



# Parent Resources: INFLUENCE

# Parent Take Home Sheet

## Videos Watched:

Epigenetics: Nature vs. Nurture

[https://youtu.be/k50yMwEOWGU?si=0lrOC\\_l4zaLX7-Tq](https://youtu.be/k50yMwEOWGU?si=0lrOC_l4zaLX7-Tq)

Raaaaaaaaanch!!

<https://www.facebook.com/reel/889625806156317>

## Scriptures:

“In the same way, let your good deeds shine out for all to see, so that everyone will praise your Heavenly Father.” Matthew 5:16 (NLT)

“Direct your children onto the right path, and when they are older, they will not leave it.” Proverbs 22:6 (NLT)

- In the verse in Proverbs, the words “train up” or “direct” is the word “chanak” (pronounced khaw-nak)
- In the original Hebrew which means “to train up, dedicate” and is designated a verb
- That means that parenting is an action, not just a person (a noun). In other words, you are not just a parent by title, but you PARENT your children.

## Main Points:

- **3 main, overarching influences pulling on our children:**
  - **YOU:** Parents/Guardians/Meaningful adults
  - **THEM:** self-esteem, confidence levels, etc.
  - **OTHERS:** Peers/media
- With so many outside forces pulling on the attention of your children, how do parents maintain influence and still empower them to be making their own good decisions? It's **INTENTIONAL** parenting.
- **Key attitudes, values, actions, and thoughts we want to impart to our children:**
  - Self-esteem
  - Resiliency, grit
  - Healthy food choices, healthy activity levels
  - Mental health- healthy coping skills
  - Social confidence
  - Generosity
  - Good citizenship
  - Others?

## Main Points:

- There are two parts to the outward influencers of your children - you and not you
  - You get the privilege of ensuring that their inward influence, that is the influence they project on themselves is informed by healthy affirmations and coping skills while you are the most important person to them
  - You also are like a big-musclcd bouncer, charged with the protection of their development and who gets a vote in their life
  - When outside influences become more important than YOUR influence, it is distinctly harder to affect change or guidance
  - While some transfer of influence from parent to peers is normal, and even necessary for proper development, we must be careful who those influencers are
- **Actions are stronger than words**
    - Pamela Li writes, "Your action, rather than words, is what makes a good parent...Instilling values and behaviours into children cannot be achieved through words alone. Research shows that direct instruction and indirect influence are ineffective when the parent's actions contradict their messages."\*
- **5 Intentional Parenting Zones**
    - Physical Development
    - Emotional development
    - Behavioural development
    - Cognitive development
    - Social development
- **4 Parenting Styles**
    - Posited by developmental psychologist Diana Baumrind at the University of California at Berkeley in the 1960s with the fourth being added by Stanford researchers Elenor Maccoby and John Martin:
      - **Permissive** - parents are "hands off," providing little structure, marked by lack of consistency and rules
      - **Authoritative** - parents set clear boundaries, use trust based interventions
      - **Authoritarian** - parents impose strict rules, discourage individuality or self expression
      - **Neglectful** - parents fail to provide basic needs for their children and are emotionally distant, and are erratic with their discipline or punishments
    - How you were parented is likely a big driving force in how you are parenting now  
[www.psychologytoday.com/us/tests/personality/parenting-style-test](http://www.psychologytoday.com/us/tests/personality/parenting-style-test)

## Main Points:

### 10 ways we can be more intentional as parents:

1. **Emotional Regulation** - model it in your own life
2. **Positivity** - look for silver linings, or “diamonds” in the rocky days
3. **Empathy** - “Parents are often quick to blame children for inappropriate behavior. Misbehavior, however, always has a reason.” Pamela Li
4. **Respect** - teach respect by showing respect
5. **Resisting Peer Pressure** - when misbehavior happens, especially in public, resist the path of least resistance like bribery or threats and practice helping the child through their misbehavior
6. **Firm Boundaries** - no drugs/alcohol, clear expectations in regards to bedtimes and screen time allowances, the disallowance of mean-spirited or spiteful language, etc.
7. **Appropriate and trust-based interventions for misbehaviour** - the I.D.E.A.L. response to behaviour (Immediate, Direct, Efficient, Action-based, Leveled at the behavior not the child) - watch the IDEAL Response to Behavior video: <https://youtu.be/761xx61-q1c?si=Lk6hD5xW5kTdfkjj>
8. **Show Love in Their Love Language** - Physical Touch, Words of Affirmation, Time Spent, Gifts, Acts of Service
9. **Key Questions**
  - a. Ask “What do you want to talk about today?” instead of asking “Do you want to talk?”
  - b. “What else?”
  - c. What is something that made you happy today? Something that made you sad?
10. **The Never-Ever List**
  - a. Negative Self-Image
    - i. “You always mess things up.”
    - ii. “What’s wrong with you?”
    - iii. “You’re just like your (negative trait) father/mother.”
  - b. Dismissive or Invalidating
    - i. “You are fine!”
    - ii. “Stop being so dramatic.”
  - c. Unhealthy Comparisons
    - i. “Why can’t you be more like Johnny? He’s so well-behaved and never causes trouble.”
    - ii. “You’re not as pretty as the other girls in your class.”
  - d. Criticism
    - i. “Why do you always mess things up?”
    - ii. “You’re not very smart. You’ll never be successful.”
  - e. Threats
    - i. “If you don’t stop crying, I’ll give you something to cry about.”
    - ii. “If you don’t behave, I’ll leave you here by yourself.”
    - iii. “If you don’t eat all your food, you’ll go to bed hungry.”
  - f. Guilt Tripping
    - i. “You never care about how I feel.”
    - ii. Using emotional appeals to manipulate the child into doing something, such as “I’m so disappointed in you,” or “You don’t love me anymore.”