

Well-Being Support Group

Positive Parenting during COVID 19

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Goals for the Day

- ❖ Support Positive Parenting Approaches
- ❖ Create a Safe Forum to Support Each Other
- ❖ Answer Questions about Particular Challenges
 - Speak up
 - Use chat feature



Creating a Calm/Safe Home

Reduce media exposure

Keep routines and structure (use schedule if needed)

Answer questions honestly (& developmentally appropriate)

Recognize your child's feelings (consider guiding questions to target response)

Model your coping or management of feelings

Give facts before you leave (where you're going, when you'll be home, what safety measures you'll take)

Increase snuggles and hugs. Increase saying, "I love you"

Spend dedicated time each day with each child

Stay connected virtually with family members

Look forward/ Make plans



Positive Strategies for Supporting Behavior Improvement

❖ Embrace a mindset that is preventative rather than in response to behavior

❖ Set expectations by saying what you want to see instead of what not to do

“Thank you for staying next to me when we go into this store,” instead of, “Don't run away from me in the store!”

❖ Praise and encouragement should be frequent

❖ Praise should be specific, not generic

“Great job putting away the dishes,” instead of, “Good job!”



Positive Strategies (continued)

- ❖ Validate emotions and/or give language to teach self expression

- "I know you wanted to walk the trails and now you are feeling angry that it is raining."

- ❖ Ignore low level behaviors

- whining, fidgeting, noises, repetitive behaviors
- "Ignore the behavior, not the child"

- ❖ Do not comment on behavior but redirect it instead

- ❖ Differentiate attention toward positive or prosocial behaviors

5



Positive Strategies (continued)

- ❖ Incentivize positive behaviors for Children/Teens by having them earn rewards for positive behaviors instead of taking away items/privileges

- Use list of 3 positively worded expectations & break down the day for check-ins
- Do not take away what is earned
- How to track? Consider check marks, stickers, ticket, smiley faces, puff balls in a jar, coins, phone app

- ❖ Use positive language

Avoid Saying *No*, *Don't*, and *Stop*

- "I like how you said excuse me" or "Thank you for covering your mouth," instead of "No burping!"
- "Joe, it is time to load the dishwasher" instead of "No yelling"

6



Positive Strategies (continued)

- ❖ Take care of your self (sleep, exercise, relaxation, etc.)
- ❖ Model how you calm down or manage feelings
- ❖ Consider creative expressions
 - ❖ Drawing how the family looks with masks
 - ❖ Creating an organized space for clean masks
 - ❖ Create thank you notes for doctors, nurses, hospital staff, grocery workers, first responders



Encourage Child's Self Care

- ❖ Exercise
- ❖ Out-side Time
- ❖ Virtual Tours of museums, state parks, aquariums, etc.
- ❖ Virtual Classes (yoga, exercise, art, etc.)
- ❖ Encourage virtual interaction with friends and family



Dinner Table Conversation Starters

The best part of my day was.....

The worst part of my day was.....

My hope for tomorrow is.....

Thank you _____ for _____.



Resources

BOOKS

- *How to Talk so Kids Will Listen & Listen so Kids Will Talk*, by Adele Faber & Elaine Mazlish
- *Siblings Without Rivalry*, by Adele Faber and Elaine Mazlish
- *The Explosive Child: A New Approach to Understanding Parenting Easily Frustrated, Chronically Inflexible Children*, by Ross Greene
- *1-2-3 Magic: 3 Step Discipline for Calm, Effective, and Happy Parenting*, by Thomas Phelan
- *Taking Charge of ADHD*, by Russell Barkley