

Effectively Engaging your Children to Make Good Choices

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Presentation Outline

- Remembering when....
 - Reflect on your childhood and discuss differences today
- Responsibility in development
- The most important dimensions of parenting
 - Understand the concepts of love and limits
 - Fostering healthy communication
- Using choices
- Giving commands and implementing consequences
- Avoiding common pitfalls

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Remembering Childhood

- Biggest problems?
- How did I feel about my looks?
- Did I rebel against my parents/teachers?
- What were the toughest grades academically and socially?
- How did I navigate friendships and peer influences
- Were my parents helpful and understanding?
- What did I need most from my parents?

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Remembering

- What issues are the same?
- How are the issues different?
 - What challenges do youth face that you didn't?
- Are current times for youth better or worse?
 - Why? _____
- As a parent, have you "adapted" to current times?

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Responsibility

- Being accountable
- Caring for yourself and others
- Being able to accept consequences of choices and behavior.
 - As age increases, responsibility increases
 - As responsibility increases, number and magnitude of choices increase

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Two Most Important Dimensions of Parenting:

- A large amount of love, acceptance, and warmth of the parent to the child
- A moderate to high level of restrictive control

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Love and Limits

This pattern of parenting is associated with children and adolescents who display:

- High self-esteem and self-confidence
- Emotional stability
- Independence
- Competence in social and academic areas
- Social responsibility
- Ability to control aggression

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Other Parenting Styles

Associated with inappropriate child and adolescent behaviors

- Authoritarian
- Indulgent or Permissive
- Uninvolved or Indifferent

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Love and Acceptance

- Satisfaction with the child's abilities
- High Involvement
- High Responsiveness
- Positive Reinforcement
- Sensitivity to their needs

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Love and Acceptance

- Make memories (planned or spontaneous)
- Keep communicating with your child or teen even if they don't seem to be listening. Talk about topics that interest them.
- Respect and ask for their opinions.
- Continually show them and tell them you believe in who they are.

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Expressing Love

- Through Communication
- Through Touch
- Through Modeling
- Through Valuing and Respecting
 - Value for who they are, rather than what they can do.

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Healthy Communication

- Effective Listening
 - Attentiveness
 - Blocks to Listening
- Expressing
 - Making Statements
 - Avoiding Criticisms
 - Avoiding Too Many Questions
 - Using "I" Messages

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Interactions With Kids*

- P** - Praise
- R** - Reflect
- I** - Interest
- D** - Describe
- E** - Enthusiasm

* Adapted from PCIT

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Using Choices

- Builds self-worth
- Establishes and increases responsibility
- Parents should enforce consequences of the choices
 - Follow through
 - Brick wall

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Minimizing Conflict

- Identifying triggers or “hot” buttons.
- Avoiding power struggles.
- Dealing with conflict situations.
 - Staying in control
 - Steps to coping

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Level of Restrictive Control

- Clear standards of behavior, rules, and consequences
 - Rules clearly defined, firmly and consistently reinforced
 - Coercive demands rarely given in to
 - Good modeling
 - Minimize negative outside influences

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Effective Commands

- Be direct, not indirect
 - Positively stated
- Single, not compound
 - Specific, not vague
- Neutral tone of voice
 - Polite and respectful
- Developmental level
 - Give a rationale

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