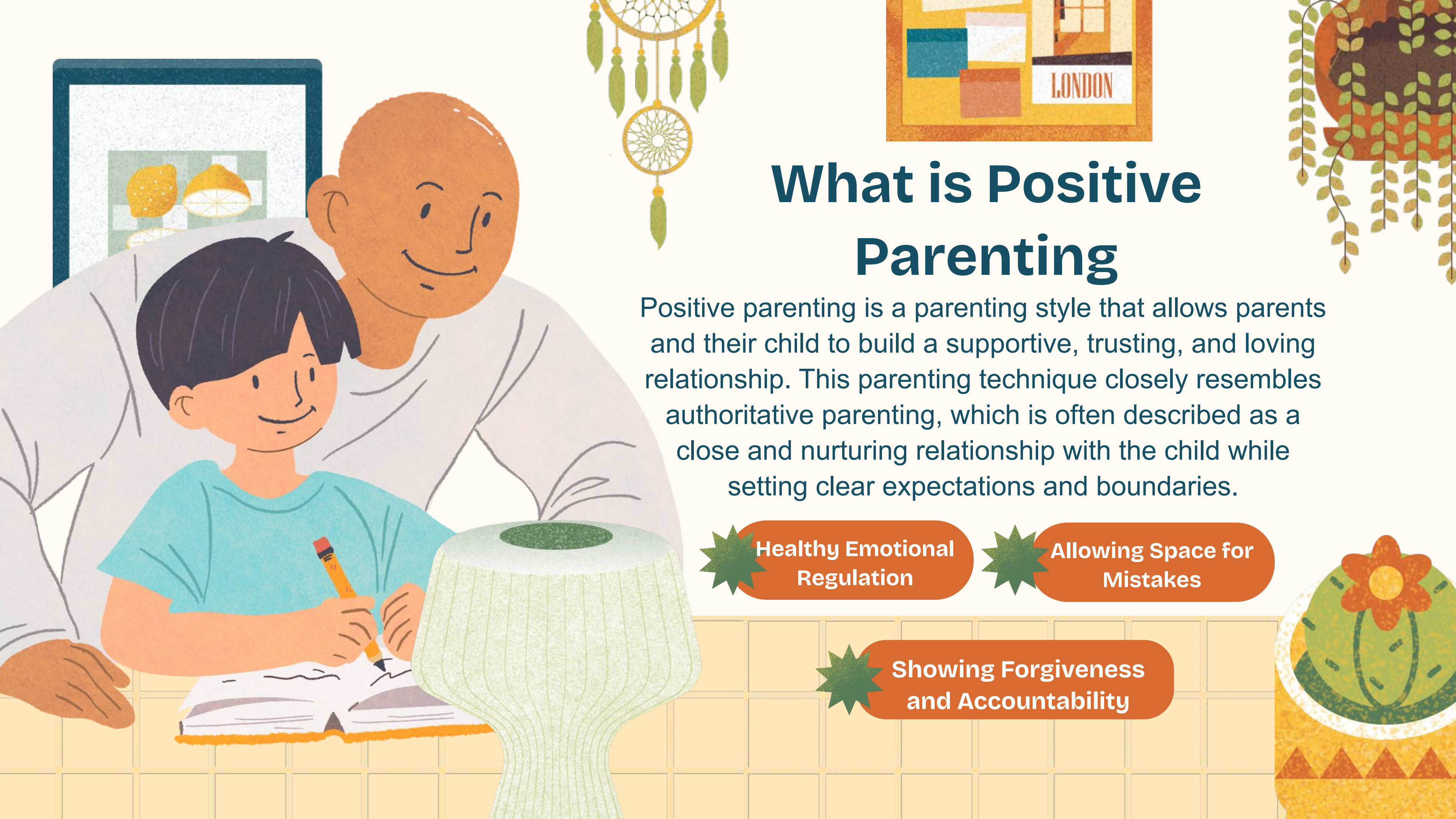




The Pros of Positive Parenting

Love, Trust, Explore, and Learn

Presented by: OMSD Health & Wellness



What is Positive Parenting

Positive parenting is a parenting style that allows parents and their child to build a supportive, trusting, and loving relationship. This parenting technique closely resembles authoritative parenting, which is often described as a close and nurturing relationship with the child while setting clear expectations and boundaries.

