

"Good things come in small packages."

Notes (use back for additional notes):

[illegible]

I agree to continue my play sessions with my child of focus for ____ weeks and/or begin sessions with _____ and do for ____ weeks.

Date and time for follow-up meetings: _____

Volunteer meeting coordinator: _____

1. *Relational Parenting* (2000) and *How to Really Love Your Child* (1992), Ross Campbell
2. *Between Parent and Child* (1956), Haim Ginott
3. *Liberated Parents, Liberated Children* (1990), Adele Faber and Elaine Mazlish
4. *How to Talk So Kids Will Listen and Listen So Kids Will Talk* (2002), Adele Faber and Elaine Mazlish
5. *"SAY WHAT YOU SEE" for Parents and Teachers* (2005), Sandra Blackard (Free online resource available at www.languageoflistening.com)

CHILD-PARENT-RELATIONSHIP (C-P-R) TRAINING

Additional Parents Notes - Session 10

CHILD-PARENT-RELATIONSHIP (C-P-R) TRAINING

Rules of Thumb & Other Things to Remember - Session 10

☞ Rules of Thumb

1. **Focus on the donut, not the hole!**
Focus on the relationship (your strengths and your child's strengths), NOT the problem.
2. **Be a thermostat, not a thermometer!**
Learn to RESPOND (reflect) rather than REACT. The child's feelings are not your feelings and needn't escalate with him/her.
3. **What's most important may not be what you do, but what you do after what you did!**
We are certain to make mistakes, but we can recover. It is how we handle our mistakes that makes the difference.
4. **The parent's toes should follow his/her nose.**
Body language conveys interest.
5. **You can't give away what you do not possess.**
(Analogy: oxygen mask on airplane) You can't extend patience and acceptance to your child if you can't first offer it to yourself.
6. **When a child is drowning, don't try to teach her to swim.**
When a child is feeling upset or out of control, that is not the moment to impart a rule or teach a lesson.
7. **During play sessions, limits are not needed until they are needed!**
8. **If you can't say it in 10 words or less, don't say it.**
As parents, we tend to overexplain, and our message gets lost in the words.
9. **Grant in fantasy what you can't grant in reality.**
In a play session, it is okay to act out feelings and wishes that in reality may require limits.
10. **Big choices for big kids, little choices for little kids.**
Choices given must be commensurate with child's developmental stage.
11. **Never do for a child that which he can do for himself.**
You will never know what your child is capable of unless you allow him to try!
12. **Encourage the effort rather than praise the product.**
Children need encouragement like a plant needs water.
13. **Don't try to change everything at once!**
Focus on 'big' issues that ultimately will mean the most to your child's development of positive self-esteem and feelings of competence and usefulness.
14. **Where there are no limits, there is no security. (Consistent Limits = Secure Relationship)**
When you don't follow through, you lose credibility and harm your relationship with your child.
15. **Good things come in small packages.**
Don't wait for big events to enter into your child's world—the little ways are always with us. Hold onto precious moments!

Other Things to Remember:

1. Reflective responses help children to feel understood and can lessen anger.
2. In play, children express what their lives are like now, what their needs are, or how they wish things could be.
3. In the playtimes, the parent is not the source of answers (reflect questions back to child: "Hmm—I wonder").
4. Don't ask questions you already know the answer to.
5. Questions imply non-understanding. Questions put children in their minds. Children live in their hearts.
6. What's important is not what the child knows, but what the child believes.
7. When you focus on the problem, you lose sight of the child.
8. Support the child's feeling, intent, or need, even if you can't support the child's behavior.
9. Noticing the child is a powerful builder of self-esteem.
10. Empower children by giving them credit for making decisions: "You decided to_____."
11. One of the best things we can communicate to our children is that they are competent. Tell children they are capable, and they will think they are capable. If you tell children enough times they can't do something, sure enough, they can't.
12. Encourage creativity and freedom—with freedom comes responsibility.
13. "We're about to institute a new and significant policy immediately effective within the confines of this domicile."
14. When we are flexible in our stance, we can handle anger much more easily. When parents are rigid in their approach, both parent and child can end up hurt (remember the stiff arm!).
15. When unsure of what to say to child or what to do, ask yourself, "What action or words will most preserve the relationship or do least harm?" Sometimes walking away and saying nothing, or telling the child, "I need to take a time-out to cool off, and then we can talk," is best. Always remember: "Nothing at this moment is more important than my relationship with my child."
(Also applies to spouses, significant others, etc.)
16. Live in the moment—today is enough. Don't push children toward the future.