

PARENTING PROGRAM



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Session 1 & 2

SMART Goals

Specific - goal is clear about what it will be achieving.

Measurable - way of knowing when the goal is achieved.

Achievable - goal is attainable based off these elements.

Realistic & Resourced - the skills and resources to achieve the goal.

Timely - a specific timeline of when the goal will be achieved by.

Session 3

Elements of Self-Compassion:

1. Self-Kindness vs. Self-Judgement.
2. Common Humanity vs. Isolation.
3. Mindfulness vs. Overidentification.

A discussion on **mindset** and how it impacts parenting. Reviewed ways of praising children and how foster a growth perspective with encouragement.

Session 4

A discussion on **well-being** and ways to increase it: (1) connecting with others (2) movement/exercise (3) noticing/grounding in the environment (4) continual learning (5) giving back or volunteering.

Reviewed the importance of **self-regulation** and **co-regulation** and how to teach these skills to children.

Session 5

Gratitude: expressing appreciation for what one has or what others do for you.

BENEFITS OF GRATITUDE PRACTICE:

- | | |
|--------------------------------|---|
| Feel more positive emotions | More motivation to exercise & do self-care |
| Resistance to stress | Feeling more helpful, generous, & compassionate with others |
| Greater self-worth | Feeling less lonely |
| Better sleep | Being more outgoing |
| Stronger immune system | More forgiving of others |
| Less bothered by aches & pains | |
| Lower blood pressure | |

Session 6: Four Parenting Styles

Authoritative

Responds and nurtures a child's growth with boundaries and rules. It is encouraging, guiding, responsive, and parents listen to questions.

Authoritarian

Sets high expectations for their children and force their children to follow the strict established rules. It is rigid, inflexible, demanding obedience, and disciplined.

Permissive

Dote on their children but rarely discipline as they don't establish clear rules, boundaries, or consequences for behaviors. Responsive but have very few expectations of their child.

Uninvolved

Make few demands, are less responsive, and communicate very little as they indulge in a more hands-off approach. Neglect the opportunity to teach and communicate.

Session 7

A discussion on **child development** including resources to support healthy growth.

1. Physical Growth - internal and external changes
2. Emotional and Social Development - feelings
3. Cognitive Development - thinking & reasoning
4. Language Development - communication
5. Sensory and Motor Development - movement

Session 8

A discussion on **sleep** including:

- Impacts of sleep on development.
- Benefits of sleep for children & adults.
- Sleep needs and how they change.
- Creating a reliable and consistent bedtime routine.
- Creating a safe sleep environment.
- Different sleep training methods.
- The 2/3/4/ nap method for children older than 6 months.

Session 9

Ways to enhance children's **self-esteem**:
(1) model self-love and vulnerability (2) create a safe space for expressing emotions (3) avoid comparing with peers (4) offering choices

Discussed **primary** and **secondary socialization** and how to encourage children through (1) role play (2) teaching empathy (3) modeling behaviour (4) team play (5) Strong Start programs.

Session 10

How **Hunger, Anger, Loneliness, Tiredness, and Sickness (HALTS)** affects parenting.

A discussion on **boundaries** and **discipline** including flexibility, rigidity and developmental appropriateness.