

Northeast High School Parent University



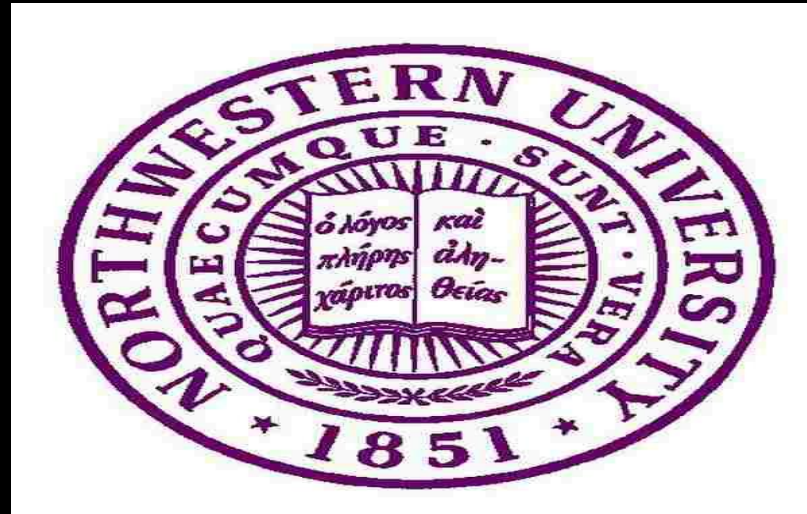
Course: The Power Of Effective Parenting
(1 Credit)

Effective Parenting:

Parenting is a full-time teaching job.

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Northwestern University



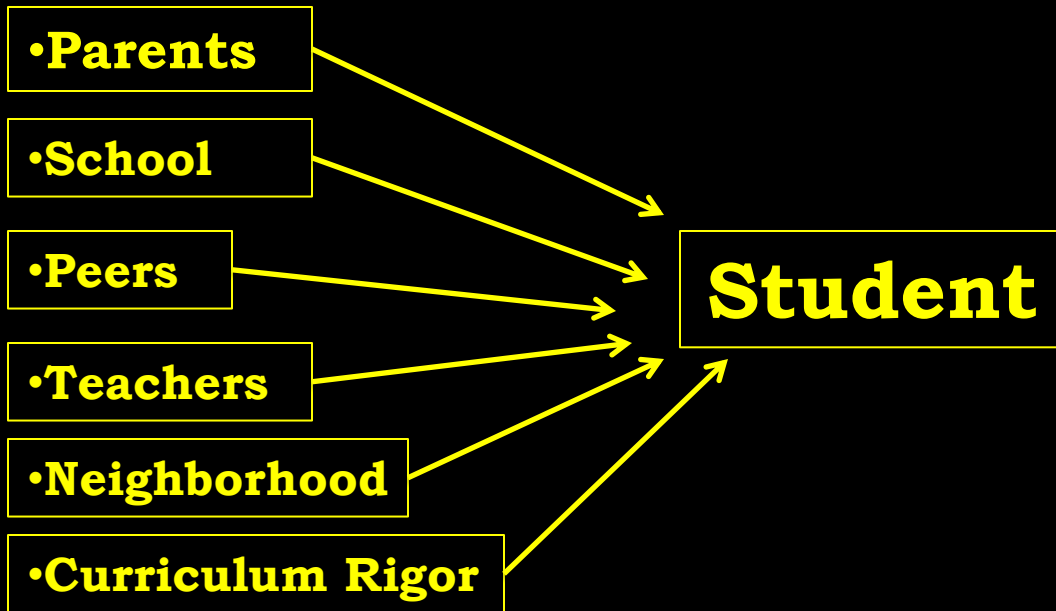
Research: Identify high achieving students and determine their parents' practices/activities that caused that achievement.

