



Building a Healthy Relationship with your Child

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Parenting Initiatives

**Relationship
FOUNDATION**



12 Ideas to Build a Healthy Relationship with your Child



1. Clarifying our role

- ◆ Which is the better analogy of parenting?

Construction

Farming



2. Clarifying Motives

- ◆ What drives our parenting decisions?
 - Expectations of relatives?
 - Expectations of other parents?
 - Our own unfulfilled ambitions?

- ◆ Being child focused : the compass that guides our decisions with them



3. Understanding child development

- ◆ Identifying needs at each stage of development
- ◆ Manages our own expectations

Erikson's Stages of Psychosocial Development

– Stage 1: (birth – 1 yr)

- Trust vs Mistrust
Parents responsive/
sensitive to needs Parents neglect
needs

– Stage 2: (1- 3 yrs)

- Autonomy vs Doubt/Shame
- Parents encourage
baby to explore Parents punish
exploration





– Stage 3: (3 – 5yrs)

- | | | |
|---|----|------------------------------|
| • <u>Initiative</u> | vs | <u>Guilt</u> |
| • Parents encourage effort and initiative | | Parents control all behavior |

– Stage 4: (5 – 12 yrs)

- | | | |
|--|----|--|
| • <u>Industry</u> | vs | <u>Inferiority</u> |
| • Direct energy into work, completing task | | Difficulty working and applying energy |



– Stage 5: (12 – 17 yrs)

- Identity vs Role Confusion
- more purposeful
planned behavior
of adulthood
- cannot adjust to
responsible living



4. Recognize your child


- ◆ “Strokes” (types of recognition)

- conditional positive
- unconditional positive
- conditional negative
- unconditional negative



Dealing with tantrums

- ◆ Identify root cause
 - Legitimate (hungry, sleepy, pain)
 - Illegitimate (instrumental and purposeful)
- ◆ Do not give in (do not reinforce)
- ◆ Engage when the child calms down



5. Spend one to one time with each child

- ◆ Learn to enjoy being with your child
- ◆ Don't treat child as "part of the group"
- ◆ Not just task focused
- ◆ The foundation for meaningful interaction



6. Healthy culture of discipline

- ◆ Clarify acceptable and non acceptable behavior (based on family values)
- ◆ Discipline base on boundaries not based on emotions (be in control)
- ◆ Be careful what behavior you are reinforcing



- ◆ Positive discipline
 - Firm but respectful
 - Based on taking responsibility for actions
 - Goal is for child to understand consequences

- ◆ Choose your battles
 - Do not major in minor issues



7. Be careful with what you say

- ◆ Be honest

- Don't exaggerate
- Follow through on your promises

- ◆ Be sensitive

- Be aware of impact words have on children



8. Allowing emotional expression

- ◆ Allow appropriate expressions
 - Crying
 - Anger
 - Sorrow
 - Fear
 - Joy
 - Excitement
- ◆ Message: emotions are normal



- ◆ Don't block emotions (disengagement):
Teach them to understand it
- ◆ Linking emotions to reasons
 - I feel _____ because _____.




- ◆ Be realistic about the child's ability to regulate and manage emotions
- ◆ Don't put the child in impossible situations



9. Lead by Example

- ◆ Model the values you expect in your child
- ◆ Demonstrate integrity: never demand from our children what we cannot do ourselves.



10. Take care of your own development as a person

- ◆ Do an occasional “day of recollection” or “retreat” just to take stock of how your family and personal life is headed
- ◆ Cultivate your own physical, intellectual, emotional, social and moral development
- ◆ Creates momentum in the home (emotional contagion)



11. Manage your stress and anger

- ◆ Deflection
- ◆ Attempts to establish control
 - Healthy vs unhealthy manifestations
- ◆ Find appropriate outlets



12. Love your child

Encourages discovery and openness

Assure them

= unconditional love

= love : not used as leverage

= love not performance based



◆ The phenomena of Dual attitudes



Q and A

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