

Joys of Parenting

Session 1: Expanding Your Toolbox to Enhance Your Child's Success

◆ **EVERYONE IS INVITED AS WE
LEARN AND SHARE TOGETHER**



THE JOYS OF PARENTING:
**EXPANDING YOUR TOOLBOX TO ENHANCE
YOUR CHILD'S SUCCESS**

Presenters:
Paulette Clarke (Special Education Teacher - Behaviour Prevention Intervention Team)
Michael Greenaway (Special Education Inclusion Consultant)

Remember the **J****O****Y****S** of parenting

- Building strong relationships
- Spending time together (making memories)
- Loving them
- Seeing your child building social confidence
- Learning from your child(ren) and learning together
- Smiling & laughter
- Seeing your children achieve what they thought they couldn't
- Constantly being surprised
- Watching your children discover or learn something new
- Learning together



Preventative strategies- Open Communication



-Open communication is vital, it's about building strong bonds with your child.

-Begin communication from a young age. If your children are older then start building communication now.



- Communication can take place anywhere, anytime

-As they share during these moments, it is not the time to get upset if they share information that may be considered inappropriate. Without showing any frustration, it can be a moment to teach and show love.

Open Communication

- Say “I love you”- we may feel that our actions show love, but saying these words are powerful
- Listen and validate- acknowledge their feelings, when they feel heard it helps them to get their feelings out
- Parent-child moments together, rituals
- Give hugs



Open communication will provide your child with good communication and social skills. They will acquire the skills to manage their emotions and problem solve.

Core Principles to Prevent Behaviour from Escalating

1. **Teach rules and boundaries-** Ask yourself are all my rules necessary, do they understand my rules
2. **Prepare for transitions** - prepare your child 45 mins - 1hr before doing a task or activity (ex. bedtime)
3. **Be consistent-** Stick to it!!
4. **Develop routines**

BALANCE



Scale is from:
<https://www.youtube.com/watch?v=r5bNMfY8ISg>

Core Principles to Prevent Behaviour from Escalating

1. Try 1-2-3 Magic- Count to 3 then give a time out. Time out does not always mean sitting in a quiet space. Time out includes taking time away from the activity, having a toy or electronic removed. etc.
2. Focus on the behaviour not character- Avoid asking “What’s wrong with you”

Ask...What is the problem? What’s making you so angry?
Why are you behaving this way? Why did you do that?

3. Use non-verbal cues- eye contact, shaking head, etc
4. Self Care- if you are stressed your children will feel it as well....take time to rest and reset.

What is Calmness and why does it matter?



Calmness refers to being in control of the words we are saying, our actions and the environment

Home is a great source of calmness, continue to provide calmness as they may not experience it in other environments

Calming Strategies for your children:

Deep Breathing
Disconnecting from Social Media
Listening to music
Model tone of voice
Teach "I statements..."

Redirection

What is redirection?

- Redirect (interrupt the behaviour) Shifting their focus onto some else.
- Reframe (reframe how they should ask for what they want)
- Reteach (tell them what to do, as opposed to telling them what not to do) Ex. Say.. “Please sit down on the couch.” Instead of.. “Stop jumping on the couch” You can explain why it is not safe.

My Daily Routine

Morning	Evening
Get dressed 	Go to the toilet
Eat breakfast 	Have a bath
Have a wash 	Put on pyjamas
Brush teeth 	Brush teeth
Brush hair 	Bedtime story
Put on shoes and coat 	Go to sleep

My Star Chart

Reward!

★

★

★

★

★

My Home Learning Chart

Task	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

When I get to _____ stars my reward will be:

Editable
At Home!

MORNING

WAKE UP	<input type="checkbox"/>	GET DRESSED	<input type="checkbox"/>
WASH FACE	<input type="checkbox"/>	BRUSH HAIR	<input type="checkbox"/>
BRUSH TEETH	<input type="checkbox"/>	PUT ON SHOES	<input type="checkbox"/>
GET DRESSED	<input type="checkbox"/>	WASH HANDS	<input type="checkbox"/>
EAT BREAKFAST	<input type="checkbox"/>	GET ON BUS	<input type="checkbox"/>
CLOTHES IN THE BASKET	<input type="checkbox"/>	LEAVE THE HOME SWEETLY	<input type="checkbox"/>

