



# Handouts for Tarbiyat Program

<https://happymoms.pk>

## Session 5:

### 1. The Not So Perfect Parent

Here are some tips to help you forget about being the perfect parent:

**Model:** Become the person you hope your children will become. If you want your children to use manners, use yours



**Make mistakes:** If you never make mistakes, start making them on purpose so your children can hear you say, "Whoops, I made a mistake. Another opportunity to learn."

Oopss



**Be accountable:**

Teach your children that it is safe to be accountable without fear of punishment. Be aware of and acknowledge your part in conflicts



**Self-control:** Work on controlling your own behavior if you hope your children will learn to control theirs. Take deep breaths. Count to ten. Go to your positive time-out.



Just go with the flow and keep working for improvement!

## 2. Review of Asking Vs. Telling

Activity during the session for Ask vs Tell. Check your "Characteristics and Life Skills" list again to see what you were learning (while role playing the child) from the statements of the Asking Parent and the Telling Parent.

### Tips

**Tone of voice:** Curiosity questions are not effective if your tone of voice is not friendly.

**Curiosity:** It doesn't work if you expect your child to give you the answer you have in mind. You have to be interested in what your child thinks.

### 3. Creating Connection through Closeness and Trust

You have learned that belonging (connection) and significance (contribution) are the primary goals of children. Making sure the message of love gets through is one of the best ways to create connection and inspire contribution.

There are different ways to show love to your children, some of them are:

1. **Take time to get eye level with your child.**
2. **Listen first, talk last.**
3. **Validate your child's feelings without rescuing or fixing.**
4. **Be supportive when allowing children to experience the consequences of their choices (but don't impose consequences on them).**
5. **Allow for a cooling off period and then focus on solutions.**
6. **Hugs**

Positive Discipline tools don't work until children feel belonging and significance (Connection and Contribution). Make sure the message of love gets through. **Create a connection before correction.**

### 4. Encouragement Vs Praise

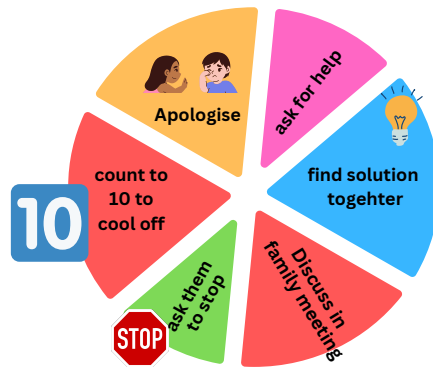
Praise, like candy, can be enjoyable on occasion. Encouragement, however, should be the staple that you give to yourself and your family every day. Encouragement allows your children to see themselves as being capable, contributing members of the family and society.

Praise feeds the the tip of the iceberg (good behavior), but does not reach below the surface (the need to belong and feel significant). Every child wants to hear, "I'm so proud of you," once in awhile. As Dreikurs said, "Praise, necessary as it is, must be used with caution or it may lead to a dependency on approval. Overdone, it promotes insecurity, as the child becomes frightened at the prospect of not being able to live up to expectations." Encouragement helps children develop a belief in their personal significance and capability.



## 5. Wheel of Choice

It is important that children are involved in the creation of their Wheel of Choice. Involvement enhances feelings of belonging, significance, and capability. Involvement also increases motivation to use what has been created. Create a wheel of choice with your children, as explained during the session.



## 6. Don't talk back

Remember the promise made in the first lesson that you can use behavior challenges to teach valuable social and life skills. The challenge of back-talk provides another example.

Imagine your child back-talking to you by saying, "I don't have to." Perhaps you have a

\_\_\_\_\_

Then write about how you might "back talk

back?"

\_\_\_\_\_

What else could you say



### Thoughts to Ponder

1. What are you modeling for your child when you back talk back?
2. Are you expecting your child to control his or her behavior when you don't control your own?
3. What is your child learning from your example?

## 7. Parenting tool cards

There are not any parenting tools that work every time for every child. That's why you need many of them.

### Understand the Brain



**When people are upset, they access the fight/flight part of their brains.**

- 1) Do not try to solve a problem when you or your child are upset.
- 2) Wait until after a cooling off period (positive time-out) when you can both access your rational brains.
- 3) Putting the problem on the family meeting agenda allows time to calm down and access the rational part of your brain.

[www.happymoms.pk](http://www.happymoms.pk)



### Winning Cooperation



**Children feel encouraged when you understand and respect their point of view**

- 1) Express understanding for the child's thoughts and feelings.
- 2) Show empathy without condoning.
- 3) Share a time when you have felt or behaved similarly.
- 4) Share your thoughts and feelings. (Children listen to you AFTER they feel listened to.)
- 5) Focus on solutions together

[www.happymoms.pk](http://www.happymoms.pk)



### Wheel of Choice



**Using the Wheel of Choice is one way to teach problem solving.**

- 1) Brainstorm (with your children) a list of possible solutions to everyday conflicts or problems.
- 2) On a pie shaped chart write one solution in each section and let children draw illustrations or symbols.
- 3) When there is a conflict, suggest the children use the wheel of choice to find a solution that will solve the problem.

[www.happymoms.pk](http://www.happymoms.pk)



### Small Steps



**Break tasks down to allow children to experience success.**

- Example - A preschooler struggles to write his or her name:
- 1) Model correct pencil grip.
  - 2) Work on one letter at a time. You do one and then let your child do one.
  - 3) Teach the skill but don't do the work for him or her.
  - 4) Children give up the belief that they can't when they achieve small steps.

[www.happymoms.pk](http://www.happymoms.pk)



### Limit Screen Time



**Screen time is addictive and interferes with relationships.**

- 1) For young children, be careful about using the TV as a babysitter.
- 2) Do not allow computers or TVs or cell phones in children's rooms.
- 3) Make agreements with children about how much TV, video games, texting and internet time is reasonable.
- 4) Brainstorm fun alternative activities that bring family members together.

[www.happymoms.pk](http://www.happymoms.pk)



### Take Time for Training



**Training is an important part of teaching children life skills.**

- Don't expect children to know what to do without step-by-step training. What do you mean by clean?
- 1) Kindly explain the task as you perform it, while your child watches.
  - 2) Do the task together.
  - 3) Have your child do it by herself while you supervise.
  - 4) When she feels ready let her perform the task on her own

[www.happymoms.pk](http://www.happymoms.pk)



*Do not share this with any individual outside of our tarbyat program without permission.*

[copyright@happymoms.pk](mailto:copyright@happymoms.pk)