



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY Care TOPIC

Positive Parenting

Just as there are plans to correctly assemble furniture, there are strategies to having a successful family. Guidelines to build positive parent & children and grand-children relationships to develop responsible kids and teens should be followed.

Some Parenting Tips

- Communicate with your children. Ask questions. Be interested in their lives.
- Try to set a side time on a regular basis to do something fun with your child.
- Parents should never disagree about discipline in front of the children.
- Never give an order, request, or command without being able to enforce it at the time.
- Be consistent, that is, reward or punish the same behavior in the same manner as much as possible.
- Agree on what behavior is desirable and not desirable ahead of time.
- Agree on how to respond to undesirable behavior ahead of time.
- Make it as clear as possible what the child is to expect if he or she performs the undesirable behavior.
- Make it very clear what the undesirable behavior is. It is not enough to say, "Your room is messy." Messy should be specified in terms of exactly what is meant: "You've left dirty clothes on the floor, dirty plates on your desk, and your bed is not made."
- Once you have stated your position and the child attacks that position, do

not keep defending yourself. Just restate the position once more and then stop responding to the attacks.

- Look for gradual changes in behavior. Don't expect too much all at once. *Praise* the behavior that is coming closer to the desired goal.
- Remember that the parent's behavior serves as a model for your children's behavior.
- If one of the parents is disciplining a child and the other enters the room, that other person should not step in the middle of the argument in progress.
- Reward desirable behavior as much as possible by verbal praise, touch, or something tangible such as a toy, game time, treat or money.
- Both parents should have an equal share in the responsibility of discipline as much as possible.
- Don't give up! Parenting is not for cowards and your hard work will pay off!

Some Family Bonding Activities

- Take a walk together.
- Make a puzzle together.
- Do a craft together.
- Color a picture together.
- Play a game of cards or a board game together.
- Read a book together.
- Go the playground, park, and library together.
- Have fun together!

Lastly, remember the advice from Proverbs- to "Train up a child in the way he should go and when he *or she* is older, *they* will not depart from it." *Proverbs 22:6*

Introducing your Community Chaplain

Eric Kieselbach

(pronounced "key-sill-baa")

Email:

eric@shepherdcare.us

"Parenting is not for cowards!"

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Proverbs 22:6

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