

Positive Parenting



Dr Parvathi Vaidyanathan

Counseling Psychologist



Mental Health Coach

Clinical Director Ramakrishna CDC

Coimbatore

What have you Inherited From your Parents?





My parents are the
reason I am who I
am today

"Behind every young child who believes in himself is a parent who believed first."



Matthew Jacobson

"The best inheritance a parent can give his children is a few minutes of his time each day."



O. A. Battista

"There is no school equal to a decent home and no teacher equal to a virtuous parent."



Mahatma Gandhi

"A baby is something you carry inside you for nine months, in your arms for three years and in your heart 'til the day you die."



Mary Mason

"Two of the greatest gifts we can give our children are roots and wings."



Hodding Carter

"All mothers believe that they have the most beautiful child in the world. They are all correct."



Unknown

Tiger's Whisker



A close-up photograph of a person's open palm holding a white paper cutout of a family consisting of two adults and two children holding hands. The background is a soft-focus green. A dark green horizontal bar is superimposed over the top of the hand.

POSITIVE PARENTING

What does Positive parenting mean to you?

It Begins with Nurture?

- ❖ Nurturing comes from the Latin word *Nutri tura* that means to nurse, to nourish and to promote growth.

... Am I cultivating flowers or weeds?



It Begins With You!!!



POSITIVE PARENTING

Positive parenting is about showing children love, warmth and kindness.

It's about guiding children to act the way you want by encouraging and teaching them.

It's about helping children thrive by sending the powerful message: *You are loved, you are good, you matter.*



Research reveals the power of positive parenting



Positive parenting sets children up for success

Research shows that positive parenting helps children do better in school, have fewer behavioral problems, and stronger mental health.¹



Positive parenting helps the teenage brain

Neuroscientists discovered that positive parenting contributes to better functioning in the brain regions associated with emotions and cognition during the teen years.²

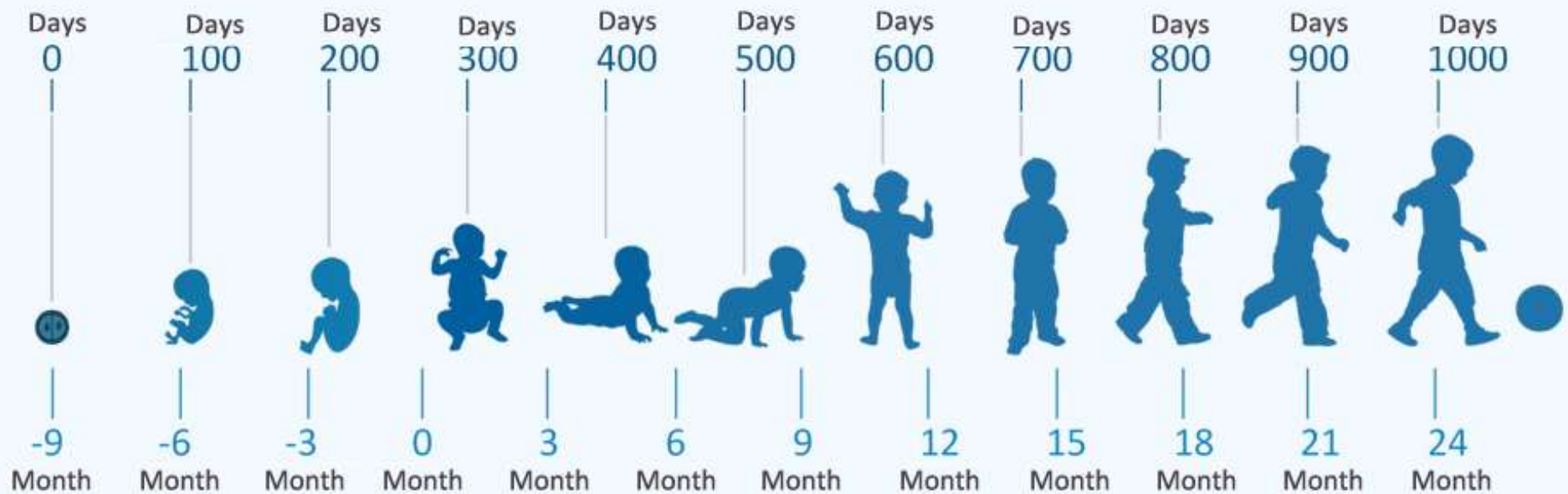


Positive parenting is linked to a happy and healthy adulthood Harvard scientists found that positive parenting has long-term benefits, including better relationships, mental health, and well-being during adulthood.³

