

Suggested Presentation Timeline: Parenting Styles



This lesson outline is designed to be a teaching tool for early learning professionals who teach this information in a wide variety of settings. Therefore, please use the outline below as a guide and modify it as necessary to meet the needs of your audience and schedule.

Minutes 0 - 10 Welcome and Introductions

- Begin your presentation or workshop by creating a comfortable environment.
- Introduce yourself to your group / audience and orient them to the environment (restrooms, important announcements).

Minutes 10 - 40 Presentation of Topic

Provide your group with an overview of the topic you will be presenting. This brings all the participants together quickly as well as to engage the group in the learning. Here are some options for how to do this:

1. Tell a story that engages the audience.

A little boy runs into the kitchen and cries, "Daddy! Sophie just took my elephant!" The child is obviously very upset. If you were the father, how would you respond to the child?

2. Provide a definition of the topic / terms that are being discussed.

Definition of Parenting Styles: Research by John Gottman has identified four parenting styles, or the most common approaches parents use in dealing with their children's emotions. Each style had characteristic responses to emotions and effects on the emotional climate of the home.


3. Some educators find it helpful to begin with a general question. For example:

- When you think of the word parenting, what ideas come to mind?
- What are three words that describe your parenting style?

4. Provide an overview that introduces your audience to the research-based information about the topic.

Dr. John Gottman has researched how parents help children learn to manage their emotions and has found that most parents have a "style" for dealing with their children's emotions. Most parents use one of four parenting styles: dismissive, disapproving, laissez-faire, and emotion coaching.



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- Review the goals of what you intend to teach, describe what tools/resources they can expect to gain by attending the event, and present the Parenting Counts Program Curriculum.

Minutes 40 - 50 Applied Learning Activity

- Most audiences are ready for a change in activity after 20-30 minutes of lecture. Consider the composition of your group and decide what type of activity best meets their needs.
- Some educators choose to have participants work in pairs to maximize comfort with the topic, others opt for a group discussion to allow a variety of opinions to be heard and validated.
- Parenting Counts offers multiple video options that can be used during this time to encourage discussion or to continue the learning experience.

Minutes 50 - 60 Closure and Evaluation

- Closure: Be sure to recap the key messages of the presentation as well as provide tools that incorporate the learning into parenting practices.
- Evaluation: Please distribute an evaluation form as part of your presentation. It is important to give participants an opportunity to comment on the presentation as well as to provide you with an assessment of their learning.

