

7. Positive Parenting Summary - transcript

Hello everybody.

I just want to summarise the six clips I've made for you.

In one sense these clips could be a standalone clip and you could just go on Conwy's website, have a look at them and you may get something from it.

Sometimes these clips don't have to be a standalone you can contact myself or any of the Family Workers from the Family Centre.

We know at the moment the Family Centres are shut but the Family Support Team are still there to offer you support. So please don't hesitate to contact the Family Workers and myself.

We are all very passionate about positive parenting and very familiar with the strategies of Incredible Years and the Family Links Programme. So you are not on your own. They say it takes a village to bring up a child so please get in contact with us.

As I said in the first clip, these strategies are tried and tested and evidence based. They do work but if we're struggling, but they may be hard to put into place. I totally understand that; so please, if you're struggling at all, don't hesitate to give us a ring. We may not be able to help you immediately but we know a man who can. So bare that in mind.

So the first week I talked about the four constructs which are the building blocks for positive relationships and good emotional health. We know as parents that if we have good emotional health that's going to impact on our children.

I talked about the Incredible Years Programme. I talked about the Incredible Years Parenting Pyramid which is the basis of the Incredible Years Programme. Then I went on to talk about childhood play and descriptive commenting which is a fantastic strategy and the key to that is it allows the children to develop their social, emotional and academic intelligence. So childhood play and descriptive commenting is brilliant. It also develops a positive relationship. There's a mass of benefits to childhood play and descriptive commenting.

All children are unique. All parents are unique. I do say, "All children are special". Sometimes I prefer to use the word special rather than unique. All children are special but some are wired differently. So all of these strategies, even if children have additional needs or are wired differently, these strategies work for everyone. Incredible Years have the Incredible Years Autism Speech & Language Delay Programme which the basis of it is the childhood play and descriptive commenting. We talked about childhood play and descriptive commenting.

I talked about praise, and praise is magic. We talked about the benefits of praise. We talked about the bias of giving praise because sometimes we tune into the negatives but what we need to do is tune into those positives. In these surreal times that's really important as well.

So I did an introduction. I talked about childhood play and descriptive commenting. We talked about praise.

Then my favourite of course is empathy. It's our ace card - tuning into our children's feelings and tuning into our feelings, being aware as parents.

I then talked about structure and positive discipline, about the fact that the word discipline comes from disciple which means to guide. We have to guide our children. How do we guide our children? By being kind, firm, fair and consistent and having structure.

I talked about family rules and having routines. I did forget to mention in that video about do's work better than don'ts. So try and say what you want rather than what you don't want. Because if I tell you, "Don't think of the pink elephant", what are you going to do? You are going to think of the pink elephant. So if I say to a child, "Don't hit". They are going to have hit in their head. If you say to me, "Don't eat chocolate", I'm going to eat chocolate, but you might say, "Eat a banana Mary", and then I might eat a banana and I might be tempted to eat one bar of chocolate. But if you say to me, "Don't eat chocolate", I might end up eating 10 bars of chocolate. So say what we want not what we don't want. Do's work better than don'ts.

So that's all involved in positive discipline and structure. And last but not least, we talked about choice and consequences.

You have lots of tools and strategies in your box. Don't hesitate to listen to the videos.

These can be standalone clips but also we are here to support you as well.

Take care out there. Stay at home; wash your hands; and follow government guidelines and we'll be back in action before we know it. Take care. Thank you. Good bye.