➡ BRAIN DEVELOPMENT AND MILESTONES



FIRST 1000 DAYS OF LIFE



DEVELOPMENTAL DELAYS

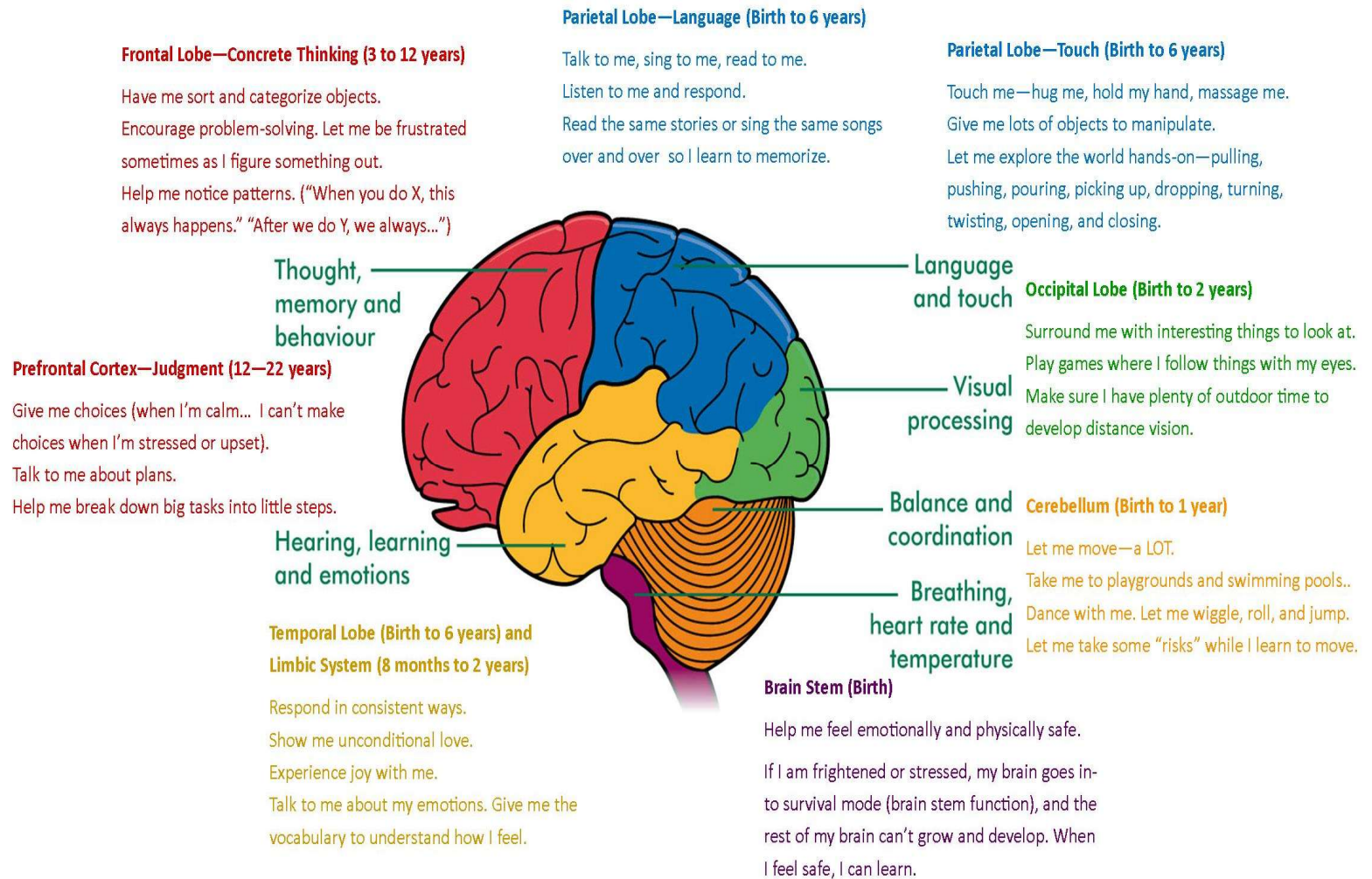
REACHING MILESTONES

Developmental delays occur when a child does not reach developmental milestones at the expected time. Developmental delays tend to persist over time.

