

Parenting with Your Best Self



Objectives

- Describe how to model positive relationships
- Learn how to set boundaries
- Identify how to prioritize self-care

Erickson's Stages of Psychosocial Development

- Stage 1 Infancy: Trust vs Mistrust
- Stage 2 Early Childhood: Autonomy vs Shame/Doubt
- Stage 3 Play Age: Initiative vs Guilt
- Stage 4 School Age: Industry vs Inferiority
- Stage 5 Adolescence: Identity vs Confusion
- Stage 6 Early Adulthood: Intimacy vs Isolation
- Stage 7 Middle Age: Generativity vs Stagnation
- Stage 8 Old Age: Integrity vs Despair

Modeling Positive Relationships

- Children are watching
- Learn from action more so than what you tell them
- Demonstrate a positive relationship, especially in front of the child/children

Boundaries

- Set boundaries
- Review with child(ren) ahead of time
- We set them, they test them
- We can control our actions

Children's Emotional Needs

- Attention
- Power

Attention and Power

- Spend time together 1:1
- Incorporate a choice
- Goal: at least 10 minutes everyday

Motivational Interviewing Influence

- Listen to your child
- Enjoy the time together

Self-Care

- You need to take care of yourself!
- Sleep, eat well, outside/nature, self-care, meditation, take 3 minutes to yourself
- No one can be their best self all the time so cut yourself some slack

References

- Eriksons Stages of Psychosocial Development
 - <https://www.ncbi.nlm.nih.gov/books/NBK556096/>
- MI At Home: How Useful Is It
 - <https://www.stephenrollnick.com/mi-at-home/>
- Young children learn by copying you!
 - https://www.canr.msu.edu/news/young_children_learn_by_copying_you
- Boundaries and expectations are important parenting tools
 - https://www.canr.msu.edu/news/boundaries_and_expectations_are_important_parenting_tools
- What is Positive Parenting? Does it Work?
 - <https://www.positiveparentingsolutions.com/parenting/what-is-positive-parenting>

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