

**POSITIVE  
PARENTING -  
UNDERSTAND  
YOUR CHILD  
IN BETTER  
WAY**



# ABSTRACT

Positive parenting is a parenting principle that assumes children are born good and with the desire to do the right thing. It emphasizes the importance of mutual respect and using positive ways to discipline. The positive parenting approaches focus on teaching proper future behavior instead of punishing past misbehavior.

## INTRODUCTION

Positive parenting and positive discipline focus on teaching good behavior using kind and firm parenting techniques. Here are some effective positive parenting tips to help you create a peaceful, happy home.

### I. Positive Parenting – The Definitive Guide And 9 Essential Tips

#### What Is Positive Parenting?

In the 1920s, Viennese psychiatrists, Alfred Adler and Rudolf Dreikurs introduced to the United States the positive parenting strategies<sup>1</sup>. Parenting experts and programs across the world have since refined and championed various positive parenting solutions.



Many modern parents embrace these gentle parenting principles because they do not want to parent the way they were raised.

Positive parenting means parents can raise happy children in ways that reflect their family values and beliefs. Positive parents are sensitive to their children's needs, developmental stages, and temperament.

## Benefits Of Positive Parenting

### FEWER BEHAVIOR PROBLEMS

Decades of studies have shown that using positive discipline yields positive outcomes in terms of the child's behavior and emotional growth.

In contrast, harsh, punitive parenting in early childhood tends to result in more behavior problems. Parents who are cold, uninvolved, and unresponsive raise kids with worse self-regulation, which further exacerbates the child's behavior issues.

### CLOSE PARENT-CHILD RELATIONSHIP

A positive parent does not need to punish their child to correct problematic behavior. There is no more yelling, power struggle, or hostility. As a result, the parent-child dynamics change, and their relationship improves.

### BETTER SELF-ESTEEM AND MENTAL WELL-BEING

Children raised with positive parenting have higher self-esteem. They believe they can do things as well as most other kids. These children are also more resilient. They bounce back readily from adversities.



Kids who are resilient with self-confidence have less family conflict and better connections with their loving parents. They tend to have better mental health.

### GREATER SCHOOL PERFORMANCE

Positively parented children enjoy more academic success. A better parent-child relationship resulting from this parenting style is also highly associated with school performance.

## BETTER SOCIAL COMPETENCE

Children of positive parents have better social problem-solving skills and social self-efficacy. They are more well-adjusted and have a positive sense of self.

## MORE PARENTING SELF-ESTEEM AND LESS STRESS

Children are not the only ones who benefit from positive parenting. Researchers have found that parents who practice positive parenting also gain self-esteem and confidence in their parenting. They have less parenting-related stress as the children have self-discipline and are well-behaved.

### 1. FOCUS ON THE REASONS BEHIND THE BEHAVIORS

There is always a reason why children misbehave, even though the reason may seem silly to the parents.

It *is* reasonable for the child, and that's why they behave that way. If parents can address the cause directly, even if the child doesn't get exactly what they want, they would still feel that their needs are acknowledged. Having emotional support from the family is often more important than having the actual request met.

An acknowledged child can move on without the need to misbehave. They may still be grumpy, but they do not need to act out to get heard. Ask them questions and get to the core of the problem. Using active listening and knowing the reason behind the challenging behaviors can also help parents avoid them in the first place.

For example, a child hit her brother. The reason could be that she was frustrated when her little brother took her toy. So teaching the younger child to ask for permission first before taking someone else's toys will prevent the issue from arising. Doing that is also teaching them good manners.

### 2. BE KIND AND FIRM

Be kind to your child to model how to be kind and respectful to others. Children learn by mimicking others, and you are their primary role model.



When a parent yells, humiliates, or calls a child names, the child learns to do the same when they're upset. The converse is also true. When a parent is kind and respectful despite being upset, the child learns to deal with difficulties with composure and respect.

Being kind also helps a child to calm down, be receptive to reasoning, and be more likely to cooperate.

You should still set boundaries, but at the same time, you enforce them in a kind and firm way. For example, you can firmly and kindly tell a child that she cannot have what she wants. There is no need to yell, use a mean tone or talk in a stern voice. A stern voice conveys anger while a *firm* voice communicates authority.