The Power of Effective Parenting:

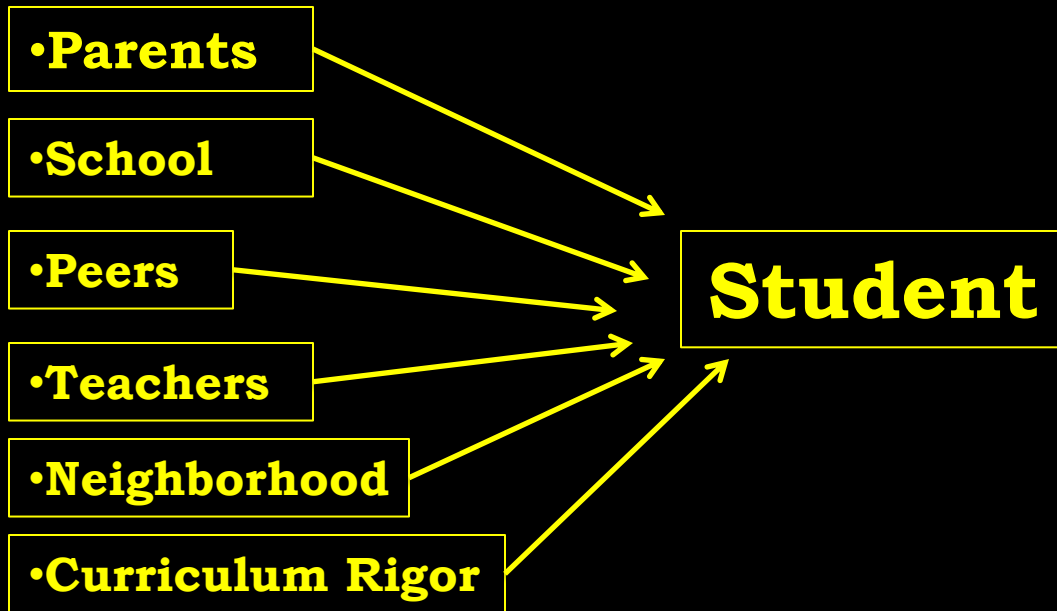
Outcome- Northeast High School parents will recognize the relationship and power of three statements:

- All parents love their children.
- Parents are a variable that affects children.
- There are some things we can say and do that will help our children be more successful.

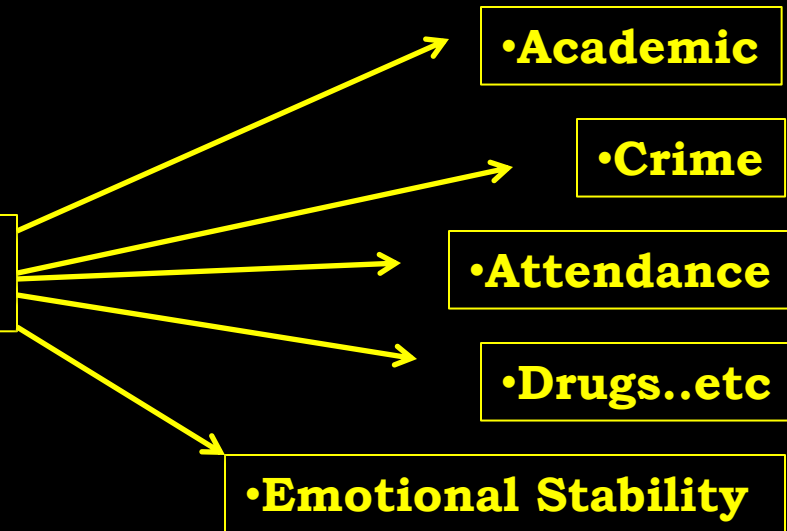
Input Variables:



Input Variables:



Output Achievement:



Parenting Styles

A. Responsiveness

1. Affection
2. Empathy
3. Time

B. Demandingness

1. Set Limits
2. Punishment
3. Monitor
4. Push

A. Responsiveness

1. Affection

- a) Give them hugs and kisses.
- b) Say “I love you” often.
- c) Do not yell (too much)-yelling changes their physical being.
- d) Smile at our children; we are happy they are here.
- e) Maintain a positive climate.
- f) Don’t tell children about emotional/relationship problems.
- g) We want to be friendly, but we are not “friends.”

A. Responsiveness

2. Empathy

a) Be attentive to their emotions.

“How are you?”

b) Let them know you care.

“I care about you!”

c) Praise them for real accomplishments.

“Good Job!”

d) Communicate- Talk-Listen

“What do you mean?”

e) Support their struggles.

“ I understand”

A. Responsiveness

3. Spend quality time
 - a) Give each child their time.
 - b) Do fun things together.
 - c) Talk about life.
 - d) Tell them about your goals for them.
 - e) Cook together, patiently.

B. Demandingness

1. Set limits

- a) Identify and explain rules.
- b) Discuss why you have rules.
- c) Ask children their opinion about rules.
- d) Provide structure-homework time, chore time, fun time, bed time.
- e) Be firm and consistent.
- f) Allow for debate, but do not argue.

