



The Ways of Positive Parenting

**Building A
Positive
Parent
Attitude**

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The Ways of Positive Parenting: Building A Positive Parent Attitude

Parents are often left with the question, “Am I being a good parent to my child?” This becomes a very tough subject, especially if things start to get out of hand with your parenting ways. You try so hard to give it your best, yet you still find yourself in the middle of raging kids and hopeless methods of discipline. Maybe its time you approached parenting in a different way –the positive parenting way.

Positive attracts Positive

A positive attitude, as well as positive ways of handling children is very important in parenting. The manner that you will portray your role as a parent is very significant; your children will look up to your ways and follow your examples. Do not forget that you are among the most influential person in your child’s life, and you would want to ensure that they have a better outlook in life through your positive illustrations.

You don’t really need to yell and be angry all the time. These are negative ways of parenting that result to double-negative with kids. Staying calm and focused on the aims that you want to set for yourself as a parent will be very helpful in positively dealing with your children.

Parenting is hard work. It’s not as simple as being called a “mom” or a “dad”, it means doing everything you can for your child so that they become well-adjusted adults in the future. It’s a difficult role yet a very rewarding one, and it’s a continuous process of learning and hard-work every day. If you don’t have the positive attitude towards it, then your days of parenting will be filled with more frustrations, hopelessness, and anger, rather than with more optimism and love for your child.

Keep in mind that positive ways of parenting will need you to change the negative ones. It's not always easy to breathe, calm down, and not yell when your child just disobeyed your rules; it will need all your parental love and strength to deal with things in a different way.

On the other hand, positive will always attract positive. This will improve the mental and emotional state of your child, as well as their behavior. When a positive way of parenting is displayed, it will help your child live through your positive attitude and help develop their social skills in a more optimistic and constructive ways. Remember, if action speaks louder than words, so does every action has equal reaction – positive action equals positive reaction.

Ways of a Positive Parent

In the same way that the child needs to learn the right ways of life, so does a parent need to learn the positive ways of parenting basics like discipline, talking with the child, helping them with homework, bonding with them, and molding their behavior in the right way. There are certain ways that a parent can show a positive grip and attitude towards things that have become unconstructive and frustrating.

Positive Discipline

Sometimes as parents, discipline becomes a very important tool to teach responsibility and respect to a child, as well as motivate them internally, [build their self-esteem](#), and let them feel loved. It is with discipline that parents can instill in their children the importance of actions, and how they have to be responsible about it.

A lot of parents when asked how they “discipline” their children usually explain how they “punish” them. They scold, spank, yell, take away their privileges, and

restrict them to their bedrooms. However, “discipline” and “punishment” is never the same thing at all.

Discipline is actually all about teaching the child in making decisions. It is teaching them how to make better choices on how they behave, as well as being responsible for their actions, and showing them that they have the control to choose their behavior.

As a parent, you should know the difference between seeking control of your child through punishment, and seeking cooperation from them through discipline. Punishment is always the weaker and seldom the better tactic for discipline. Once you as a parent believe that discipline is all about teaching your child with decision making, then you and your children will gain an improved and mutual positive attitude towards discipline in general.

Positive Moments

The self-esteem of a child is greatly influenced by the QUALITY of time parents spend with them, and not the amount of time. At times, when busy life schedules start to take most of the parent’s time, they tend to confuse “spending time” with “visibility” to their children. Thinking that because the children can see them at home, they can’t be said to not spend time with them –this is a wrong notion.

As parents, it is very important that you put one-hundred percent focused attention on how you spend time with your children. Nodding and pretending that you are listening just can’t be, especially ignoring the attempt of your child to communicate with you. Every day your child will need “genuine encounter moments” with you, this will be the positive moments that you can implant in their young mind and heart of how much you care and love them.

Positive moments will give you and your child that “bonding” that will go a long way. It is important to recognize the feelings that your child may give you during

these “moments”. Do not judge these feelings as right and wrong –they’re simply expressing. So if your child tells you that you never spend time with them even if you just played with them, know that they’re just saying how they feel. During these times, simply try to validate their feelings by telling them that “it does feel like it’s been a long time since we’ve spent time together”.

