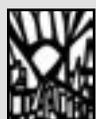


This information is provided
as a community service by
The Glendon Association

The Glendon Association is a
nonprofit organization whose mission
is to save lives and help people create
more meaningful lives by addressing
the social problems of suicide,
child abuse, violence, and troubled
interpersonal relationships.



The Glendon Association
5383 Hollister Ave., Suite 230
Santa Barbara, CA 93111
800.663.5281
www.glendon.org

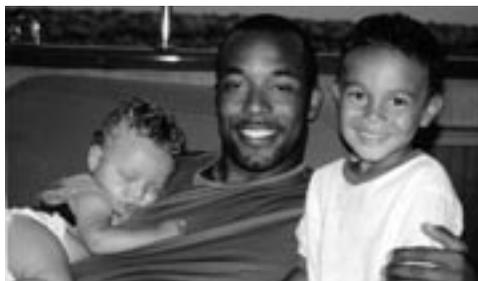
**CHILD HELP USA
HELPLINE
1-800-4-A-CHILD
(1-800-422-4453)**

(24-hour, bilingual
crisis hotline)

Referrals to local area
counselors and assistance to
counselors and therapists.

www.childhelpusa.org

Some things to do to make a difference in your child's life



1. Avoid making unnecessary rules and restrictions for your child.
2. Reward rather than punish children.
3. Avoid making judgmental statements about your child that make him or her feel like a "bad" person.
4. Never beat or physically abuse a child.
5. Don't compare your child with other children.
6. Use humor to help your child get out of a bad mood or stop misbehaving.
7. When your child whines for something - a toy, for example - decide ahead of time whether or not you are going to grant his or her request. Then stick to your decision. If you give in to your child the tenth time he or she asks, you're simply teaching him or her to whine.
8. When your child is having a temper tantrum - an overwhelming emotional storm - hold your child gently but firmly and reassure him or her that you're there to help. Allow your child to give full expression to the feelings he or she is experiencing. Believe it or not, it is actually beneficial for your child's development to vent his or her feelings.

RESOURCES

Books

Compassionate Child-Rearing
Robert W. Firestone
(The Glendon Association)

Parenting from the Inside Out
Daniel J. Siegel and Mary Hartzell
(Tarcher/Penguin)

The Emotional Life of the Toddler
Alicia F. Lieberman
(Free Press)

Touchpoints
Barry Brazelton
(Perseus Books)

Websites

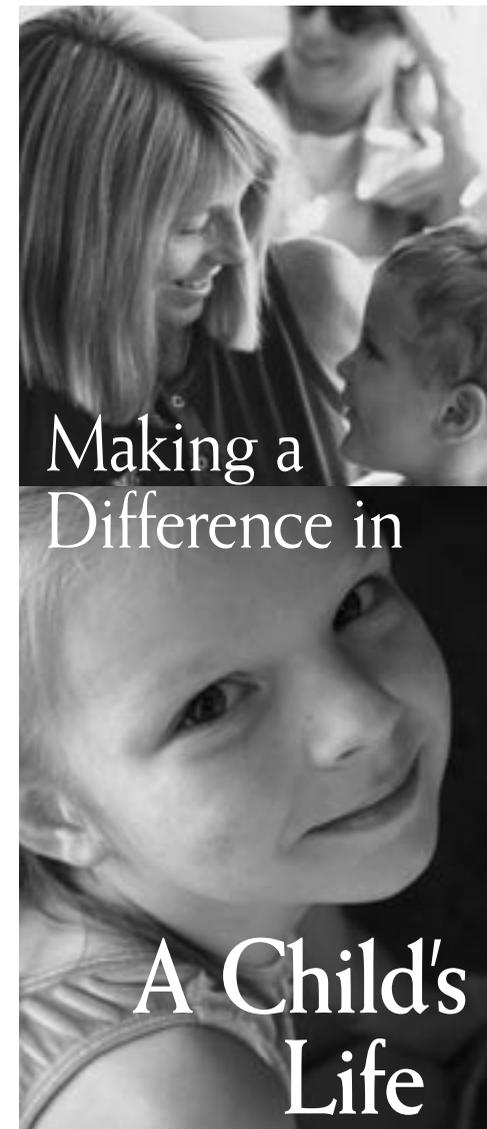
www.glendon.org
www.psychalive.org
www.parentsaction.org
www.preventchildabuse.org
www.civitas.org
www.parenthood.com
www.childrensdefense.org
www.childhelpusa.org
www.drdansiegel.com
www.touchpoints.org