★ Healthy Emotional Regulation

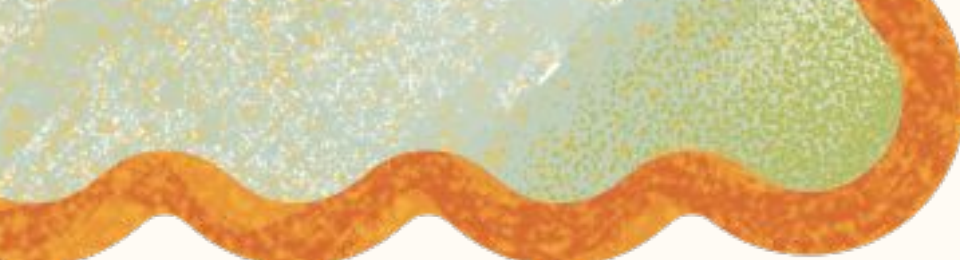
★ Allowing Space for Mistakes

★ Showing Forgiveness and Accountability



Understanding the Parenting Styles:

- Authoritative Parenting is a supportive style that highlights structure, independence, and trust.
- Authoritarian Parenting is a strict style that enforces punishment to control the child.
- Permissive Parenting is a style often characterized with a warm and nurturing parenting with low expectations and lack of discipline.
- Uninvolved Parenting is a neglectful parenting style that is characterized by a lack of response when a child is in need



What are the Different Parenting Styles?

Reflection question: Think to yourself what you know about the different parenting styles? How would you categorize your parenting style?



Authoritative Parenting



Authoritarian Parenting



Permissive Parenting



Uninvolved Parenting



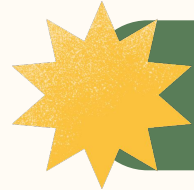
Why Do Parenting Styles Matter?

Parenting styles impact your child's development, mental health, emotional regulation, social skills, self-esteem, and academic success.

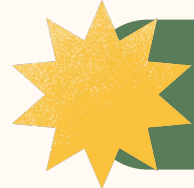
The American Psychological Association and The American Academy of Pediatrics both strongly recommend authoritative parenting



Feelings are Valid



Reasonable Boundaries



Listen and Understand



The Power of Encouragement

- Builds a child's confidence and self-esteem.
 - Focuses on positive behaviors.
- Encourages effort and progress rather than acknowledging the final behavior or action.
 - Promotes a Growth Mindset

Praise

vs

Encouragement

"Good Job!"

