



Parenting

SOLUTIONS

Empowering Parents. Creating Hope.

The Problem:

- ▶ 2010-2020 suicide rate, youth ages 10-14
 - ▶ Girls-167% increase, Boys-91% increase
- ▶ 2019 Child Violence on Parents
 - ▶ Up to 22% of parents report suffering violence by children
 - ▶ Researchers speculate severely underreported.
- ▶ Center For Disease Control (July 2019-December 2021)
 - ▶ Only 1 in 10 teens who died from drug overdose had a history of treatment for a substance use problem.
 - ▶ Only 1 in 7 had ever experienced a nonfatal overdose
- ▶ Over 2 million children drop out of school every year.

Where did parenting go?

Decline in Parent Engagement:

- ▶ Both parents working outside the home to provide for their family.
- ▶ 1965 to 1995 parent engagement declined.



Where did parenting go?

Increase in Parent Engagement:

- ▶ *1995 parent engagement increased*
 - ▶ *Mom's +8 hrs/week (2007)*
 - ▶ *Dad's +4 hrs/week (2007)*
- ▶ *Safety became the #1 priority for parents.*
 - ▶ *Ex: Playground, Merry-Go-Round*



As parents we moved from less control, to attempting to control more in our children's lives. We lost the skill of influence.

Goal of Parenting:

Use our influence to build self-control in our children by teaching them that bad decisions lead to bad outcomes, and good decisions lead to good outcomes.

FOUR MAIN REASONS PARENTS FAIL TO CREATE INFLUENCE:

- ▶ Lack of essential skills and knowledge (*No Mentor*)
- ▶ Lack of consistency
- ▶ Lack of emotional and practical support
- ▶ New parenting challenges. (i.e. cell phones, internet, vaping, etc.)

How do we increase our influence?

- ▶ Understand the difference between compliant and strong-willed children.
- ▶ Learn skills that create influence vs. trying to control our children's activities.

Two of the things we need. Much more covered in our Parent Project[®], Sr. class!

Strong-willed vs. Compliant Children

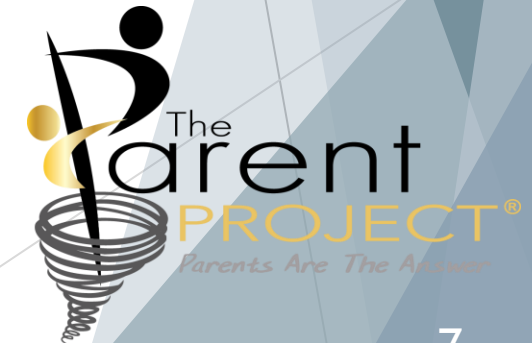
Strong-willed

- ▶ Frustrating
- ▶ Argumentative
- ▶ Traditional parenting generally ineffective



Compliant

- ▶ Try to please parents
- ▶ Listen to reason
- ▶ Traditional parenting usually effective



Activity #1: Write down the words that best describe your child's personality.

- ▶ Calm
- ▶ Easy Going
- ▶ Willing to Listen
- ▶ Understanding
- ▶ Compliant
- ▶ Challenging
- ▶ Emotional
- ▶ Strong-willed
- ▶ Argumentative
- ▶ Stubborn



INFLUENCE VS CONTROL

If parents could control their children would there be:

- ▶ Drug Use?
- ▶ School Drop Outs?
- ▶ Truancy?
- ▶ Unfinished Homework?
- ▶ Messy Bedrooms?
- ▶ Missed Chores?



Activity #2: Reflect on your own childhood. Record an instance in which you seriously broke a house rule or disobeyed your parents.

- ▶ In the instance described above, were your parents able to control your behavior?



Parents control things; not children.



The Most Effective Methods of Influencing and Motivating Children:

- ▶ Positive Strokes
- ▶ Positive Consequences
- ▶ Negative Consequences



Positive Strokes:

- ▶ Encourage good behavior
- ▶ Help children feel better about themselves



Activity #3: What are some behaviors for which a child should be given a positive stroke?

Examples:

- ▶ Taking out the trash without being asked.
- ▶ Helping a younger brother or sister.



Positive Consequences:

- ▶ The **most powerful** method of changing behavior
- ▶ Also help children feel better about themselves
- ▶ Using the word “*Absolutely*” *significantly* reduces parent/child arguments.

Example:

- ▶ A child returns home from school and asks Mom if she can play video games. Knowing her daughter has unfinished homework, Mom responds...

“Absolutely honey. You can play video games as soon as your homework is finished and I’ve looked it over.”

Activity #4: What are some situations at home where we can allow children to experience positive consequences? (Use the word “Absolutely...”)

Examples:

- ▶ “Absolutely you can use the car as soon as you finish drying the dishes.”
- ▶ “Absolutely, you may go to your friends house as soon as your room is clean.”



Negative Consequences:

- ▶ Loss of privileges for breaking house rules.
- ▶ Should fit the way children think. (short-term)





Parent Project[®], Sr.

- ▶ Next class November 13th!
- ▶ 10 Weeks
- ▶ 1 night per week, 2.5 hours per night
- ▶ Scholarships Available
- ▶ On Zoom
- ▶ Register at parentingsolutionsnow.com

Parent Project®, Sr. Class. (First 7 Weeks)



- ▶ **Learn how to never argue with our children again!**
- ▶ Recognize the best methods of influencing and motivating difficult children to change
- ▶ How and why kids think and act
- ▶ Responding to extreme situations (Running away, Violence, Working with Law Enforcement)
- ▶ Getting kids back in school
- ▶ Establishing the rule
- ▶ Talking with our kids (Finding the right words)
- ▶ List the elements of active supervision
- ▶ Use spot-checks for safety and accountability
- ▶ Media and Smartphones
- ▶ Creating structure for children
- ▶ Identify the target behavior
- ▶ Build a Six-Step Action Plan
- ▶ When parents don't agree

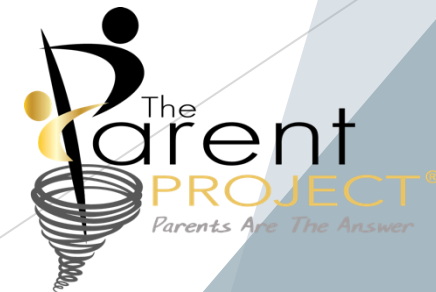
Weeks 8-10: Getting support for ourselves (Launching Support Groups)

Preparing Our Kids For Success

- ▶ **November 14th @ 6:00 p.m.**
- ▶ On Zoom
- ▶ 2.5 Hours
- ▶ Free to HSE Families
- ▶ Limited Spots Available

Topics Include:

- ▶ Creating Structure
- ▶ Strategies for getting kids to school.
- ▶ Strategies to improve school performance



We would love to support you!

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Sources

- Haidt, Jonathan, and Sean Pratt. *The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness*, 2024.
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