### 3. GENTLE DISCIPLINE

Often, unnatural negative consequences cannot stop bad behavior, nor does it teach good ones. A positive, non-punitive response is much more effective in settling an overstimulated child and engaging them to learn a new behavior. Time-out has been widely criticized in recent years.

That's because most parents do not use it correctly. Time-out for kids is not meant to be a punishment but unfortunately, most parents use it that way. They isolate and restrict the child's movement and add a secondary punishment by chastising or lecturing the child.

In the original design of time-out, the child is simply removed from the overstimulating environment that creates or aggravates misbehavior, and then put into a non-reinforcing place to calm down and feel safe.

So some parenting experts invented "time-in" to replace time-out. Time-in is actually a similar idea to the proper use of time-out, which has been proven to work with decades of research by psychologists. on teaching the appropriate behavior rather than punishing the unwanted ones.

## 4. BE CLEAR AND BE CONSISTENT

Decide and explain the consequences of violating limits clearly before being enforced. In addition, parents need to be consistent and follow through on them.

If a parent is not consistent, there will be confusion. Do not make empty threats to cancel the ball game if your kid misbehaves unless you are willing to carry it out when that happens.

## 5. AGE-APPROPRIATE BEHAVIOR AND BRAIN DEVELOPMENT

Sometimes, what we think is inappropriate behavior is actually age-appropriate behavior.

For instance, tantrums in toddlers are very normal. These young kids have big emotions but cannot express them in words. They also don't have the ability to regulate themselves because that part of the brain is not yet developed. Our child needs our help in learning to regulate.



Stages of brain development play a part in choosing a positive parenting strategy. Toddlers and preschoolers (even three-year-olds) may not understand the consequences. So for them, redirection instead of reasoning or giving consequences should be used.

## 6. START EARLY

Positive parenting begins with the parent becoming a positive model for the child and gaining child development knowledge. So it can start even when your child is only a newborn baby.

## 7. TIME-OUT YOURSELF TO CHILL OUT

Yes, you heard that right. You need to take a time-out yourself when needed. Inevitably, sometimes parents are just exhausted and angered by children's unruly behavior.

If something doesn't go your child's way, you want them to have the ability to self-control and remain respectful. If you cannot do it yourself, don't expect your child to do this. When you feel that you're about to lose it, tell your child that you need a moment by yourself because you are upset.

Give a time frame on when you'll return and then go into another room to cool off. Walking away not only stops the power struggles but also allows you the time to calm down. Remind yourself of your disciplining goal, which should be to teach, not to win in a conflict.

While there, take a few deep, mindful breaths to clear your mind. You now have more time and breathing room to think of ways to deal with the issue at hand. When you return, you will be refreshed and ready to tackle your parenting challenges again.

Another good way to improve your self-regulation is to practice meditation. Regular meditation helps reduce stress in trying situations like this and promotes mindful parenting.

## 8. MAKE IT A LEARNING OPPORTUNITIES

When children are old enough to reason (older than three), every misbehaving episode can be turned into an invaluable lesson in problem-solving.

What is the lesson of breaking a toy? It means the child cannot play with it anymore. That's a natural consequence.

If the child didn't like the toy, he should have given it to a friend or donated it so that other kids could enjoy it. If they broke a toy out of frustration, help them find other outlets to release the anger such as punching a pillow. Teach them how to think of alternative ways to resolve an issue instead of acting out.



Teach them the vocabulary to explain their feelings (“I am angry because...”) rather than misbehaving. Help children develop their communication skills. Promoting language development will cut down on temper tantrums and misbehavior significantly.

## II. How Parents Can Raise a Good Child

Many parents focus attention on their children’s grades and extracurricular activities, such as by making sure kids study, do their homework, and get to soccer practice or dance lessons on time. But all too often, we forget to put time and effort into nurturing another component of child success and development—one that is just as important, and perhaps even more essential—being a good person.



It can be easy to forget the importance of countering the pervasive messages of instant gratification, consumerism, and selfishness prevalent in our society.

If we want to raise children who are genuinely nice people, we can help guide our kids toward habits and behaviors that promote positive character traits like kindness, generosity, and empathy for those who are less advantaged or who need help.



