

HOW TO BE A GOOD PARENT?

Handbook

2016



Dear readers,

The students ,parents and teachers from seven European countries who participate in Erasmus+ strategic partnerships project „Effective Communication –A Successful Future Life” such as Bulgaria,Portugal,Poland,Slovakia,Slovenia,Czech Republic and Latvia were asked one and the same question.

How to be a good parent?



If you want to know their opinion about the question above read our handbook!



Introduction

Being a parent can be one of the most rewarding and fulfilling experiences of your life, but that doesn't mean it's easy. No matter what age your child/children is/are, your work is never done. To be a good parent, you need to know how to make your children feel valued and loved, while teaching them the difference between right and wrong. At the end of the day, the most important thing is to create environment where your children feel like they can thrive and develop into confident, independent and caring adults.



Convention on the Rights of the Child (CRC)

The International Convention on the Rights of the Child is a treaty adopted by the United Nations General Assembly in 1989.



The International Convention on the Rights of the child gives all children the right to a family. The right to a family allows children to be connected to their history, and it offers a protective perimeter against violation of their rights. Children separated from their families become easy victims of violence, exploitation, discrimination and all other types of abuse.

What is communication?

Communication is the process of establishing, maintaining and developing contacts between the people. In the family there are parents and children. Family members tend to establish intimate and trusting relationship that could allow to understand each other, the feelings and behavior of one another. Open and honest communication creates atmosphere that allows family members to express their differences as well as love and admiration for one another. Good communication in the family allows parents and children to satisfy their needs of love and acceptance, feel good and happy and realize their abilities and goals. If communication in the family is positive, people can be more effective in the other activities outside the family too.

When we talk about good communication between children and parents, we talk about the way how parents should behave themselves with children – about good parenting. And obviously it's because parents are people with knowledge and experience, they should take the first step to a child, develop contact with him/her and show an example how to communicate and resolve the life tasks.

The Ten Basic Principles of Good Parenting

American professor of psychology Laurence Steinberg summarized the results of his researches in his book "The Ten Basic Principles of Good Parenting", 2005. These principles are simple, and they don't look new, we all know them.

- what you do matters
- you cannot be too loving
- be involved in your child's life
- adapt your parenting to fit your child
- establish and set rules
- foster your child's independence
- be consistent
- avoid harsh discipline,
- explain your rules and decisions
- treat your child with respect

What is important for good communication between children and parents?

Parents should consider their children needs and individual qualities, establish and set simple and clear rules and should be consistent at that. Parents should be interested and involved in their children's life and find the balance between their control and children's autonomy. Parents should listen to their children and help them when they need it. But the most important, of course, are love, respect and acceptance – parents should love and accept their child such as he/ she is, regardless of what he/she has or has not done. And if parents develop good communication with children from their side, children will give back the same.

Give your child love and affection

Sometimes the best thing you can give your child is love and affection. A warm touch or a caring hug can let your child know how much you really care about him or her. Don't ever overlook how important a physical connection is when it comes to your child. Here are some ways to show love and affection:

- A gentle cuddle, a little encouragement, appreciation, approval or even a smile can go a long way to boost the confidence and well-being of your children.
- Tell them you love them every day, no matter how angry at them you may be.
- Give lots of hugs and some kisses. Make your children comfortable with love and affection from birth.
- Love them unconditionally; don't force them to be who you think they should be in order to earn your love. Let them know that you will always love them no matter what.



What is “a good parent” for a child?

“Parents give a child his/her love, care and time”.

“A parent should be taking care of their children, to be interested in the kids' life and never leave them away”.

Praise your children

- Praising your children is an important part of being a good parent. You want your kids to feel proud of their accomplishments and good about themselves. If you don't give them the confidence they need to be out in the world on their own, then they won't feel empowered to be independent or adventurous. When they do something good, let them know that you've noticed and that you're very proud of them.
- Make a habit of praising your children at least three times as much as you give them negative feedback. Though it's important to tell your children when they're doing something wrong, it's also important to help them build a positive sense of self.
- If they are too young to fully understand, praise them with applause and lots of love. Encouraging them for doing everything from using the potty to getting good grades can help them lead a happy and successful life.



What is “a good parent” for a child?

“Rewards you for good things you have done and punishes for the bad ones”.

