# Parenting Video Clip 1: Introduction

Hello my name is Mary Bate and I'm the Parenting Practitioner for Flying Start Conwy.

In these surreal times I am really missing the Parenting programmes. We've had to cut them short and as everyone knows I am very passionate about positive parenting.

In these surreal times positive parenting is going to be more important than ever.

I'll do an introduction today. I'll say what I'm going to do for the other short videos. Praise, empathy and the structure are going to be very important. I'm going to give you lots of tips and tools in your box to help you with all those things mentioned above.

Where do I get my ideas from?

Why am I so passionate about positive parenting?

I have to give a lot of time to families and the Family Links and Incredible Years are fantastic positive parenting programmes that we are going to be talking about.


## Family Links

There is a building block with the 4 constructs because they are the basics for all relationships. If we have a good relationship with our children, a good relationship with our partners, this will help our emotional health and help us cope with everything that is thrown at us.

So let's look at the 4 constructs the building blocks of good relationships.

1. **Self-awareness** – this is fairly self-explanatory. Self-awareness is about us being aware about how we are as parents. Those impact on our children and how they behave feel and act. There are lots of other things that influence children as well but parents are a big influence and once we are aware of that, it can help. And we are not perfect, far from perfect, we are all human. So we need to be aware that how we are does impact on our children.
2. **Appropriate expectations** – we can't expect to be fantastic parents all of the time, and so we can't expect our children to be fantastic young people so it is appropriate expectations. I will talk more about that in other clips.
3. **Positive discipline** – did you know where the word discipline comes from? It's from disciple which means to guide. Do we have to discipline our children? We do have to guide them. But the operative word there is positive. I'm going to talk about that. We need to be kind, fair and consistent, the KFC. So we'll come back and talk more about that.
4. **Empathy** – last but not least. Empathy is your ace card. I will talk more and more about that. That will be our next video clip - how to tune into our feelings and how to tune into our children's feelings when there's challenging

behaviour.  Our next video will show how there is always a feeling behind the behaviour. So that's the 4 constructs.


**Incredible Years** is the pyramid.

So we need to have a good base – talking, listening, attentive play and empathy again. You will find that's there's lots of similarities.

They are both positive parenting programmes.

I suppose for me with the Incredible Years what I get most from them is the whole child in positive parenting.  These strategies allow them to develop their social, academic and emotional intelligence. And if children have good social, academic and emotional intelligence well everything is going to be brilliant. So those are things we are going to talk about in more detail in later videos.

But in the meantime we are in surreal times and life is tough, schools are closed, we have to stay home. This virus is travelling so we have to stay put because we don't want this virus to travel. So we are at home but there are some positives.  This is the time to build our relationships and revisit.

Some of you have been on these programmes and just revisit some of the tools and strategies you have from these programmes.

But I know it is very hard for you to put this into action when you are worrying about food.

So I am going to put up some links for you and where you can get support.

The programmes have had to shut down but the teams are still available by phone and we are going to put up those phone numbers for you so that you can access support or they can signpost you to get support. So in the meantime be kind, fair and have some structure.