As C.S. Lewis famously said, “Integrity is doing the right thing, even when no one is watching.” How can we raise a good child, one who will do the right thing, even when no one may see them do it, and when there may be no reward? While there is no guaranteed formula (if only!), here are some ways parents can build good character and help their child grow into a good person.

## Nurture Empathy in Your Child

Emotional intelligence and empathy, or the ability to put oneself in someone else’s shoes and consider their feelings and thoughts, is one of the most fundamental traits in good people. Studies have shown that having a high emotional quotient—that is, being able to understand one’s own feelings and the feelings of others—is an important component of success in life.<sup>1</sup>

To encourage empathy in your child, encourage your child to talk about her feelings and make sure she knows that you care about them. When a conflict occurs with a friend, ask her to imagine how her friend might be feeling and show her ways of managing her emotions and work positively toward a resolution.

## Encourage Them to Lift Up Others

While stories about kids engaging in bullying and other bad behavior often make headlines, the truth is that many kids quietly perform good deeds in the ordinary course of their lives, whether it’s making a friend feel better when he’s down or pitching in at a community center.

As you encourage positive behaviors such as doing something to make someone’s day better (even something as small as patting a friend on the shoulder when they’re sad), be sure to talk about what negative effects behaviors like gossiping or bullying have on both sides (both those who are bullied and those who do the bullying), and why and how it hurts people.

## Teach Them to Volunteer

Whether your child helps an elderly neighbor by shoveling the sidewalk or helps you pack some canned goods into boxes for donation to family shelters, the act of volunteering can shape your child’s character. When kids help others, they learn to think about the needs of those less fortunate than they are, and can feel proud of themselves for making a difference in others’ lives.

## Offer Rewards Sparingly

An important thing to remember when encouraging kids to help others is to not reward them for every single good deed. That way, your child won’t associate

volunteering with getting things for himself and will learn that feeling good about helping others will be in itself a reward.



That's not to say you shouldn't occasionally take your child out for a special treat or give them a gift for helping others AND for working hard and studying hard.

Kids love encouragement and thrive on parents' approval. An occasional reward is a great way to show him how thankful you are for the good things he does.

## Teach Them Good Manners

Does your child routinely practice the fundamentals of good manners such as saying "Thank you" and "Please"? Does she speak in a polite manner to people and address elders as "Mr." and "Ms."? Does she know how to greet people properly, and is she familiar with the basics of good table manners? Is she a gracious loser when she plays a game with friends?

Remember that you are raising a person who will go out into the world and interact with others for the rest of her life. (And this little person, as she grows, will be at the dinner table with you and interacting with you every day until she leaves the nest.) You can play an important role in shaping how well-mannered your child will be.

## Treat Them With Kindness and Respect

The most effective way to get kids to speak to you and to others in a respectful way and to interact with others in a nice manner is by doing exactly that yourself when you interact with your child. Think about how you speak to your child.

Do you speak harshly when you're not happy about something? Do you ever yell or say things that are not nice? Consider your own way of speaking, acting, and even thinking, and try to choose a friendly and polite tone and manner with your child, even when you are talking to him about a mistake or misbehavior.

## Discipline Your Child Consistently

Parents who hold back on giving children boundaries or firmly (but lovingly) correcting bad behavior may actually be harming their child with good intentions. Children who are not disciplined are unpleasant, selfish, and surprisingly unhappy.

Some of the many reasons why we need to discipline include the fact that children who are given clear rules, boundaries, and expectations are responsible, more self-sufficient, are more likely to make good choices and are more likely to make friends and be happy. As soon as you see behavior problems such as lying or backtalk, handle them with love, understanding, and firmness.

## Teach Them to Be Thankful

Teaching your child how to be grateful and how to express that gratitude is a key component of raising a good child. Whether it's for a meal you've prepared for dinner or for a birthday gift from Grandma and Grandpa, teach your child to say thank you. For things like gifts for birthdays and holidays, be sure your child gets into the habit of writing thank you cards.



## Give Them Responsibilities

When children have an expected list of age-appropriate chores to do at home, such as helping set the table or sweeping the floor, they gain a sense of responsibility and accomplishment. Doing a good job and feeling like they are contributing to the good of the household can make kids feel proud of themselves, and help them become happier.

