

POSITIVE PARENTING

Research has indicated that positive parenting is related to various aspects of healthy child development - impacting children positively well beyond childhood.

**PROMOTING THE MENTAL HEALTH OF CHILDREN
AND YOUTH IS ESSENTIAL TO THEIR OVERALL WELL-BEING.**



LEARN WHAT POSITIVE PARENTING CAN DO FOR YOUR CHILD'S MENTAL HEALTH

What is Positive Parenting?

Positive Parenting is an idea based on the assumption that all children are born good, are altruistic and desire to do the right thing. Knowing that, we can teach and discipline them without breaking their spirit.

How can I discipline my child using Positive Parenting?

Raising children will require discipline, however resulting to physical or verbal abuse is never needed.

Constructive Criticism

Rather than scolding, tell the child what needs to be done. Focus on the act and not the child.



Redirection

Help the child replace an unwanted behavior with a more acceptable one.



Time-Outs

Time-outs should be used for the child to regain self-control, not as a retreat for the adult. Have the child sit towards a wall, free from distractions, for a short period of time. To be effective, time-outs must be used sparingly and appropriately.

Positive Parenting Techniques

1 *Develop Your Child's Social Skills*

Social competence—the adequacy with which a child gets along with others— is an indicator of healthy adult functioning. Social competency and healthy self-esteem go hand-in-hand. This includes modeling and teaching children social skills and behaviors that promote positive social interactions between them and others.

2 *Take the time to talk to your child*

Encourage your child to talk openly about their feelings and let them know that this is a healthy way of expressing anger, fear, sadness, or pain. Provide the vocabulary to express emotions and be a role model by talking about your own feelings.

3 *Celebrate accomplishments*

Rewarding child(ren) for good behavior is more important than letting them know when they have behaved inappropriately.

4 *Leave the stresses of work at work*

When parents' job related stress transfers to home life, they are more prone to argue with their children and are less tolerant of their behavior. This may have an adverse effect on a child's self-esteem. It is important to first address your own stresses and mental health needs

5 *Use discipline, not punishment*

Discipline teaches children acceptable behavior enabling them to make wise decisions on their own. Rewarding children for good behavior, setting limits, and telling your child how much you love them promotes self-discipline.

6 *Avoid "hyper-parenting"*

This parenting style consists of enrolling children in too many extracurricular activities and becoming over-involved in their lives. Hyper-parenting may damage self-esteem, and increase the likelihood of depression and substance abuse.

POSITIVE PARENTING

How does your parenting style effect your child?

Positive

Positive communication promotes children's social and problem-solving skills

Warm and democratic parenting enhances children's self-esteem and confidence

Autonomy-promoting parenting supports creativity, empowerment, and self-determination

Supportive and optimistic parenting fosters children's belief in themselves and the future

Providing boundaries and consequences teaches children accountability and responsibility.

Providing recognition for desirable behaviors increases children's likelihood of engaging in prosocial, healthy behaviors

Teaching and leading promote children's confidence and provides them with tools to make good choices

Negative

Overcritical, coercive parenting behaviors leads to children not considering how their actions might affect others, also known as antisocial behavior.

Rough handling and expressing negative emotions towards a child during infancy will cause the child to have high levels of anger.

If the child is treated with indifference at home, then they are more likely to behave without empathy with others outside the home.

Parents who do not help the child express their emotions in a healthy manner will find that their children are unable to maintain friendships.

Negative parenting will have children highly at risk of depression, anxiety, and substance abuse disorders

How to Recognize that Your Child has Good Mental Health

Has relatively stable eating and sleeping patterns

Has friends and gets along with other children

Fears are reasonable and not excessive

Can concentrate and focus attention

Maintains a reasonable amount of energy throughout the day

Satisfied at least some of the time with most aspects of life— family, friends, school, physical appearance

Shows reasonable interest and progress in school

Does not become anxious or angry over minor inconveniences or setbacks





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For Immediate Access to Routine or Crisis Services
Georgia Crisis & Access Line
1-800-715-4225
mygcal.com



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