

Greeting

Topic

Not great at it, have to work at it

Parents? All been children...

2 questions (write on board)

Ingredients of healthy p-c relationships

jot down, share with neighbor (2')

- write on board – cluster into warmth/structure

Warmth

- Experienced by kid, guessed at by researchers
 - Researchers can miss warmth – Adabel’s story
- Even though flawed, what do studies suggest?
 - Less Dep/Anx
 - Less loneliness
 - Fewer peer problems
 - Fewer problems with aggression
- Warmth as liking kid, enjoying kid, being kind to kid

Structure

- Routines, traditions, predictable rhythms of family life
- Clear standards, expectations
- How do W and S combine?
- Baumrind's 2x2

Write Why do we care about healthy p-c relationships?

- Consider it – talk to your neighbor
- Why researchers care:
 - *buffer kids from bad events, reduce the likelihood of depression and anxiety disorders, increase kids' empathy, improve kids school outcomes...in short, healthy parent-child relationships are good for society (reduces social cost)....but why do other people care about healthy parent-child relationships? (solicit feedback, we want to do it better?)*
- **So it's straightforward, right? Be kind and do the routine boring stuff**

NOT straightforward!

- Parents are human
 - Sometimes we don't manage demands well:
 - Under stress, we can be mean, snappy, don't care about our kids' concerns
 - People who have had bad experiences have harder time – bigger stress response to manage
 - Kids get stressed out by us being stressed out
 - Ways of managing stress can damage warmth/structure (shutting down, drinking, doing drugs)
- Kids are human – and they make you crazy

So, what can I offer to help with this?

- 2 things
- URGE you to take care of yourself and your stress level – your well-being has a direct effect on kid...they need you!
 - Airplane metaphor...put your own oxygen mask on first
- Provide a chance to share with neighbors strategies you find effective to 1. Show Warmth, 2. Support structure/get kid on board with structure
 - Think, jot down some notes
 - Talk for 2 minutes

Write on board

- Warmth –
- Structure –

- Researchers found
 - Warmth – child time
 - Warmth/Structure – catch kids doing what you want them to be doing
 - Effusive, specific praise (bickering with brother; towel example)
 - So easy to see stuff we don't like....BAD IS CLEARER THAN THE GOOD
 - We take good for granted...effusive specific praise will get you more of that good stuff
 - Structure –
 - Setting up choices (how – by yourself or with my help; when – USE TIMER)
 - Asking nicely - please, calm tone...kids pick up on the irritation, pressure in our voices

Parenting is hard

- Everyday parenting toolkit– kazdin
- You need to hit the mark about 60% of the time
- It's not about being a perfect parent, or being defensive about not being a perfect parent....
 - it's doing it better than you did it yesterday