## Model Good Behavior

Consider how you interact with others, even when your child isn't watching. Do you say "Thank you" to the checkout clerk at the market? Do you steer clear of gossip about neighbors or co-workers? Do you use a friendly tone when addressing

waiters? It goes without saying that you directly influence how your children will be. If you want to raise a good child, conduct yourself in the way you want your child to act.

### **III. Ways Parents Can Help Children Navigate Overwhelming Stress Right Now**

We all must have missed this chapter in the parenting manual. You know, the one that tells us *how* to help our children understand and deal with a sudden pandemic, school on a screen, exposure to upsetting news and images of racial injustice and protests, and political upheaval — not to mention having to stay away from Grandma and Grandpa for the time being.



Welcome to 2020, with parents and kids alike scrambling to adapt to a world in which the ground seems to be constantly shifting. Seriously, what do you do when your 8-year-old tries to construct a ladder so he can climb over the fence to escape quarantine, as one mom told us her son did? And how, as one dad asked on social media, do you soothe an 8-year-old who wonders aloud whether his family is going to become enslaved again?

#### **Stick to a schedule**

While the outside world is unpredictable, you can provide stability by sticking with a routine. “Consistency and structure help kids feel like the world is OK,” says Wanda Vargas-Haskins, Ph.D., a child and family trauma therapist. You may even want to spend some time crafting a visual schedule with your little one.

For younger kids, it can help to draw pictures to create a visual schedule of mealtime, nap time, playtime and calls with grandparents. For older kids, waking up and going to bed at the same time daily and eating meals as a family make home life predictable.

### Block out one-on-one time

Between work calls, virtual school and everyone disappearing into their devices, plain old fun as a family may get shelved. "It feels like I'm rejecting my 3-year-old when he comes in to snuggle, and I have to explain that I have to work," says Monica Stephens, who's working at home in Buffalo without child care.

### Help them identify their emotions

Meltdowns are *totally* normal when a little kid is cooped up, and naming feelings is a powerful way to bring them down to size, says Vargas-Haskins. You should actively try and suss out why your little one is having trouble currently: "Say, 'Mommy's thinking maybe you're having big feelings.

Are you scared about something? Are you remembering something you're upset about?' They may not have an answer, but that opens the door to thinking about their behavior," Vargas-Haskins says. This will also teach self-awareness so they can respond appropriately instead of letting emotion overwhelm them. You can help by naming your own emotions and describing what you'll do to make yourself feel better.

### Help them connect with friends and relatives

This will keep their spirits and social skills up. You can still facilitate a social life despite the pandemic: If health authorities say it's safe to do so in your area, set up socially distant playdates.

If you still need to stay home, "write letters to their friends or grandparents or a favorite cousin," says Brown. They can watch movies or play I Spy with their friends over FaceTime, or record mini diary videos to share highlights of the week with loved ones, which will help them feel connected.

### Keep them moving

It can be easy to fall into a routine of video games, snacks and YouTube. But exercise is as important for the brain as it is for the body. "Have them run around the backyard, or if you don't have open space, do jumping jacks, have a dance party or try kids' yoga," says Robinson-Brown.



“This will help get out the anxious energy.” Hide-and-seek, charades and obstacle courses are also great choices, as are walking, hiking and biking — just remain careful about masks, social distancing, and handwashing while out and about.

### Don't fear difficult topics

Sickness. Loneliness. Racism. None of these issues is easy, but Faison says showing your child that it's all right to talk about complex things helps build trust and teaches honesty. “Tell them it's OK to be sad, mad or worried, and be sure they know they can talk to you about those feelings,” Brown shares.

### Educate yourselves together

Having concrete information about what's going on in the world will make both of you feel more empowered. Do a little research so you're able to answer whatever questions your child throws at you—[childmind.org](http://childmind.org) is one great resource. Or look up answers together: “You know what? I don't know why more Black people than white people are dying from COVID, but let's read some articles together and see what the experts say.”