Positive Actions

Parents often give their children more than two-thousand compliance requests every day. On top of that, some parents do more of yelling and nagging instead of calmly conveying and talking it over with their children. It may not come as a surprise why they become “parent deaf”. These are ineffective negative actions, and will only do more harm than good.

So what actions can a parent take? As positive parents, show positive actions. If you’re trying to teach your child to be responsible enough to unroll their socks after taking them off, and they seem to ignore you; stop yelling and repeating it over and over again. Let your actions speak for you –you may try washing only the socks that they have unrolled. They’ll ask you about this later, and it will be your chance to emphasize your point.

There are many ways that a parent can show positive actions in situations that they encounter with their children. Your goal that you want to be a positive example for your child will be your guide, as well as the “thought” that nothing can be achieved with unconstructive actions –they will only either break your child’s spirit or cause them to rebel against you.

Positive Power

Sometimes as parents, you become caught-up with the thought that you have power over your children –and indeed you do. However, as the famous

Spiderman movie says “with great power, comes great responsibility”, and as parents it is your responsibility to use this power in a positive way.

Your authority over your children does not mean, letting them do what YOU want all the time. It also means [listening to their side of the story](#) and knowing why it's very hard for them to follow a certain rule of yours.

It is also important to let them share in the “power” that you have. It will help them boost their self-esteem and let them feel they're valuable. There are some simple ways of doing this like asking for their advice, giving them choices, letting them help you out with budgeting, helping you shop, or cooking part of the meal. Doing things for them is one thing, but letting them share in what they so look up to you will let them know they're a very important part of your life.

Positive Consequences

There will be times when consequences need to be given to a child so they learn from their mistakes. Consequences can be of two types and its effects will be in accordance. Negative consequences given will only make the child resent their parents, while positive consequences will make them wiser.

Positive consequences are consequences appropriately given according to the offense, at the right time, and for the right reasons. Some positive consequences can be natural; this means that sometimes a parent must not interfere with the consequences of the child's action. Take for instance, your child forgets their lunch at home –no matter how hard, don't bring it to them. This will allow the child to find solutions and learn the value of remembering.

Most often than not, consequences may be too far in the future and using natural consequences may not be practical. When this becomes the case, positive logical consequences are effective and must be applied by parents. For a logical

consequence to be positive, they must be reasonably related to the child's behavior in order to be effective.

Take for instance, your child forgets to return a video he borrowed and you ground him for two weeks; this punishment only creates anger within him. But, if you return the video for your child, and either deduct the penalty amount from his allowance or let him work off what he owes, then the child will see the "logic" in the consequence. This becomes a positive consequence for your child and a positive action for you as a parent.

Positive Firmness

Parents often employ firmness in a rude and uncaring way –this should not be the case. Being firm is needed as a parent, but positive firmness is the answer. This means that you are firm with what you say, but you do it with kindness and love. Every time that you are being firm with your child, always ask yourself if you motivated them through love or fear.

If you tell your six-year old that you will be back and pick her up when the timer rings, and he or she should be dressed or they will have to either get dressed in the car or in school –do so. However, make sure that you pick them up in a loving way, but firm on your word that you WILL pick them up as soon as the timer rings without any more nagging.

The positive firmness that you show your child will let them know that you are true to your word, while the loving way that you employ it will show them your care for them. Always make sure that you are consistent with the things you do, especially with firmness.

Remember, saying one thing and doing another will only confuse your child; it may even let them think that they can do away with their wrong behavior if you're

not firm and consistent. Always make sure that you're firmness is followed-up with [talking to your child](#) and explaining why it had to be done.

The Basic Principles

Positive parenting will not be an easy transition for those who have gotten used to the negative ways. However, it is achievable and the first step will be by practicing it every day for whatever situations encountered with children.

Know by heart that as a parent your child's behavior will be strengthened or weakened by your actions. Their character will ultimately respond better to positive ways of parenting; whether they have been punished or reinforced, the way you have parented them will greatly reflect on how they become in the future.

If as a parent your pursuit is raising well-behaved and well-adjusted children, then you will need to understand that your behavior –whether positive or negative- will always connect with your child's behavior.

Finally, know that your child's character will not occur by magic –it will be inherited. “Good” children are not results of luck; they're a copy of the modeling you have instilled in them –they observe, they listen, and most of all they imitate.