B. Demandingness

2. Punishment

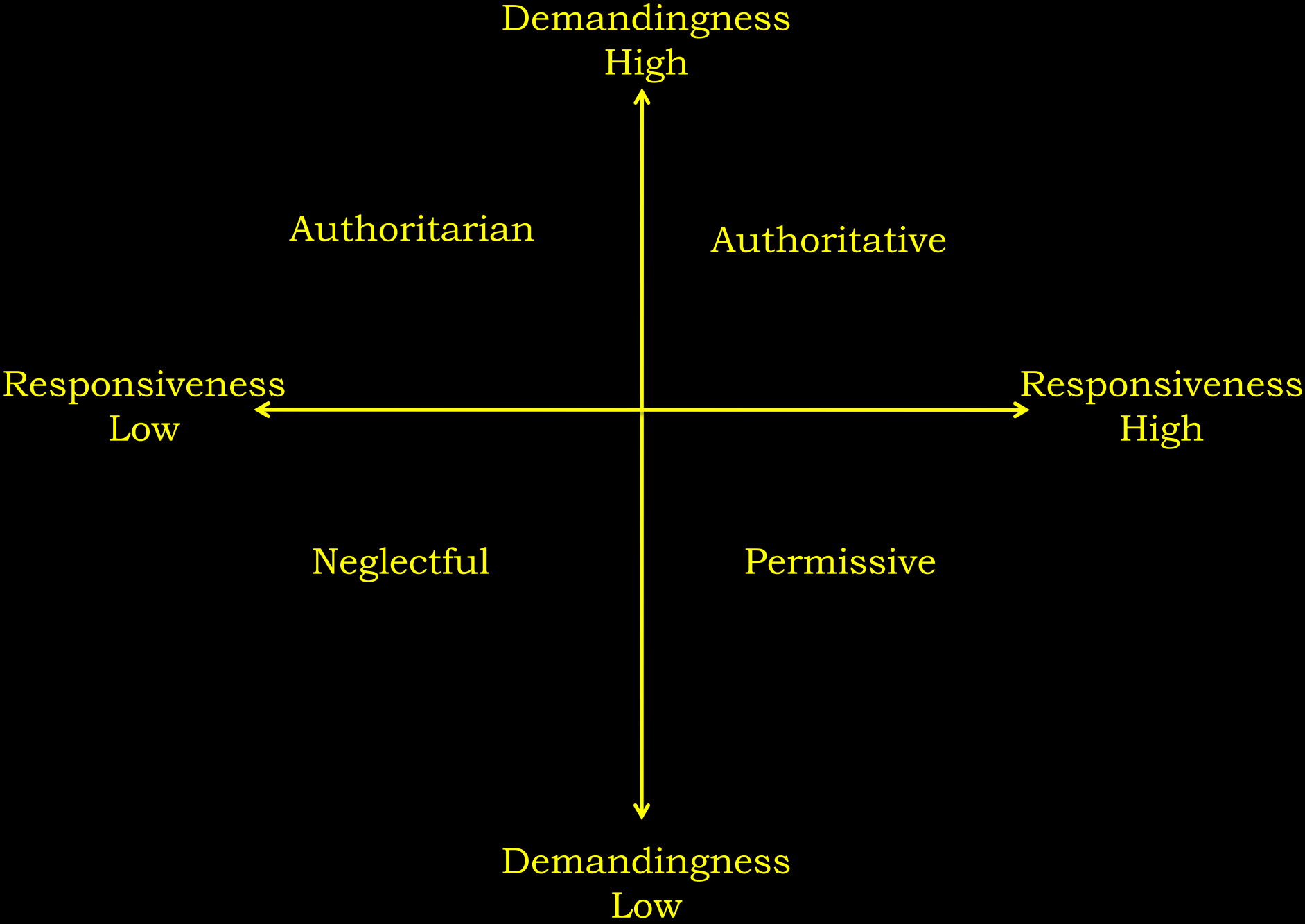
- a) Enforce the rules when violated.
- b) Be consistent with punishment.
- c) Be clear why the child is being punished.
- d) Make the punishment matter, but be rational.
- e) Take away privileges.
- f) Do not punish mistakes; punish disobedience.