### Lead with empathy

Encourage a sense of community even with those who think differently. “We want to equip kids with the confidence and the background to understand that we can be different and still support each other, that we can participate in positive change by listening, caring and speaking out when something is wrong,” says Dr. Nayeem. You might even start this at home by modeling an example in trying to find common ground with a relative you disagree with. If it's safe, take kids to volunteer, perhaps collecting supplies for people in need, or to participate in a peaceful march. And keep it honest.

## **IV. Moving with kids: Tips on how to relocate your family successfully**

- While moving can be a positive experience for a family, moving with kids often has some negative implications for the children involved.
- Moving has the most profound impact on kids over the age of 5, as it's particularly difficult for them to leave behind friends and adjust in a new school during this important time of development.
- Ultimately, when moving with kids, parents need to provide their children with a secure and stable environment and do what they can to make the move easier.
- The first step when moving with kids is to keep them informed: Be honest about what is changing—and when.
- Also, assist them in making a treasure chest and a memory box: the former should be filled with their favorite things and the latter with phone numbers and addresses of close friends and family.
- Finally, make sure they say their proper goodbyes to their home and have plenty of time to do so.

Moving to a new city can serve as a positive change for your life, which might explain why so many do make that move: as up to 63% of Americans have moved to a new place at least once, compared to the 37% who've never left their hometowns. That said, moving to a new place can have its challenges too, especially for kids. In fact, moving during childhood can have a major impact on your child's mental health.

### **The Impact of Moving on Your Child's Mental Health**

Kids who have moved five or more times during their childhood are three times as likely to experience mental health problems compared to those who stay in their hometowns. In a study of 50,000 children, researchers found that the impact of moving is often worse for children over the age of five. This is because they have to leave behind friends and change schools during an important time of social development.



Healthy child development is best supported by security and stability across different domains in the child's life. Key components of that stability include housing, parenting, family dynamics, neighborhood factors, peer influences, and school development. Children with unstable housing often have fewer high-quality relationships, lower life satisfaction, and a lower sense of personal well-being.

“Moving house can be a hugely stressful experience for the parents and the family as a whole as it can be associated with change in social environment,” said Foteini Tseliou, lead author of the study. “Parents need to be aware that such a change can be even more stressful for children as they may be more sensitive and less resilient.”

But what can you do to make the transition to a new town, city, state, or even country easier when you're moving with kids?

## How to Ensure a Smoother Transition When Moving with Kids

Parents are often the ones who make the important decisions when it comes to moving. You choose the city, the town, and the new house. This can make your child feel powerless and unstable. Fortunately, there are a few ways you can ensure a smoother transition for your family when moving with kids:

### 1) Involve your child in as many decisions as you can:

One of the best ways to give your child a sense of stability again is to give them a hand in what you're doing.

### 2) Make a treasure box:

Have your child pack some of their favorite things into a colorful box they can keep with them during the move. This will help them feel in control over their closest belongings and give them a sense of security.



### 3) Make a memory book:

By creating a memory book complete with phone numbers and e-mail addresses of friends, family, and babysitters, your child will be able to figuratively visit their old home whenever they need to.

### 4) Throw a goodbye party:

It may be sad for your child to say goodbye to their old friends and neighbors, but a goodbye party gives them a sense of closure and makes them feel less like they're leaving their friends behind.

### 5) Don't wait to unpack in your new home:

It can be tempting to leave your belongings in boxes, but when you haven't unpacked it, you can make your child feel anxious as if the family is going to be leaving again soon.



Be aware that your child will need time to adjust to their new home and social environments. Encourage them to share their feelings and get involved with the move. The best way to ensure a positive transition is to make your child feel in control, stable, and secure when you're moving with kids.

## **V. 7 Things To Remember When Moving With Small Children**

Researches show moving for small children can be traumatic as it disrupts their daily routine, school activities, friendships, playtime and much more. Children, especially between the ages of 0-8 years, are developing neural pathways. They are incredibly susceptible to negative experiences.



Moving is stressful even when you have control over most of the aspects. But, as a small child, it feels like losing control. Therefore, when moving to a new place, it is common for small children to become clingy, petulant, unresponsive, and angry.