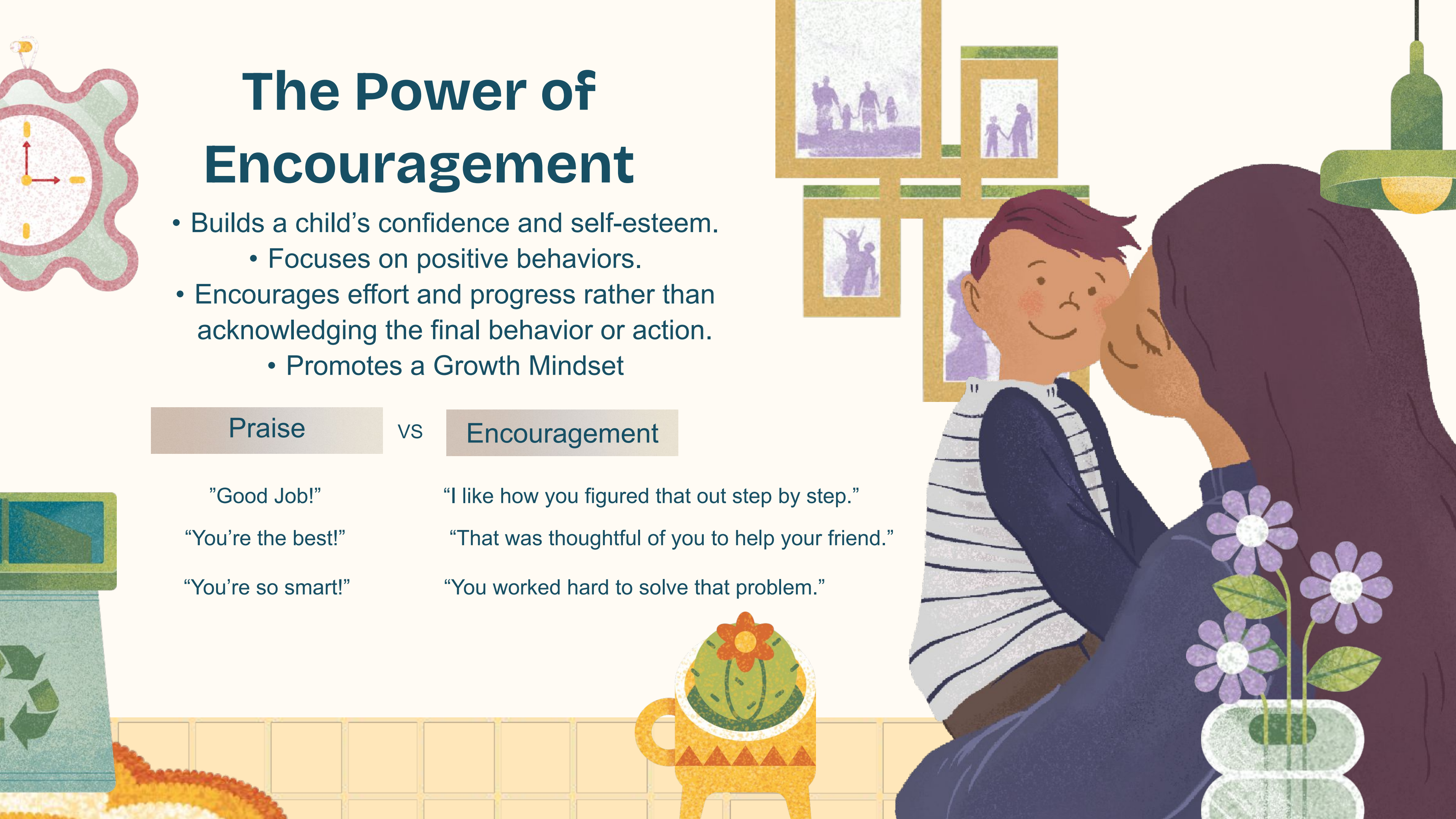
"You're the best!"

"You're so smart!"

"I like how you figured that out step by step."

"That was thoughtful of you to help your friend."

"You worked hard to solve that problem."



Effective Communication

Positive Parenting highlights effective communication including active listening, validating emotions, setting clear and effective boundaries, and modeling effective means of communication to your child.

You can ask open-ended questions, assist your child in identifying feelings or problems, or ensuring your child knows they can express themselves.



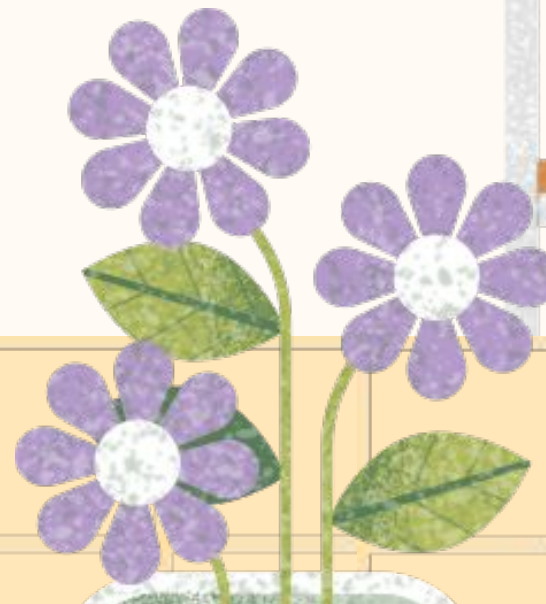
Discipline Versus Punishment

Discipline focuses on teaching and guiding the child through the negative behavior, helps the child learn from the mistake, and how to make better choices.

Punishment is enforcing fear or control when a negative behavior occurs often resulting in a short term solution but neglects a positive long-term change in behavior.