*****PRAISE WHEN THEY ARE GOOD*****

B. Demandingness

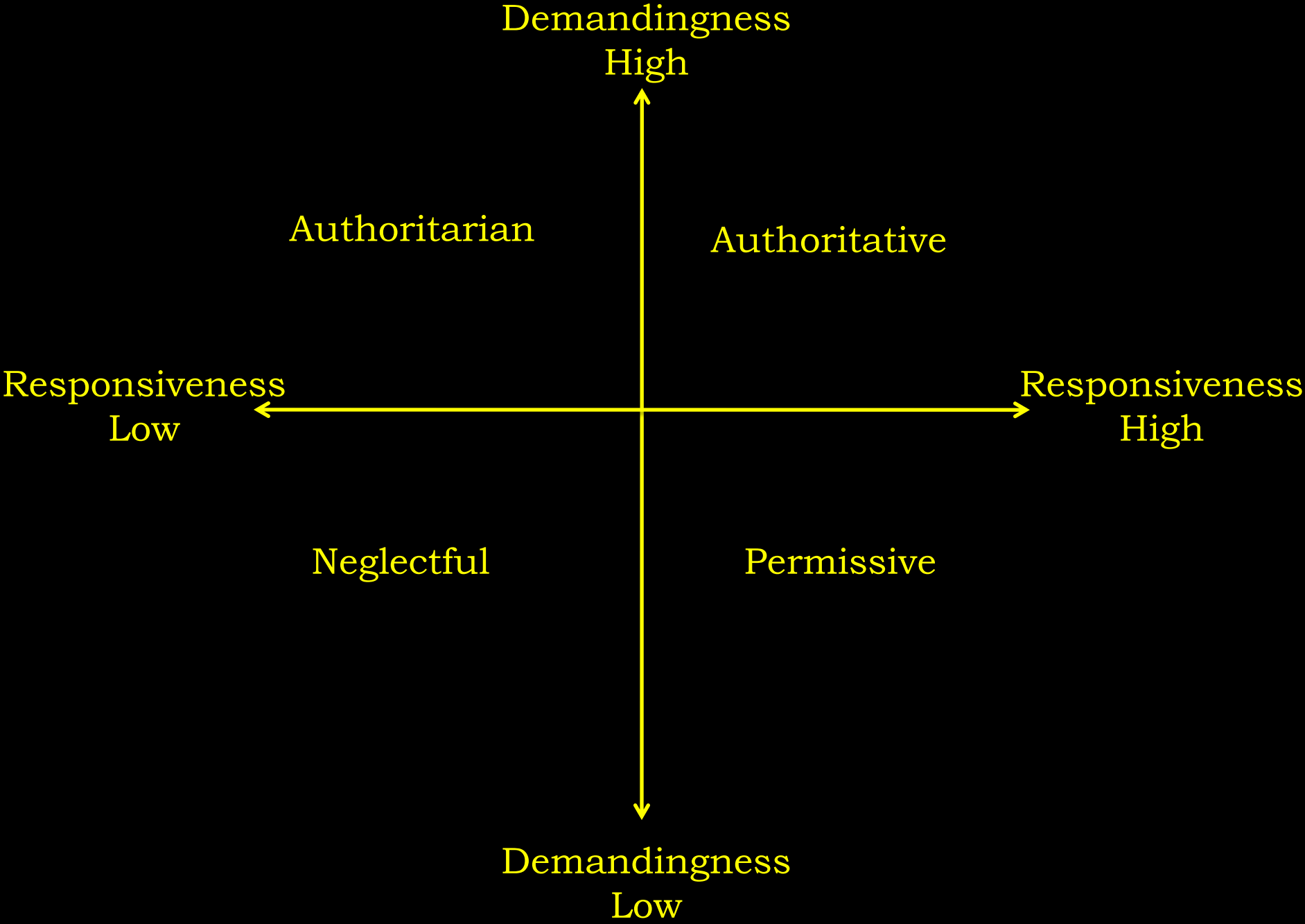
3. High Expectations

- a) Push children to be emotionally mature.
- b) Push children to be intellectually mature.
- c) Push children to excel at whatever they do.
- d) Let children learn how to deal with pressure and responsibilities. Do not let them quit because of small setbacks.
- e) Focus them on obtaining goals.



Love?

It's not about love;
it's about philosophy.



