guides as you see fitting.

3. **Talk Time**... one half hour per youth, per week that you talk, one on one, with your children. This is not the Spanish Inquisition!! You are not interviewing them, but you are talking with them, and are open to feedback from them. Ask them how you are doing as a parent, etc.

4. **Garbage Jar**...place a jar with a notepad and pen next to it. Challenge all family members to write down the differences/arguments/quarrels that they are having and then process it during family meeting.

5. **Cultural Exchange Night**... meet with your youth/child and plan an evening to listen to some of the music they like, and then some that you like. Either take turns with songs, or time limit each round. Talk about why you like the music, **DO NOT BE SARCASTIC OR DEGRADING IN ANY WAY.** The key to working with youth, especially teens is to **show respect.** Look for sometime that you can appreciate in the music. (This may also work for food, books, types of recreation, etc.)

STEPS TO SELF- ENCOURAGEMENT

Remember that **when we are discouraged, our objectivity goes down and we tend to "trip on our pain"**. Our perceptions of the world around us change dramatically as we become discouraged, and in the extreme we can feel hopeless and helpless because of the shift in our perceptions. The following techniques can help pull us out of discouragement and enhance well-being.

1. Establish a SAFETY MAP:

Take the time to construct, on poster board a strategy map that includes the following 4 items; 1) activities, 2) specific people, 3) certain places, 4) times that are enhancing to you. (For example; you might have listed on your safety map, under "Places", a favorite place in Snow's Canyon that seems to invigorate and rejuvenate you.)

2. Construct a NEEDS MAP:

This can be an outgrowth of the Safety Map exercise. On a piece of poster board list, the basic needs that you feel are important to you. (examples might be; physical needs, intellectual, spiritual, friendship, recreational, etc...) Now under each one of the headings list the people, places, activities or times that help you FULFILL that need.

3. Make and Use a RED FLAG LIST:

This is technique that can be really powerful, and works well because it involves prevention at an early stage. The way it works is very simple. You take the time to decide how you start to feel and act when you FIRST start feeling discouraged. Some examples might be; skipping work, not returning phone calls, swearing, fighting with specific others, greater intake of food or alcohol, etc... After you have listed at least 10 of those "red flags" on paper you post that paper, either on the bathroom mirror or refrigerator door. A daily reading will result in some phenomenal changes in your life.

4. Set aside some TIME weekly to do NOTHING:

Our society values activity so much that we have lost perspective of the value of incubating, or emotionally resting. Even sleep times have been reduced to the bare minimum for most of us. The need for "down time" is just as great for mental wellness as the need for sleep is. Take a 3 hour period to do nothing. It will be much harder than you would guess. NO reading, sleeping, or other activities... this is time to do nothing. Good Luck!!

5. Oases of Pleasant Thoughts:

This technique involves positive visualization, or taking a few moments every hour or so to just think and image positive, pleasant thoughts. You might think of a particular person, hobby, experience, or place. Close your eyes and actually be there. Smell the smells, hear the sounds, and see the images. You will be amazed as you feel those positive feelings. It is like a little oasis of Peace.