Developmental disabilities may require tailored intervention and full-time care; in order to maximize function and opportunity, it's important to establish proper intervention strategies early in life.



Brain Development—How you can help your child learn and grow.



Note: Timeframe given is the "sensitive period" when that part of the brain is growing and developing the most. The brain grows and changes throughout our lifetimes.

MISSING NUTRIENTS

Children **need a variety of nutrients** in their diet or through supplements to support brain development.



Protein

(Meat, Poultry, Dairy, Beans, Nuts)



Folate

(Liver, Spinach, Fortified Cereals)



Vitamin A

(Carrots, Sweet Potato, Spinach)



Iron

(Meat, Dark Leafy Greens, Beans/Lentils)



Iodine

(Seaweed, Iodized Salt, Seafood, Dairy)



Vitamin D

(Sun, Fatty Fish, Fortified Milk)

UNDERSTIMULATING ENVIRONMENT

When a child's brain doesn't **receive enough sensory or intellectual input** to keep them **engaged with their surroundings**, we see issues with growth of the brain including reduced attention span, lower brain volume, and lower intelligence quotient.

(Mackes, 2020)

Children **NEED** to be held and spoken with. Give them chances to explore their environment, move their bodies, and be challenged (*puzzles, games, building blocks*).
Let them engage in free play!



OVERSTIMULATION

Screen time can **impact children's brains** due to prolonged exposure to rapid image change during a critical period of brain development. The brain becomes wired to expect high levels of stimulation, which leads to issues around inattention.

(Christakis, 2015)



Too much screen time can **deprive children** of social experiences, play, movement all needed for proper brain growth..

LACK OF MOVEMENT

The **brain stem** (*in charge of the body*) requires **sensory integration** through a process called "*exteroception*." Through varied sensory experiences, **the brain beings to understand relationships with the outside world.**

Growth & stimulation in the brain stem is needed to move onto the growth of the more complex regions of the brain. **Movement and stimulation** also keeps **stress hormones at bay** so the brain can work on more important areas.





REACTING

VS.

RESPONDING

ROLE PLAY



Parenting Style

Authoritarian

Focus on obedience,
punishment over discipline



Authoritative

Create positive relationship,
enforce rules



Permissive

Don't enforce rules,
'kids will be kids'



Uninvolved

Provide little guidance,
nurturing, or attention



Six Basic Needs (SPICES)

- ▶ Social
- ▶ Physical
- ▶ Intellectual
- ▶ Creative
- ▶ Emootional
- ▶ Spiritual