 Discipline

 Punishment





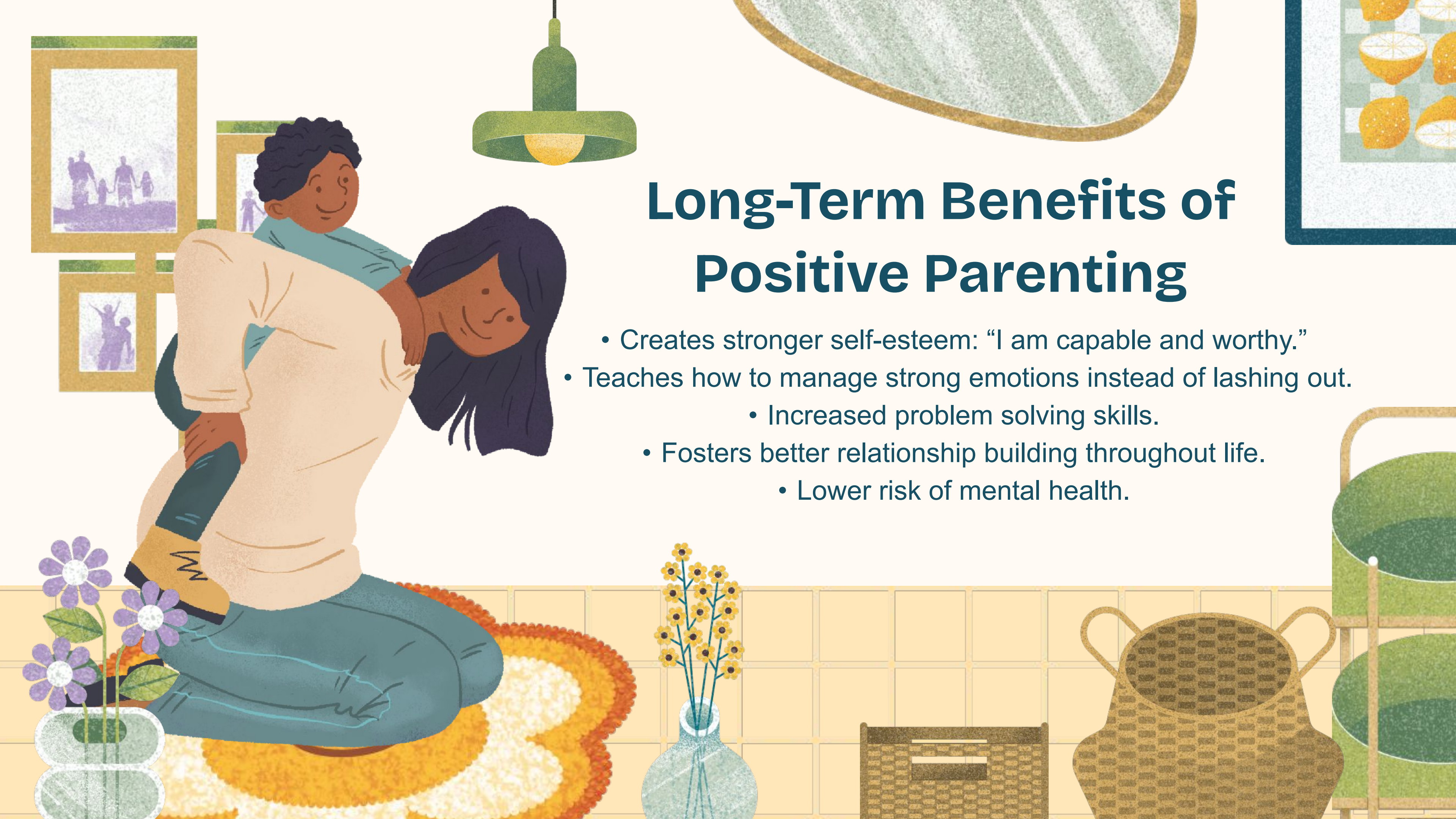
How to Navigate Negative Behaviors using Discipline



When a negative behavior occurs: Take a breath and regulate your emotions (remember they learn from watching your behaviors), take the opportunity to teach and guide why the behavior is not appropriate, and incorporate a logical discipline.