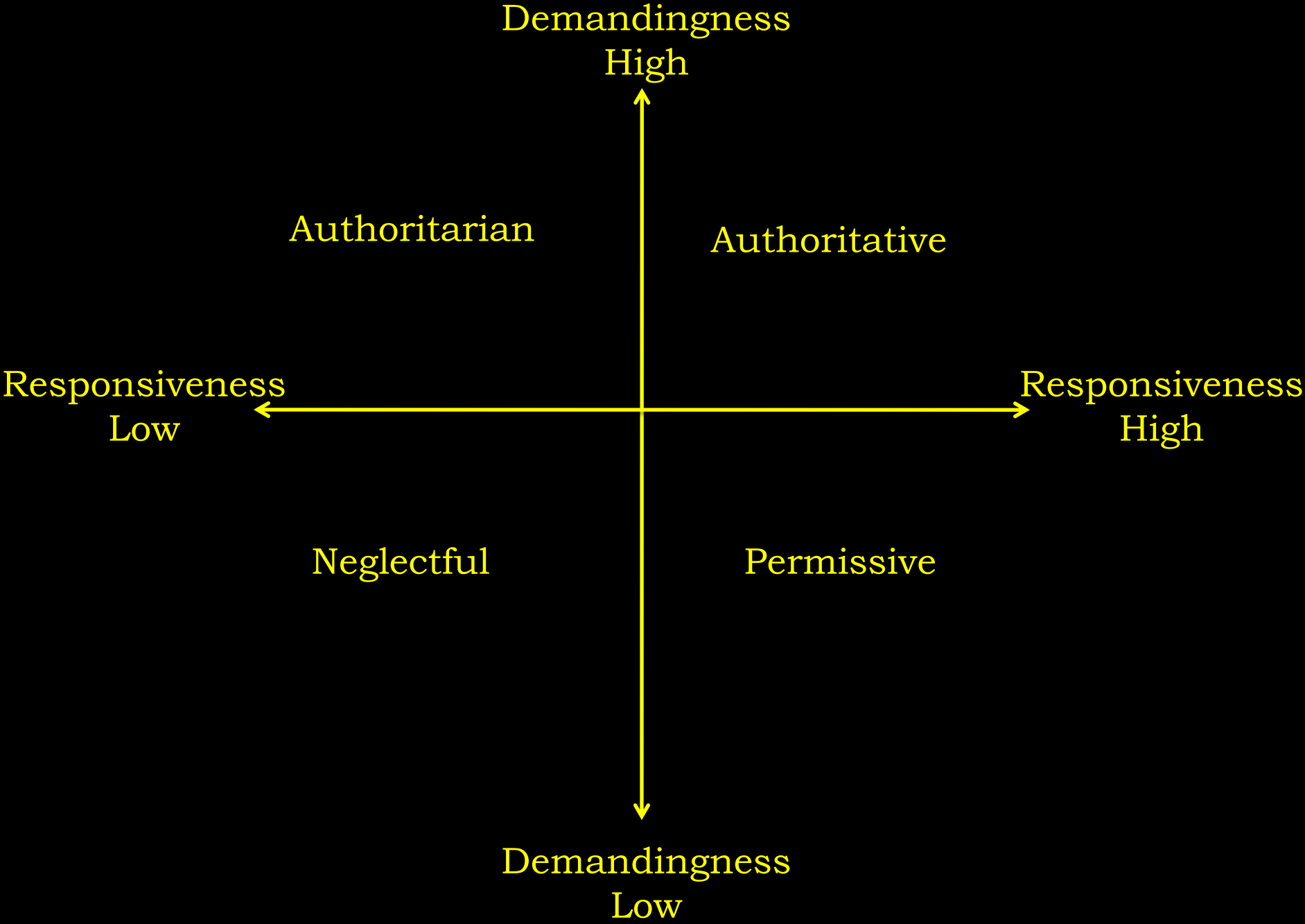
Parenting Style: Neglectful

Parent Activities

- No Affection
- No Rules

Child Responses

- Poor performance in all measurable categories.
- Academics
- Drugs
- Crime



Parenting Style: Authoritarian Philosophy

