



Parenting for Calm

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Agenda

- Discipline → Guidance
- Responding vs. Reacting
- Structure & Routines
- Setting Limits
- Self-Care for Parents

Discipline

- Discipline ≠ Punishment

Punishment:

- Has a short-term effect on behavior.
- Teaches through fear, threats, abandonment, and/or pain.
- Focuses on wrongdoing.
- Assumes negative intent and often includes judgment.
- May include unrelated, negative consequences.
- Outcome is often child avoidance and/or shame.

Discipline → Guidance

- Types of Positive Discipline or Guidance:
 - Childproofing
 - Consequences – Natural and Logical
 - Redirection
 - Modeling
 - Clear Communication
 - Setting and Holding limits
 - Listen and Hold Space for Emotions

Respond vs. React

- Reaction

- Automatic
- Impulsive
- Emotion-driven
- Negative
- Doesn't teach

- Responding

- Conscious
- Thoughtful
- Rational
- Positive
- Teaches

Reasons for Misbehavior

- Quiz time!
- Do not know the rules or the rules are not clear
- Curious
- Want control
- Attention
- Not feeling good about themselves
- Tired or sick
- Doing something hard
- Feel something else is important
- Doing what children their age are supposed to do
- Started some bad habits
- Do not know what else to do
- Are just like that
- Imitating someone – maybe parents
- Nervous, upset, or disappointed
- A serious problem that requires professional help

Structure and Routines

- Benefits:

- Establishes a predictable, stable environment
- Helps children feel safe and secure
- Ensures needs are met
- Promotes independence and self-confidence
- Encourages positive behavior
- Provides consistency

- Examples:

- Consistent daily schedule
- Consistent rules and expectations
- Routine/steps for daily tasks:
 - Mealtime routine
 - Bedtime routine
- Family rituals

Setting Limits

- Age-appropriate expectations for children's behavior
- Warm, but Firm
- Limits and rules based on child's ability to understand them.
- Reasonable – no too severe.
- Give choices from appropriate options.

Self-Care for Parents

- Why is it important for parents to take care of themselves?
- Neglecting self-care is problematic in two ways:
 - Models unhealthy habits
 - Increases the challenges associated with parenting

Ideas for Self-Care

- Get enough sleep
- Eat regular, healthy meals
- Time away from screens
- Spend time doing activities you enjoy such as read a book or listen to music
- Exercise
- Spend quality time with friends and family
- Say no to extra responsibilities
- Write in a journal
- Spend time in nature
- Try something new
- Take a nap

What Do Good Parents Do?

- Sensitive to child's needs
- In-tune with their child's development
- Consistent
- Warm
- High, but appropriate expectations for behavior
- Explains reasons behind rules
 - Allows negotiation as appropriate





Questions?

THANK YOU!