EVENING

DO HOMEWORK	<input type="checkbox"/>	BATH	<input type="checkbox"/>
HELP MUM	<input type="checkbox"/>	PUT ON PJ'S	<input type="checkbox"/>
PLAY WITH TOYS	<input type="checkbox"/>	BRUSH TEETH	<input type="checkbox"/>
TRY TOYS	<input type="checkbox"/>	GET THE CUP	<input type="checkbox"/>
EAT ALL MEALS	<input type="checkbox"/>	READ A BOOK	<input type="checkbox"/>
CLOTHES IN THE BASKET	<input type="checkbox"/>	GO TO BED	<input type="checkbox"/>

De-escalation and Co-regulation

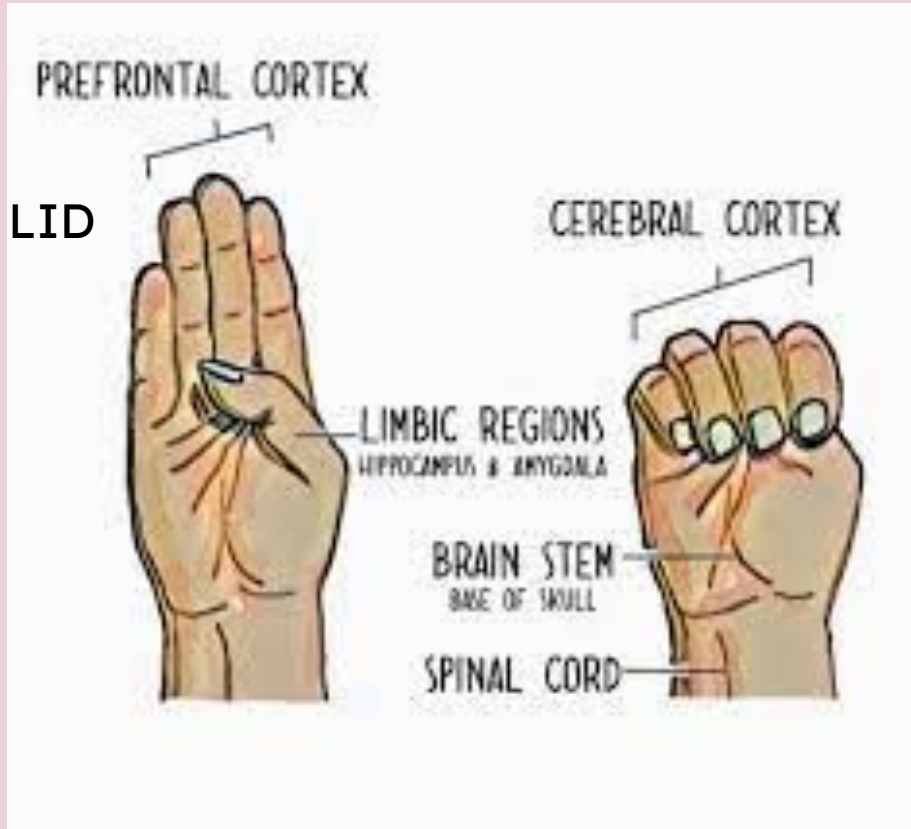
Children learn how to regulate their emotions through “co-regulation.”

The better we can soothe them when they are agitated, or support them when they are low, the better they “absorb” how to do this for themselves.

DR. STUART SHANKER
www.self-reg.ca

Dan Siegel Model of the Brain: Escalation!