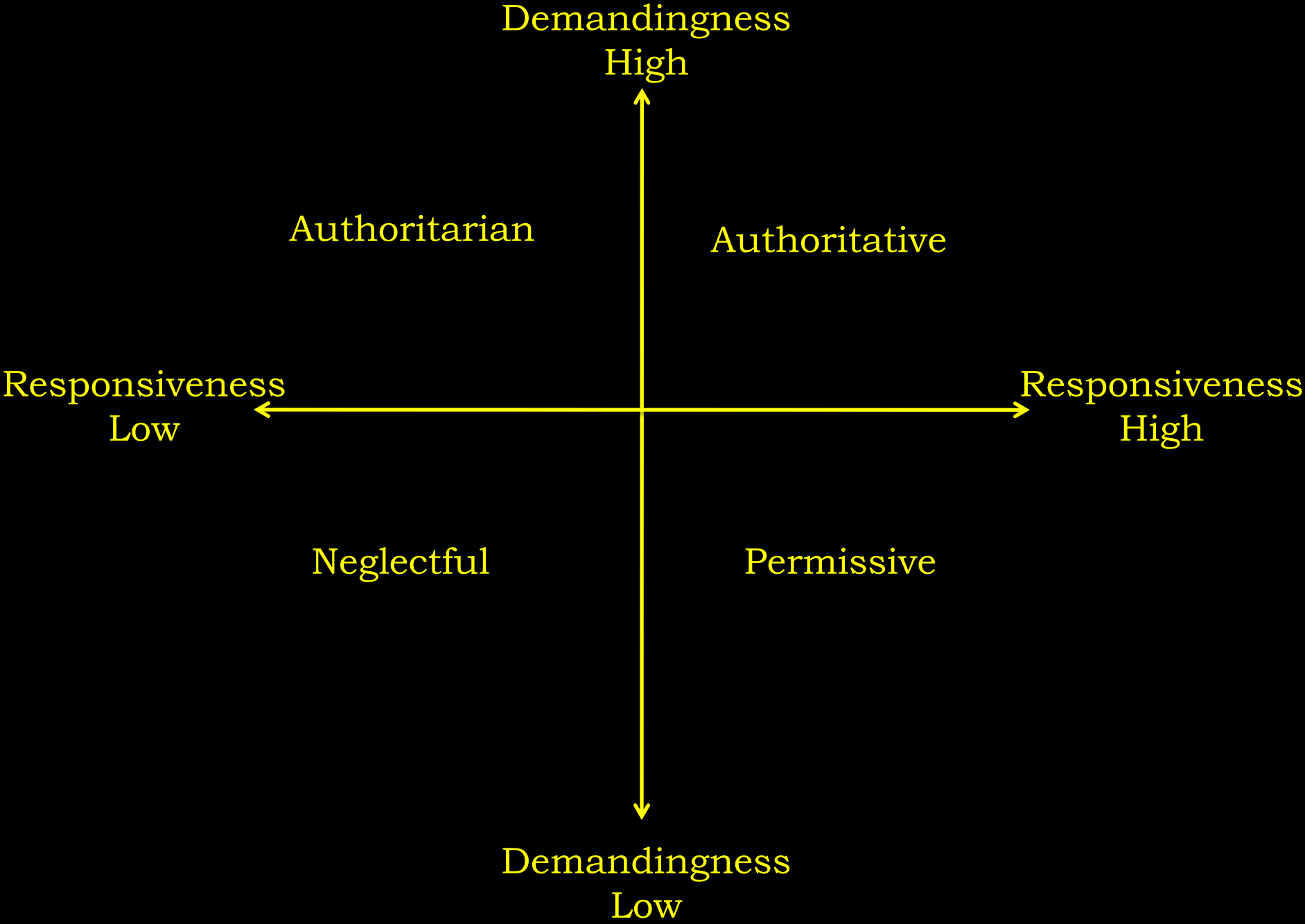
Parents' Activities

“Steel is forged in fire.”

- Orders
- Tough Love
- “Walk it off”

Child Responses

- Resilient
- Tough....but followers
- Orderly...when supervised.
- Not critical thinkers.