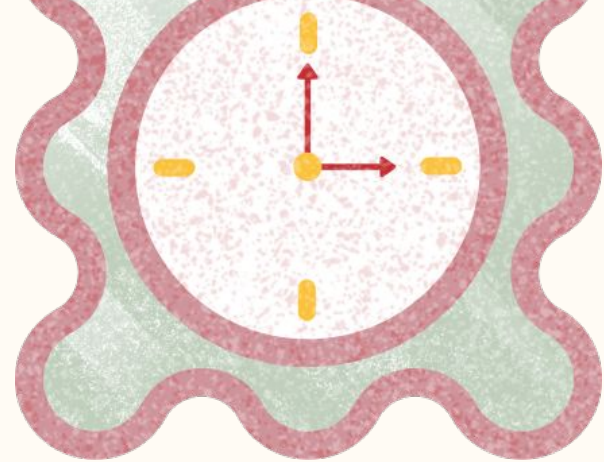
Think to yourself: If your child was refusing to put away a videogame for dinner, how would you handle this behavior?



An illustration of a family in a living room. A woman with long dark hair is sitting on a yellow and orange patterned rug, hugging a young boy with dark curly hair from behind. The boy is wearing a blue shirt and orange boots. The room has a tiled floor, a green pendant light, a large mirror, and framed pictures on the wall. There are also potted plants and a wicker basket in the foreground.

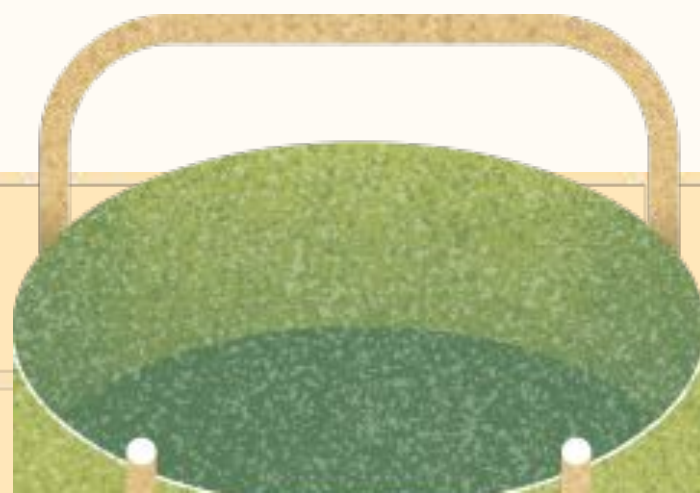
Long-Term Benefits of Positive Parenting

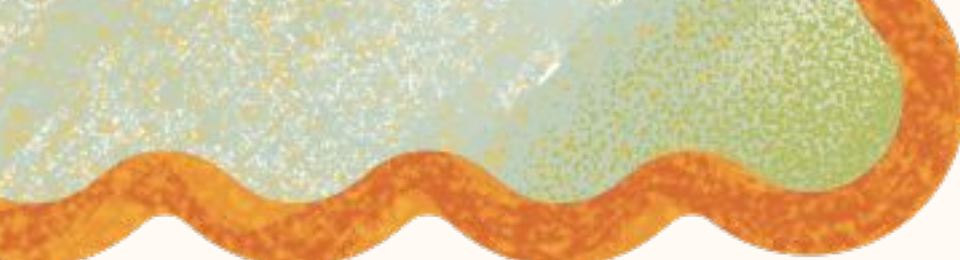
- Creates stronger self-esteem: “I am capable and worthy.”
- Teaches how to manage strong emotions instead of lashing out.
 - Increased problem solving skills.
- Fosters better relationship building throughout life.
 - Lower risk of mental health.



Key Takeaways from Positive Parenting:

- Parenting is about creating a healthy life long connection with your child, not perfection.
- Positive Parenting= Building strong, capable, and well regulated children.
- Every interaction is an opportunity to teach, guide, encourage, and grow.





<https://www.cdc.gov/child-development/positive-parenting-tips/index.html>

References:

<https://childmind.org/positiveparenting/>

https://www.aap.org/en/patient-care/early-childhood/early-relational-health/promoting-safe-secure-nurturing-relationships/?srsId=AfmBOor_volbttLLa7L9e27tX4IsKJdnqwpkbMpMa6rBTKn6Ccfzr_d6





Questions or Concerns?

