



Strengthening Multi-Ethnic Families and Communities

ENHANCING RELATIONSHIPS COMPONENT

THE PARENT/CHILD RELATIONSHIP DEVELOPMENTAL INFORMATION ANGER MANAGEMENT STRATEGIES

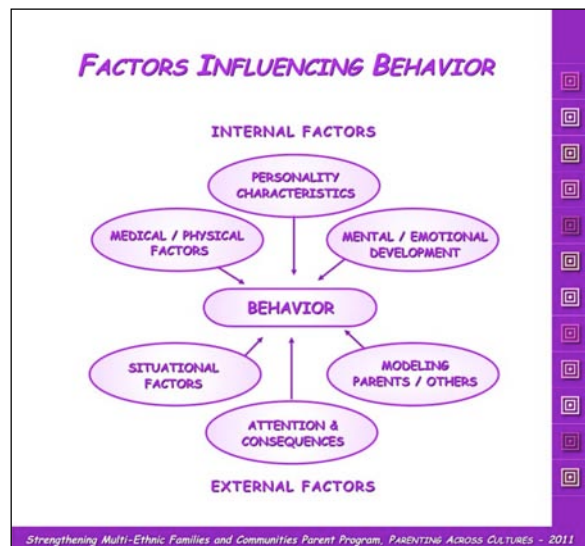
The program uses the Factors Influencing Behavior to provide a framework that parents can use to understand each child's behavior.

Session 1-3 lays the foundation for the PARENT-CHILD RELATIONSHIP and encourages parents to establish Special Time (Session 1), where program activities can be incorporated each week.

In Session 2, parents look at how their child's temperament matches with theirs, and they are encouraged to help their children develop relationships with other adults (Session 3).

The DEVELOPMENTAL Segment is presented over four sessions and focuses on age appropriate expectations and responsibilities (Session 6), and how the child's mental, social and emotional development influences their ability to develop empathy (Session 7), solve problems (Session 8), and understand rules (Session 9).

The ANGER MANAGEMENT Segment is presented over four sessions and focuses on helping parents and children develop active listening skills (Session 7), solution building skills (Session 8), and strategies for reducing anger (Session 9) and managing conflict (Session 10).



DEVELOPMENTAL CONSIDERATIONS

DEVELOPMENT PROGRESSES THROUGH STAGES
Children progress through a series of stages. They may progress slowly or quickly, but they do not skip any stages. There is no guarantee children will progress through all the stages.

THERE IS A RANGE OF "NORMAL" DEVELOPMENT
Children may or may not fall within a particular age category associated with a developmental stage, but their behavior may still be "normal."

THERE IS A "SPIRAL MOVEMENT" THROUGH STAGES
Children gradually move from one stage to the next, initially showing more behaviors from the lower level stage, and eventually showing more behaviors from the higher level stage.

"UNDERSTANDING" COMES BEFORE "THINKING"
Children can understand at a higher stage when discussing issues, concerns, or rules with parents. Children will think at a lower stage when making decisions on their own.

CHILDREN (ADULTS) REGRESS UNDER STRESS
Children and adults may regress to a lower stage of emotional (and physical) development when under stress.

Strengthening Multi-Ethnic Families and Communities Parent Program, PARENTING ACROSS CULTURES - 1994, 2011

SPECIAL TIME

Strengthening Multi-Ethnic Families and Communities: A Parent Program Promoting Peace

Spending SPECIAL TIME with each child individually gives them the message that they are important and likable for themselves. SPECIAL TIME builds self-esteem and strengthens the PARENT-CHILD RELATIONSHIP.

SPECIAL TIME is the foundation to every relationship - feeling that the other person does not want or expect anything from you, they just enjoy being with you.

1. SPEND SPECIAL TIME WITH EACH CHILD.
Younger Children - 15 Minutes Each Day
Older Children - One Hour, Twice A Week
2. NO QUESTIONS - DIRECTIONS - CRITICISMS:
Listen To Your Child
Repeat What Your Child Says
Ask Questions To Help Your Child Think
Share Information About Yourself
3. SET A TIME OR USE THE TIME WHEN YOU AND YOUR CHILD ARE ALREADY TOGETHER.
4. TRY TO SCHEDULE SPECIAL TIME THE SAME TIME EACH DAY OR SAME DAY EACH WEEK.
5. TELL YOUR CHILD THAT YOU WANT TO SPEND SPECIAL TIME TOGETHER BECAUSE YOU LOVE THEM.

Culture, Relationships, Discipline, Rites of Passage, Community 104
Merlyn Steele, Ph.D., PARENTING ACROSS CULTURES, L.A., CA, USA (copyright 1999, 2011)