Parenting with PRIDE

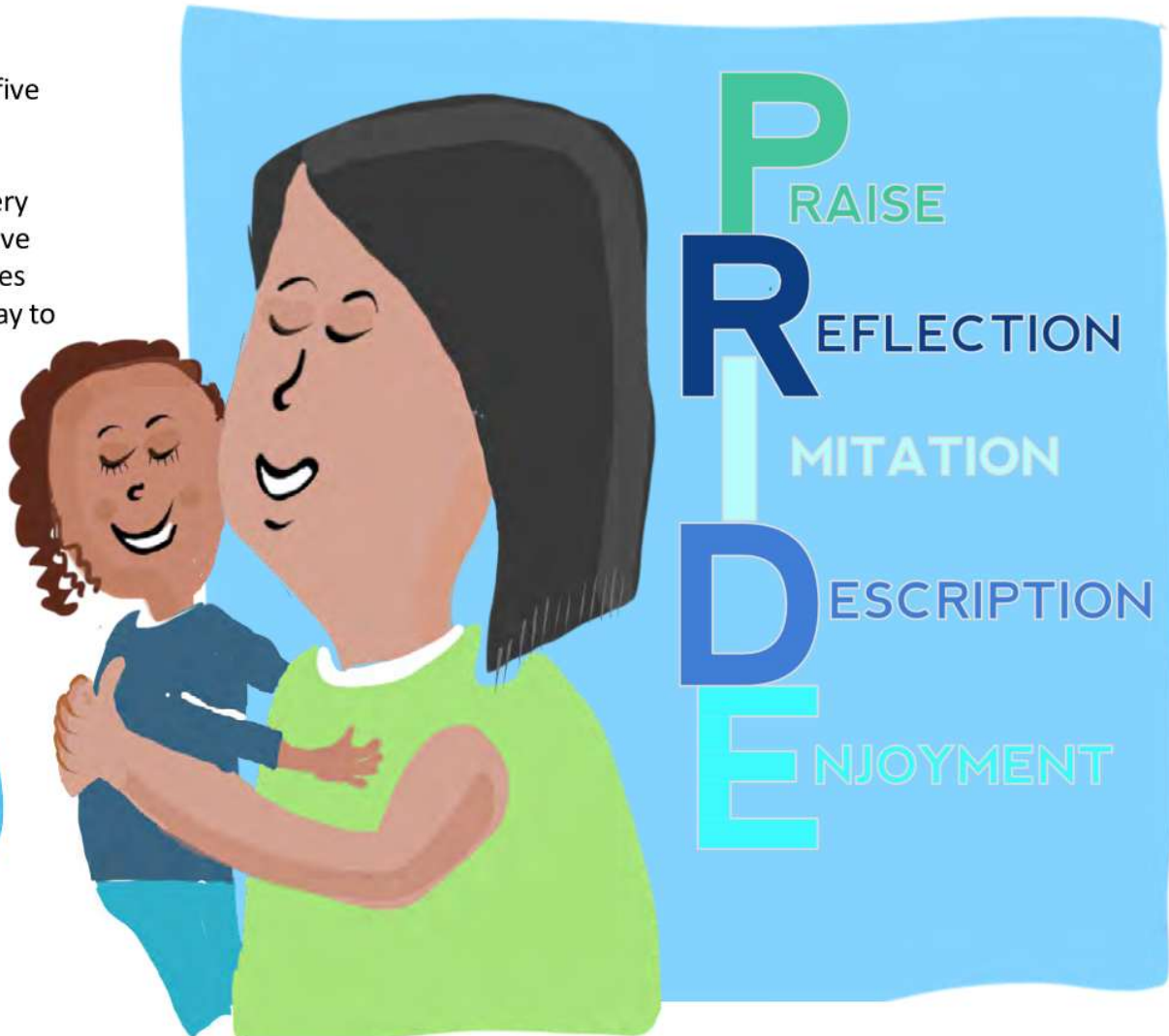
Parenting with PRIDE

.....

The PRIDE skills are five positive parenting techniques that can easily be used in every day life. The skills have been shown in studies to be a successful way to support children's development.

Tip

As with all parenting advice, experts recommend using the skills in a way that feels right for you and your family.



PRAISE

is a positive statement that expresses approval.



1

Praise makes children feel good

What we tell children becomes their inner voice and has the potential to build up or tear down. Praise builds children up by strengthening self-esteem and self-concept.

2

Praise teaches children

Praise gives guidance about your standards of behavior. When a behavior is rewarded, children learn how you want them to behave. Each time you praise that behavior, your child will be reminded of your expectations.

3

Praise changes behavior

When a behavior is praised, children will continue on with this behavior.

REFLECTION

involves repeating back
a child's words and
elaborating on what the
child said.



1

Reflections show you are listening

Reflections let your child know you are paying attention. They communicate the message: 'I hear you and I get you.'

2

Reflections promote back-and-forth conversation

When a child's statements are reflected, it rewards the child for speaking. This encourages children to start conversations and share their thoughts more frequently. Reflections are more powerful than questions to get a child talking.

3

Reflections help language development

Reflections are a great tool to improve children's speech since they offer an opportunity to subtly correct grammatical mistakes. For instance, if a child says "I *ranned* home," a parent can reflect "Wow, you *ran* home!".

Did you know?

Back-and-forth conversation with your child strengthens the language center of the brain.⁴

IMITATION

involves playing in a similar way as your child or making similar gestures.



1

Imitation makes children feel important

An adult imitating a child's actions is very flattering. Imitation sends the message: 'What you are doing is interesting and important, and I want to do it too.'

2

Imitation allows you to get on the child's level

Imitation is a good way to join in the child's play if you are unsure of how to do so. Children are the play experts and by imitating what they are doing, they will teach *you* how to play.