As a parent, you need to step in your child's tiny shoe to understand how daunting it for them. They have to say goodbye to a familiar environment, move to an unknown place, adapt to a new school environment, and leave behind friendships. So, what are the things you must remember when moving with small children that can make the process more manageable? Read on to know.

### Explain Why Are You're Moving

Keeping your children in the dark will do more harm than good. Therefore, it is vital you inform your children about the move. Give them time to adjust and think. Depending on the nature of your child, the initial reactions can range from excitement to being angry. If your child becomes upset or starts to throw tantrums, understand it is how they are trying to cope. If you remain patient and handle everything with love, the transition will be smoother, and it won't be a negative experience for them.

According to expert Brisbane removalists, while explaining the reasons for moving, you should motivate your children and make them see the move as an adventure. Focusing on the positive aspects of the movement will help your child overcome the fear of the unknown.

### Plan, Plan, Plan

From the day the moving date is fixed, start planning everything. Children pick up on stress, especially their parent's. Hence the more organised and calm you will be, your children will not panic or get scared. Complete all the tasks related to moving without disrupting the daily routine of your children.

Get a family member or friend to babysit your children while you update documents, file for utility discontinuations, book a removalists, pack, declutter, etc.

To make the move easy for your children, plan by researching about places to visit & play, schools, extracurricular activity centres, and other things the new location has that might interest your children.

### Keep Your Child's Personality In Mind

It is vital to know what your child's personality is to gauge how the move will impact them. According to studies, children who are introverts or ambiverts have a hard time coping with the news of moving and adjusting to new places. Extrovert children are more likely to see the move as an exciting new venture. So, when you plan a move, break the news to your child at the right time. Be there to comfort them and make sure you make them feel loved.



Judging your child's personality will help you make the transition for them easy. For example, if your child loves reading, get them things to read about the new place. If your child likes outdoor activities, get them motivated by telling them about the centres in Brisbane that are close to the new house.

### Keep Them Involved

Children can feel helpless when moving. You can mitigate the negative feeling of losing control by involving your child in all the activities. Ask them to help you do chores you think they can do. Take their help to declutter the house. Let them help you pack easy to lift & store items. Get them to help you clean.

In addition, on holidays, take them along for tasks such as dropping the mail for change of address, going to authorities, visiting the new house/apartment for inspection, browsing reputed schools in Brisbane, etc. Involving your children will help keep their mind focused on the process. Also, it will familiarise them with the notion of moving, and the new place may seem exciting to them.

## Essentials Kit

For moving day, everyone in your family should have their essentials kit. Packing an essentials kit for your children is wise. While planning and packing, ask your children what they wish to pack in the essentials kit. It can have their favourite toys, candies, food, drinks, etc. Once their essentials kit is packed, you can add items that you think your child may need during the journey like a change of clothes, hygiene products, medication, contact information etc.

## Let Them Say Goodbye

Even as adults, during the hustle & bustle of moving, it is common to forget to say goodbye. Therefore, make sure you don't forget to allow your children to bid farewell to their friends, neighbours, school mates, and family members. Biding a proper farewell will provide closure to your children. Engage your child and get him/her excited for the farewell by asking questions like: What kind of party he/she wants? What should be the theme? Which is their favourite restaurant in Brisbane? Who to invite? Etc.



By involving your children in the planning process, you can make them feel appreciated, cared for, and important. Furthermore, this way, you can make them feel in charge and confident about moving on.

## Get Help

Moving to a new house in Brisbane is a challenging task, especially with small children. Hence, it would be best if you take assistance. Get your family members or friends to help.

They can babysit your children while you complete tasks related to the move. In addition, research about affordable removalists in Brisbane & book them to help you

pack and move without disturbing your children's routine. The professionals will help you save a ton of hassle, time, and money.

Moving is physically and mentally exhausting, particularly for children. It is vital, as a parent, you make the transition as smooth as possible for them. Do proper research on how to make moving with children easy. Contact reputed Brisbane removalists companies to get advice. But most importantly, keep your children involved, listen to them, and make decisions keeping their best interest in mind.

## CONCLUSION

Positive parenting is significantly different from traditional harsh parenting. It requires a different mindset and parenting behaviors. But with patience, persistence, and (plenty of) practice, you can turn disciplinary moments into valuable lessons for kids.

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