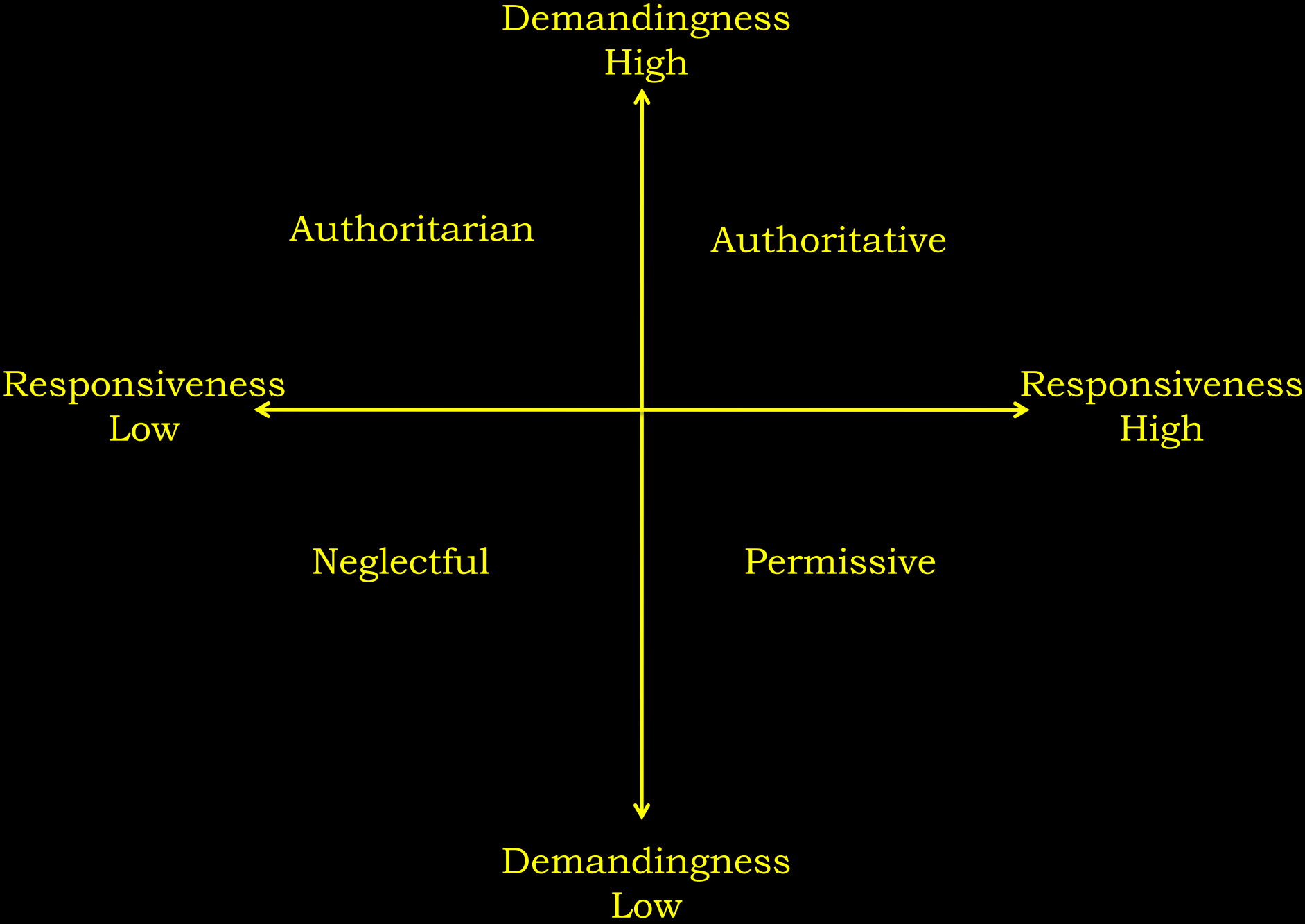
Parenting Styles: Permissive Philosophy

Parents' Activities:

- It's all about relationship.
- Affection, Affection, Affection
- Praise for everything
- Few rules

Child Responses:

- Explorers
- Critical thinkers
- Very dependent
- No self control, fragile
- No resilience



Parenting Style: Authoritative Philosophy

Parent Activities

- Affection
- Reasonable rules
- Reasonable sanctions
- Allow small, defined freedoms.
- High expectations

Child Responses

- Mature
- Goal Setters
- Do better in all measurable categories
- Academics

Question: What does an authoritative parent say and do?

- I love you.
- Give me a hug.
- Where are you going? Who are you going with? What are you doing?
- Lets look at your cell phone, room, backpack...
- I understand, but I told you if you were late that I would take your cell phone for a day.
- Are you on track to get As, Bs, and Cs?
- What are your goals?
- How can I help you achieve your goals?

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Congratulations!!!

You have earned your first
credit towards a
Northeast High School
Parent University diploma.