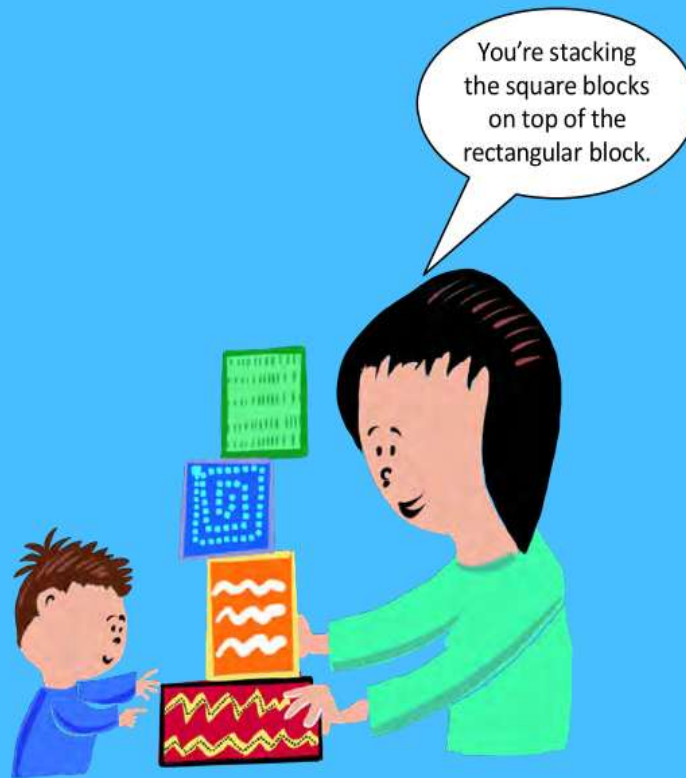
3

Imitation helps with social skills

When an adult imitates a child, the child is more likely to imitate the adult. Imitating each other is a great way to practice back-and-forth social exchanges.

DESCRIPTION

involves describing what your child is doing, much like a sportscaster giving a play-by-play narration of a game.



1

Descriptions show you are paying attention

Descriptions let your child know they have your undivided attention and you are interested in what they are doing. This is a big self-esteem boost!

2

Descriptions increase attention span

Descriptions help children focus and spend more time on a task. It's a great tool to use during homework.

3

Descriptions teach young children

Descriptions help young children learn new words and concepts such as shapes, sizes, numbers and colors.

ENJOYMENT

means expressing warmth
and positivity with your
words and actions while
you play and interact with
your child.



1

Enjoyment strengthens the parent-child bond

Adding warmth and
excitement to the interaction
lets your child know you care
about them and enjoy
spending time together.

2

Enjoyment models positivity

Children pick up on and mimic
the emotions of others. When
you are cheerful, your child will
be more likely to act positively.

Showing enjoyment with your body

- Smile
- Make eye contact
- Hug and kiss your child
- Put your arm around your child
- Rub your child's back

Showing enjoyment with your voice

- Let your child know how much you enjoy being with them
- Talk in a warm and animated voice
- Laugh together

Good behaviors to notice

Social skills and manners

Being kind
Being a good sport
Compromising
Doing things for others
Helping
Making eye contact
Saying *please* and *thank you*
Sharing
Showing empathy
Taking turns
Using nice words



Self-control skills

Being careful and gentle
Being safe
Staying calm
Calmly expressing feelings
Waiting patiently

School and learning skills

Concentrating
Creative thinking
Flexible thinking
Focusing and staying on task
Persisting
Problem-solving
Thinking things through
Working hard
Working independently

I appreciate you petting Spunky very gently just like Mom asked.

Listening and obeying skills

Accepting *no* for an answer
Asking permission
Doing things right away
Following directions
Listening the first time



**To decrease
these...**

**“Catch”
these...**

**Acting
aggressively**

Being careful and gentle
Keeping hands to self
Making safe choices

**Acting
impulsively**

Being patient
Concentrating
Thinking things through

Disobeying

Cooperating
Following directions
Listening right away

**Fighting with
siblings**

Sharing
Taking turns
Using kind words

Interrupting

Letting others talk
Saying *excuse me*

Lying

Being honest
Telling the truth right away

**Picky
eating**

Being brave
Trying new foods

**Talking
rudely**

Saying nice things
Using polite words

**Throwing
tantrums**

Calmly expressing feelings
Calming down

Whining

Having a positive attitude
Asking with a big boy/girl voice
Using words to express needs

Thank you for
being truthful and
letting mom
know.



Taking the time to play

Playtime is easily forgotten in the hustle and bustle of daily life. Distraction-free playtime offers a chance to pause, breathe, and connect with your child. Parenting experts say that as little as five minutes of daily playtime can strengthen the parent-child bond.⁵



Did you know?

