

Positive Parenting



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Kids, you can't live with them...you can't live without them!

Being a parent is arguably the toughest task one will ever undertake. However, it can also be very fulfilling, exciting and rewarding. In a world where we are continuously being bombarded with media and technology, we at times, can feel bombarded by our own parental responsibilities.

All parents need a little advice every now and then. Effective parenting today may differ from the way we were raised as children. Society has changed: It has become a fast-paced, multicultural, democratic society. The need to prepare our children for adulthood in this dynamic world has modified the way parents approach the most important of roles.

There are different types of parenting styles: authoritarian, permissive, or assertive. As Supernanny Jo Frost teaches us, an authoritarian parent lays down too many laws, diluting the power of his or her word. A permissive parent, on the other hand, lays

down too few, undermining his or her own authority and leaving the child with too much wiggle room. An assertive parent floats in the middle, teaching the child who is boss, while letting the child make his or her own decisions when appropriate. Understanding the discrepancies between these can mean the difference between a child that is overly submissive or dangerously rebellious. The optimal product, of course, is a child who grows up with a strong sense of self-esteem, able to confront and manoeuvre smoothly within society's challenges.

As parents, we are not only there to provide food, shelter and clothing, but we are also there to help build courage, responsibility, mutual respect, cooperativeness- all things which contribute to an independence that will help our children thrive and survive in their adult life.

As parents, it is our duty to adopt effective parenting styles, discipline strategies, and communication to encourage independence and responsibility in our children.

It is imperative that parents develop a positive approach to parenting that is simple, easy to understand and applicable in any situation. Prepare your children to act appropriately in different situations, and to be confident in their self worth. A child's self worth is crucial and means they believe in themselves, and know they have their parents' unconditional love and support.

*As the saying goes,
“Kids don't care about
how much you know
until they know how
much you care”.*

Learn to guide your children by teaching and not punishing. Learn to let them know that you care about them and their feelings. Why is this important? Because if our children know that we care about their feelings, they are more likely to care about what we think.

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Your parenting years are

filled with changes and challenges...but they are also the most gratifying. Positive Parenting is dedicated to providing resources and information to help make parenting more rewarding, effective and fun!



Some tips for positive parenting:

Manage yourself BEFORE you manage your kids. If you are stressed, tired, or irritable, your chances of positively handling a difficult situation with your kids is far less than if you are calm, relaxed and rested. Take some selfish time out for yourself everyday to recharge your batteries. This selfish act may be the most generous thing you could do for your family because it helps keep you calm and therefore makes you much more fun to be around.

Connect Daily. Don't wait for special occasion to spend fun family time together. Kids shouldn't have to wait until they do something wrong to get some undivided attention from you. Activities that allow for conversation help you connect. Even a few minutes will do wonders for your relationship.

Role Reversal. Let the kids be the parents for one day. Let them prepare the meals, decide on activities and organize the family schedule. You would be surprised by how much stricter and more disciplined kids are when they get to have the responsibility of a leadership role!

Be consistent. Keep a regular schedule of meals, naps and bedtimes. Consistency and predictability is the key

with kids because they need a sense of security and a clear sense of limits. Never let little irritants build up to the point that one more little thing might make you explode. If they get away with something on one day, but get punished for some lesser crime the next, they will be left wondering what the rules are. The punishment should always fit the crime and be consistent from day to day.

Criticize the behaviour, not the child. When your child makes a mistake, don't say, "You were bad." Instead, explain what the child did wrong. For example, say: "Running into the street without looking isn't safe." Then tell the child what to do instead: "First, look both ways for cars."

Praise your children. Praise is like fuel for your kids and they crave it (Adults are really no different in this respect!). When your children learn something new or behave well, tell them you're proud of them. All too often, kids only get our feedback when they are doing something wrong. Get into the habit of saying things like, "I like the way you kids are getting along and playing quietly", rather than "Stop that fighting!"