THE LID

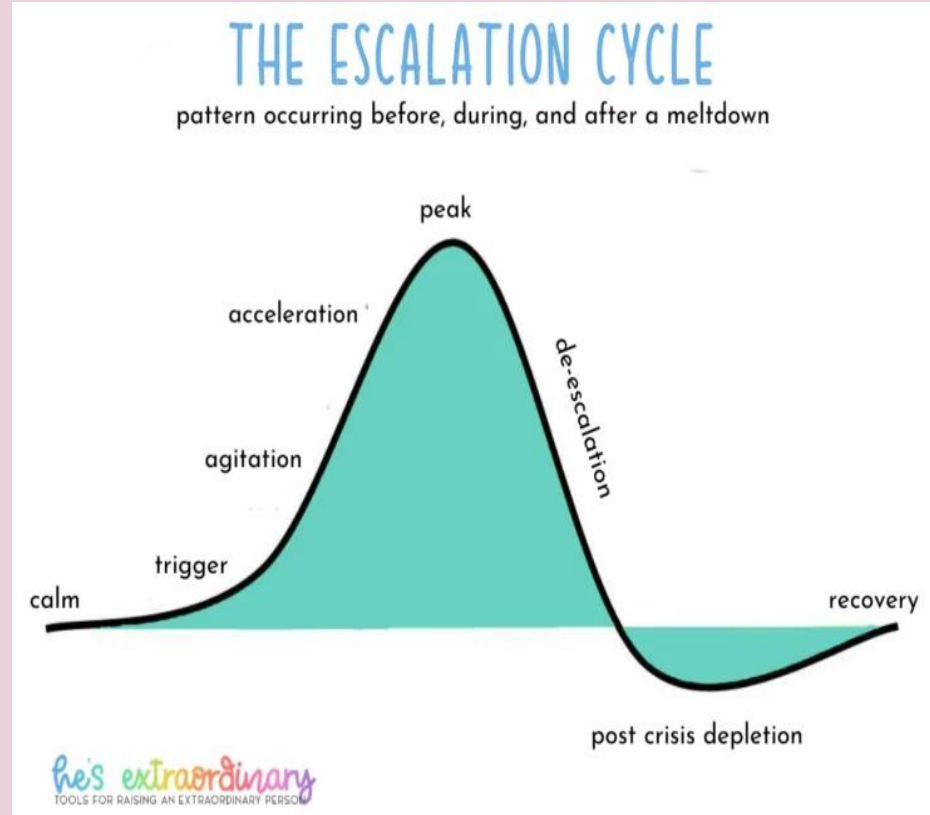


When children **“FLIP THEIR LID”** they have lost control of their emotions. They usually can not process what you are saying or reason with you.

NAME IT TO TAME IT- naming the emotion and begin the calming process with them

De-escalation Ideas

- Don't try to reason with them
- Get on their level
- Avoid yelling over a screaming child- use non verbal cues
- Be calm even if you're not- model tone of voice
- Validate their feelings, but not their actions
- Reassurance



De-escalation and Co-regulation Summary

- Modelling (we are examples)
- Co regulating (regulate together)
- De-escalation (calming our heightened emotions)
- De-escalation + Co regulation = Self regulation

To Sum It All Up..

- When you think of the frustrations of parenting, remember the joys
- Manage and build on your toolbox of strategies
- Use the core principles we discussed to build bonds and build boundaries
- Nurture and strategically use calmness in your home
- Consider how to use rewards and incentives to build independence, success, and positive feelings
- Explore different ways to solve conflicts
- Focus on de-escalation and co-regulation

Some phrases to remember...

- Tell children what they can do, not what they can't do
- Name it to Tame it
- Teach “I Statements”
- Get Curious, Not Furious
- 1 - 2- 3 Magic
- De-escalate

If your child is experiencing intense behaviour challenges you can seek help at the following:

Lumenus <https://www.lumenus.ca/>

Strides Toronto <https://stridestoronto.ca/>

Tropicana

<https://tropicanacommunity.org/our-services/wellness-mental-health/>

Or

Please speak to your school administrator to access your school Social Worker and other TDSB support

Thank you!

See you at Session 2: Home School Partnership

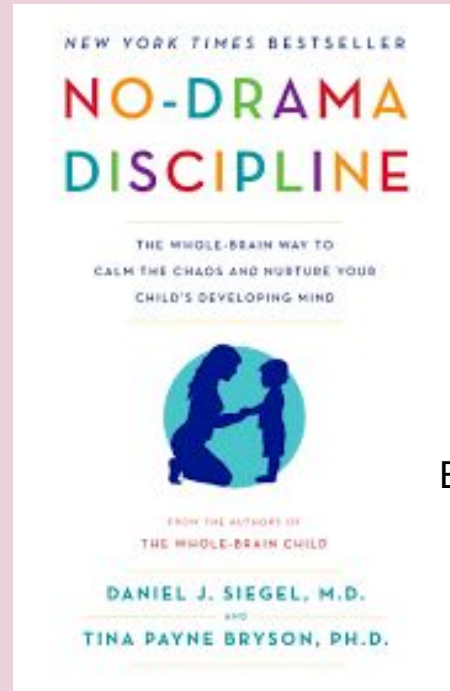
Some Resources Used:

<https://www.youtube.com/watch?v=xDmAsO-uDfg>

Model of the Brain: <https://www.youtube.com/watch?v=gm9CIJ74Oxw>



Recommended Books:



By: Dan Siegel

Peaceful Parent, Happy Kids
By: Laura Markham