“A good parent believes in their children and gives them hope. They help the children to establish good life with unforgettable memories of the childhood, give them everything they need to be happy and successful”.

Avoid comparing your children to others, especially siblings

Each child is individual and unique. Celebrate their differences and instill in each child the desire to pursue their interests and dreams. Failure to do so may give your child an inferiority complex, an idea that they can never be good enough in your eyes. If you want to help them improve their behavior, talk about meeting their goals on their own terms, instead of telling them to act like their sister or neighbor. This will help them develop a sense of self instead of having an inferiority complex.

- Comparing one child to another can also make one child develop a rivalry with his or her sibling. You want to nurture a loving relationship between your children, not a competitive one.
- Avoid favoritism. Surveys have shown that most parents have favorites, but most children believe that they are the favorite. If your children are quarreling, don't choose sides, but be fair and neutral.

What is “a good parent” for a child?

Good parent

... keeps promises.

... teaches him/her to respect himself/herself and the others.

...loves, loves, loves.

... takes care of his/her child.

Listen to your children

It's important that your communication with your children goes both ways. You shouldn't just be there to enforce rules, but to listen to your children when they are having a problem. You have to be able to express interest in your children and involve yourself in their life. You should create an atmosphere in which your children can come to you with a problem, however large or small. You can even set aside a time to talk to your children every day. This can be before bedtime, at breakfast, or during a walk after school. Treat this time as sacred and avoid checking your phone or getting distracted.

- If your child says he has to tell you something, make sure you take this seriously. If the timing is right now, drop everything you're doing to listen properly, or set up a time to talk when you can really listen. Don't underestimate your children's intelligence. They often have insights to share or a way of sensing when something is wrong (or right). Take the time to hear their perspectives.



What is “a good parent” for a child?

“Parent who is always ready to listen to our problems, talks to us”.

“Good parents teach you how to behave properly. They give you a good example through their own best behaviour. In hard moments, they would stretch a helping hand to keep you going ahead”.

Make time for your children

Spend time with each child individually. Try to divide your time equally if you have more than one child.

- Listen and respect your child and respect what they want to do with their life. Remember though, you are the parent. Children need boundaries. A child who has been allowed to behave as they please and had their every whim indulged will struggle in adult life when they have to obey the rules of society. You are NOT a bad parent if you don't allow your children to have everything they want. You can say no but you should provide a reason for saying no or offer an alternative. "Because I said so" is an invalid reason!
- Set aside a day to go to a park, theme parks, museum or library depending on their interests.
- Attend school functions. Do homework with them. Visit their teacher at open house/parents evening to get a sense of how they are doing in school.

What is “a good parent” for a child?

“The best parent is the one who can be your best friend.

Those who have such a parent can call themselves

'happy' “!

*“A good parent is the one who is tender, taking care,
honest and loves their children to the highest degree”.*

Being a good disciplinarian enforce reasonable rules

- Enforce rules that apply to every person leading a happy and productive life — not model rules of your ideal person. It's important to set rules and guidelines that help your child develop and grow without being so strict that your child feels like he can't take a step without doing something wrong. Ideally, your child should love you more than he fears your rules.
- Communicate your rules clearly. Children should be very familiar with the consequences of their actions. If you give them a punishment, be sure they understand the reason and the fault; if you cannot articulate the reason and how they are at fault the punishment will not have the discouraging effects you desire.
- Make sure that you not only set reasonable rules, but that you enforce them reasonably. Avoid overly harsh forms of punishment, ridiculously stringent punishments for minor infractions, or anything that involves physically hurting your child.



What is “a good parent” for a child?

“A good parent is energetic, joyful, healthy and strong”.

“A good parent is: responsible, clever, patient, calm, fair, understanding”.

“A good parent doesn’t scream without reason”.

“A good parent doesn’t hit kids.”

Control your temper as much as you can

It's important to try to be as calm and reasonable as you can when you explain your rules or carry them out. You want your children to take you seriously, not fear you or think of you as unstable. Obviously, this can be quite a challenge, especially when your children are acting out or just driving you up the wall, but if you feel yourself getting ready to raise your voice, take a break, excuse yourself or let your kids know that you are beginning to get upset.