Play is an important part of children's social, emotional and cognitive development.⁶

2 tips to make playtime special

Tip 1: Play with PRIDE
PRIDE skills add goodness and magic to playtime. They turn playtime into *special* playtime. The more PRIDE skills used, the better!

Tip 2: Let your child lead the way

Since children rarely have the opportunity to be in charge, letting your child lead can make playtime feel extra special. Here are two ways to follow your child's lead:

Go with the flow by letting your child choose what you play with and how you play (as long as it's safe).

Reduce commands and questions such as, "Say *choo choo!*" and, "What will his name be?".

SCREEN TIME HABITS AND BOUNDRIES



SCREENTIME UNPLUGGED



Average Human Time Spent on Screen

Global: 6 h 40 m

U.S.: 7 h 3 m

Kids' Average Screen Time

Ages 8-10: 6 h/day

Ages 11-14: 9 h/day.

Ages 15-18: 7.5 h/day.



Poor Posture,

Eye strain,

Obesity,

Anxiety, Depression,

Poor Social Skills

Poor Academic Performance



Appropriate Screen Time for Different Age Groups



Under Age 2

Limit screen time to video chatting with loved ones.



Ages 2 to 5

Limit screen time to 1 hour/day. Introduce high-quality, educational content that supports growth. Always watch together.



Ages 5 to 8

There's no strict limit to screen time. Quality over quantity. Ensure screen time doesn't replace sleep, study, or play. Monitor content closely.



Ages 9 and Above

Engage in open conversations about digital content and its impact. Set consistent screen-use boundaries.



10 Practical Tips On How To Reduce Screen Time For Kids

Set Clear Limits

Create Screen-Free Zones

Encourage Active Play

Be A Role Model

Set Tech-Free Times

Make Screen Time Productive

Offer Screen-Free Alternatives

Involve Them In Family Activities

Use Parental Controls

Make It A Gradual Transition





12 Good parenting principles

Good parenting considers the age of children and their stage of development. Parenting is a two-way journey: Learning from kids and teaching them. These twelve principles of parenting based on the teachings of Gurudev Sri Sri Ravi Shankar will provide a rock-solid foundation for the parent-child relationship. It will uplift your child's capacity to love, trust, discover and learn.



Play with kids



Infuse moral values



Set clear boundaries



Have patience



Foster a balanced personality



Balance development of interests



Give human touch



Balance positivity and realism.



Encourage social service



Nurture innate trust



Promote friendliness



Be sensitive - Practice what you preach

LESSONS TO IMPART EARLY IN LIFE



Teaching Respect

- ❖ Parents and children who treat themselves with respect will, in turn, treat others with respect.
- ❖ It shows high-regard for self, others, and the environment.

“How does your child know they are “respected?”



Teaching Empathy

- ❖ Empathy forms the foundation of Positive Parenting. Empathy is the ability to be aware of the needs of others, and to take positive actions on behalf of others.

“How do we teach empathy?”



Teaching Discipline

- ❖ Discipline is the practice of teaching children to be respectful, cooperative, and contributing members to a family and society. (Provide guidance and structure).
- ❖ Harsh and abusive language, hurting touch and punishment are viewed as disrespectful practices.
 - What do I want my child to learn?
 - Is what I am doing teaching that?
 - Is it teaching anything else?
 - If so, what can I do differently?



Increasing Self Awareness

- ❖ Increasing self-awareness and self-acceptance clarifies the family roles and responsibilities and supports the development of nurturing skills.
- ❖ Distinguish sacrifice vs. service (vulnerable child)
- ❖ Parent gets their needs met in a healthy way and does not depend on the child to “make them happy.”
- ❖ When needs are met, we can be more available for our children.



Teach them make Decision

- ❖ Children and adults need to be empowered to make good choices and wise decisions using their strong will and personal power.
- ❖ Developing a strong sense of personal power is a necessary element in becoming a nurturing individual.



Teach them to be happy

- ❖ Humor, laughter, and fun promote happiness in families, an optimistic view of life, an outlet for stress reduction, and the chance to make living together as a family enjoyable.
- ❖ Parenting should be a joy -- not JUST a job.
- ❖ Normalize being unproductive





Do not educate your child to
be rich.

Educate him to be happy.

So when he grows up,
he'll know the value of things,
not the price.

