



## **“Encouraging Responsibility” Summary – Susan Stone Belton, November 29**

### Goal of Parenting: Raise a Successful Adult

1. Children should have the following values: kind, responsible, capable, close relationship with parents
2. Do not focus on “in the moment” issues like getting straight A’s but instead, look ahead to the values you want to instill
3. Parents must model the behavior they want their children to exhibit since our children watch us all the time – i.e. no yelling
4. Everything has to be taught – i.e. honesty, responsibility
  - Teach values long before kids need to exhibit them
  - Do not protect kids from failure – kids need to learn how to deal with disappointment

### How to Raise a Responsible Child

1. Teach tasks/assign chores – increases a child’s self-esteem
2. Teach manners
3. Teach children to be responsible for themselves – tell the truth, be an independent thinker
4. Teach kids what their choices are to help them make the right decision – this doesn’t always mean they do what you want them to do
5. Be responsible to society – community service projects like the Giving Tree

### 3 Steps to Behavior Management

1. Set up family rules
2. Set up consequences
3. Follow through with consequences

### Ways to Teach Responsibility

1. Start at a young age
2. Give attention to your kids for behaviors you want – positive reinforcement
3. Set up a reward system
  - Some kids need extrinsic rewards in addition to intrinsic rewards
  - Allowances are good – kids learn how to save, spend, and share
4. Set reasonable expectations – age-appropriate (physically and emotionally) and safe
5. Remind kids of expected behavior
6. Give clear instructions – use an end-time instead of saying “now”

## Communication

1. Listening – what you hear is more important than what you say
  - Give children your full attention, eye-to-eye contact
  - Listen to understand and not to respond
2. Talk
  - Speak to children in the way you would like them to speak to you – respectfully
  - Respond with empathy

## 3 Best Times to Talk to Your Children

1. In the car
2. At the dinner table
3. At bedtime

\*\*Kids need free time so do not overschedule your children

\*\*Do not yell – kids will model your behavior

\*\*Do not punish – enforce a negative consequence from a choice they made

\*\*Trust and independence is earned

## **"Creating Healthy Friendships" Summary –Denise Uhl, November 30**

Our school counselor, Denise Uhl, presented her "Creating Healthy Friendships" program which is a positive way to address the concept of bullying. As parents, we need to encourage our kids to gently **EXPLORE** new opportunities to develop new friendships since exploring/change is a natural part of growing up. Every child needs to have a **SOCIAL SANCTUARY** which is a place where they feel comfortable to be who they are, understanding it won't be everywhere. Many times, this place is not at school and that is okay. As parents, we need to remember that the friends our children have are not always a **PACKAGE DEAL** with the adult friends we enjoy spending time with. We also need to remind our children to 'catching your feelings before they try to hurt you', in the same way you catch a ball before it has a chance to hurt you. When friendships get toxic, it is time to take a break to explore new friendships. During this time, friendships have a chance to heal much like that of a **BROKEN ARM**.