- We all lose our temper and feel out of control, sometimes. If you do or say something you regret, you should apologize to your children, letting them know that you've made a mistake. If you act like the behavior is normal, then they will try to mimic it.



What is “a good parent” for a child?

“My good parent always listens to me patiently, shows understanding, loves me, appreciates what I have done , even it is not perfectly done. He never shouts at me just because he is tired and angry, always finds a way to keep himself down. A good parent is the one who is tender, taking care, honest and loves their children to the highest degree”.

Be a united front with your spouse

If you have a spouse, then it's important that your children think of you as a united front — as two people who will both say "yes" or "no" to the same things. If your kids think that their mother will always say "yes" and their father will say "no", then they'll think that one parent is "better" or more easily manipulated than the other. They should see you and your spouse as a unit so there's order in your high school, and so you don't find yourself in a difficult situation because you and your spouse don't agree on certain things when it comes to raising the kids.

This doesn't mean that you and your spouse have to agree 100% about everything having to do with the kids. But it does mean that you should work together to solve problems that involve the children, instead of being pitted against each other. You shouldn't argue with your spouse in front of the children. Children will learn to argue with each other the same way they hear their parents argue with each other. Show them that when people disagree, they can discuss their differences peacefully.

My lovely parents: mum
and dad is my whole world!



What is “a good parent” for a teacher?

Communication is a two-way street. Parents expect teachers to instruct their students and to guide their learning so they can have success. Teachers expect parents to support the instruction and learning that happens in school, at home. When expectations are clearly communicated, both parents and teachers will have a better understanding of their roles in the parent-teacher relationship.

Both parents and teachers have an important role to play; their roles do not replace but rather compliment and reinforce the other’s role. Thinking of parents and teachers as “partners” refers to this mutual effort toward a shared goal.

When both a child and a parent feel supported by the teacher and vice versa, students will have a greater advantage in their ability to be successful. It’s a win-win for everyone!

What is “a good parent” for a teacher?

We can't expect teachers to be the only ones educating our children. When Mom and Dad become involved in their kid's school life, grades, behavior and emotional well-being improve.

Teachers learn very quickly that they cannot go it alone in their effort to educate students and that they need help from parents. Of course, teachers want parents to monitor their child's schoolwork and provide help where necessary, but perhaps what they want most is that parents convey respect for the teacher to their child.

And for good reason: children generally perform better in school when their parents encourage respect for the teacher's authority and competence and when children see their parents and teacher as a united team working towards the same goals.

What is “a good parent” for a teacher?

If a child feels that his parents do not respect the teacher, he is placed in the awkward position of having to choose sides. Most children resolve this dilemma by adopting their parents' perspective. The result is that they are less likely to comply with the teacher's requests and respond to her instruction.

Teachers are more likely to feel supported if parents do the following:

- treat teachers with respect
- convey respect for the teacher's authority
- not criticize the teacher in their child's presence
- appreciate the demands and constraints of the teacher's job
- monitor child's schoolwork (but not do it for him/her)
- don't say I was never any good at maths either – it gives your child an excuse not to try.
- understand that the teacher cannot individualize instruction for all students in all classes

Teachers are more likely to feel supported if parents do the following:

- support the teacher if he/she takes disciplinary action
- keep the teacher informed of family events which may affect child's school performance
- contact the teacher with any classroom concerns
- not blame the teacher for school policies you dislike
- homework is for children not parents and - if it's really beyond their capabilities let the teacher know about it.
- please, try to ensure children are well-rested for school

Teachers are more likely to feel supported if parents do the following:

- If there are new problems at home, let the teacher know. They should treat all information in confidence and home problems often lead to a child having difficulties at school, so knowing about them can help teachers make adjustments for a child.”
- offer to help in school if you can - become part of our school!



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“ Effective Communication - A Successful Future Life”

Schools Involved

- | | |
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| • Jelgavas 6.vidusskola | Latvia |
| • OU "Hristo Botev“ | Bulgaria |
| • Agrupamento de Escolas deMontemor-o-Novo | Portugal |
| • Osnovna Sola Smihel | Slovenia |
| • Zakladni skola Ostrava | Czech Republic |
| • Szkola Podstawowa Nr 3 im.Jana Pawla II | Poland |
| • Zakladna Škola Bratislava | Slovakia |

