

EP 044

THE PARENTING RELATIONSHIP

SHOW NOTES

OBJECTIVE

> Develop an understanding of the parenting relationship.

UNDERSTANDING PARENTING

Most adults will become parents at some point in their lives (almost 90%). **Parenting** is the continual relationship of a parent(s) and a child or children that includes caring, teaching, leading, communicating, and providing for the needs of a child consistently and unconditionally. All children are born good, are altruistic and desire to do the right thing, and the objective of positive parenting is to teach discipline in a way that builds a child's self-esteem and supports a mutually respectful parent-child relationship without breaking the child's spirit.

POSITIVE DISCIPLINE

Negative Discipline results in: Resentment, Revenge, Rebellion and Retreat (4Rs).

Positive Discipline on the other hand has five major characteristics.

1. **It is both Kind and Firm**
2. **It Promotes a Child's Sense of Belonging and Significance**
3. **It Works Long-term** (note: punishment may have an immediate impact, but this is short-lived)
4. **It Teaches Valuable Social and Life Skills** (i.e., problem-solving, social skills, self-soothing, etc.)
5. **It Helps Children Develop a Sense that they are Capable Individuals**

ADDRESSING SIBLINGS RIVALRY

1. **Avoid Labeling Children**, it only intensifies comparisons.
2. **Arrange for Attention**, intentionally, so they do not have to fight for it.
3. **Prepare for Peace**, by teaching and living peacefully.
4. **Stay out of Squabbles**, allowing them to work things out.
5. **Calm the conflict**, and do not take sides.
6. **Put them in the same boat**, teaching them the benefit of getting along.

Tips for dealing with teenagers: be a role model, know their friends, set boundaries, communicate open, be their source of information, know their risk level of substance use, be supportive, and above all, be their parent.

APPLICATION

> Identify and write down five specific action points from today's lesson that you will apply in your parenting.

RESOURCES

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