Videos & Parenting Materials

Parent-Child Relations Video Series
The Glendon Association
www.glendon.org

The First Years Last Forever
Parent's Action (formerly I Am Your Child)
www.parentsaction.org

Civitas: Series on Child Care
Development – Fathering, Health,
Nutrition and Play
www.civitas.org



Tips for Healthy Parenting

The Glendon Association
www.glendon.org



Tips for Healthy Parenting

As a parent, do you feel like you have to do it all yourself?

Your feelings are understandable. Many parents feel the same way you do because we are all facing many stresses that our parents and grandparents never encountered. Most parents do not have the support of the extended family that was available in the past. And our society does not provide adequate child care for working parents. As a result, many of us feel alone and isolated.

However, you don't *have* to do it all alone. There are resources that can help you cope with these stresses. For example, you can:

1. Become proactive in seeking the support you need from close friends, neighbors, co-workers, and relatives.
2. Exchange baby-sitting and other child-care functions with other parents.
3. Attend a parent education class or join a parent support group.

In interactions with your child, do you ever hear words coming out of your mouth that you really don't mean to say?

Do you hope your child forgets what you just said - and do you try to forget, too? What is actually better for your child, and for you, is to **repair**...

TO REPAIR means that you:

1. Acknowledge to your child that you "lost it" for a moment.
2. Tell your child that you're sorry.
3. Reassure your child that he or she is not bad.
4. Express physical affection - give your child a hug.
5. And most important, repair means that you don't feel guilty or beat yourself up emotionally for slipping up. Remember, no one is perfect!

Can you remember when someone "lost it" with you when you were a child?

1. Spend some time reflecting on what happened to you as a child. It is valuable for parents to recall how they were treated as children, both the positive and negative experiences they encountered in growing up.
2. Write down any childhood experiences that you remember.
3. Recall how you felt at those times when you experienced something negative, for example, when someone yelled at you. Getting in touch with how you felt as a child will help you respond more sensitively to your own

children in stressful situations. Next time take a few moments before responding to your child. It is important to realize that the way you were treated as a child may still be affecting you today.

Do you ever feel uncomfortable when your child looks at you with love or rushes into your arms?

Even though it might sound absurd, it is often unsettling to parents to be loved by a child. In fact, accepting a child's expressions of love can be one of the most difficult tasks that parents face, especially parents who have negative feelings toward themselves. Children really need to be able to express their love to their parents. That's why it's important for parents to develop more compassion for themselves, so they will be better able to accept their child's love.

Do you feel that you're supposed to be the "perfect parent?"

Relax, there is no such person! Yet our society seems to promote the myth of the perfect parent. When parents try to live up to this image, they often find themselves rushing their children from one activity to the next, which is far from relaxing. Children need parents who are calm, not frenzied. They need parents who are being themselves, and are not trying desperately to fill a role. Children need real people to relate to so they can learn to be real people. So just be yourself.

Do you ever worry you won't have an effect on how your child turns out?

No need to worry! You **will** have an impact on your child. Children imitate both the positive and negative behaviors of their parents. Remember, however, that your *actions* have a far greater impact than your *words*.

So be the kind of person that you want your child to grow up to be. This involves fulfilling yourself in your own life through relationships, work and activities that matter to you. When parents are involved in an active pursuit of their own lives, they serve as positive role models for their children.

Develop a "Culture of Compassion"

"A culture of compassion promotes appreciation of differences, mutual respect, compassionate interactions, and empathic understanding among family members. With thoughtful intent, we can choose the values we care about to create a culture in our homes that provides meaning to the daily lives of our children..."

By enacting the values of empathy and compassion ourselves as parents, we can model them for our children."

Parenting from the Inside Out
by Daniel J. Siegel and Mary Hartzell