Therefore, know that you have the most powerful influence over your children – carefully think about what you say and do in front of them because they are just but imitations of the kind of parenting that you have showed them.

BONUS SECTION: Anger Management in Parenting - Ways to Battle Anger

Parenting is an enormous responsibility that will not only test all your patience, understanding, and care for your child, but will also ask you to balance love and discipline. Parenting is frequently loaded with anxiety, and its emotional nature often starts with “raw fear” –this is what makes anger management for parents a difficult endeavor. To add to this, parenting doesn’t come with manuals and instructions.

The fear of how a parent can turn a small, demanding and squalling little one into a productive, capable, and wise adult becomes a daunting responsibility. A parent’s desire to make their children ‘good’ individuals becomes a tag of war between love and discipline. Sometimes, in a parent’s quest for their child’s betterment, anger becomes a weapon to fight the fear of failure. In the end, without knowing it anger becomes a way of discipline and managing it becomes more and more difficult.

Before looking into how to manage anger in parenting, it is important to know things that may be encountered in one’s pursuit of becoming a good parent.

Love or Discipline

There is nothing more provocative, guilt-laden, and puzzling in the area of parenting than that of “discipline”. A parent who is too permissive will allow the child to run them over and everyone else around him; on the other hand, parents who are too strict will break the child’s spirit or be the root of rebellious reactions. The important key is to find the right and healthy balance of discipline for every child.

The answer to this balance lies behind recognizing that love and discipline are inextricably connected to each other. As a parent, disciplining the child comes from love. It can be compared to a gardener cultivating roses; the need to prune and deadhead their roses is not fun for them, but is necessary to wheedle the maximum potential of the plant. There are several ways to be successful “gardeners”, and it will need practice –the earlier you start, the better.

Begin with “the end” in mind

How will a stable and happy adult look like, and how do they achieve that stability and happiness? Good qualities are not default settings in children – they’re molded into them. Parents have to find ways of promoting courtesy, integrity, kindness, and honesty all the time, while discouraging the bad things that they may encounter in life. It is an intimate and involved process, and there will be no shortcuts to achieving them. It will need a parent’s commitment to see it all through the end.

Setting ground rules and consistency in their enforcement

It is a parent’s responsibility to draw the line and tell their children about it. Setting rules and making certain that the child understands this rule is very important. For younger children, make out the line of “obedience” and “disobedience” and explain to them the consequences for disobedience. Once a parent has established the house rules and the penalties for breaking them, as well as the children fully understand it, it is important for parents to be ready to carry out these consequences, all the time.

Let punishments fit the offense

There are more tools in a parent’s toolbox than groundings, timeouts, and spankings. Punishment is a tool for teaching, and if a parent forgets that fact, then they may miss out on “teachable moments” and chances for growth.

Take for instance, a child playfully threw eggs on a neighbor's window for fun. There can be two reactions a parent can do after finding out their child is the culprit for the mess; one, they can rage in anger and embarrassment and give the child seemingly endless spanking; or, they can let the child's punishment fit their offense by letting the child apologize to the neighbor and give the child the task to clean-up the mess he or she made. It is always important that punishments "teach" and not "hurt"; a message is more understood when it's spoken and not shouted.

A lot of maddened parents have questioned if their daughters or sons suffer from lack of common sense; children often do destructive, dangerous, or foolish things at first blush and this may seem like punishable offenses. However, it is always vital for parents to nurture children in an environment of grace, avoiding punishment for simply being children. As parents, know that there is always a big difference between a childish irresponsibility and intentional disobedience – part of your responsibility as a parent is being able to tell the difference between the two.

When punishment is needed, be sure to show your love and explain the punishment

For a child, it is very easy to mistake a parent's frustration, disappointment, and anger for loss of love. They should be made aware that the punishment is to correct and guide them, and is eventually for their own benefit and is never intended to make them unhappy. Recall the reason why they're being punished, and kiss and hug them afterward. There should always be a balance between punishment and showing your child that you love them.

Love or discipline should never be a choice for a parent. They can go in harmony with the right approach towards a child's disobedience or offenses. The most

important thing is not to let anger define the punishment for offenses, and to act accordingly towards a child's mistakes.

Managing Anger in Parenting

For parents who battle the anger inside them every day, and may have let anger rule their disciplinary measures for their children, it is very important to find ways to deal with this anger.

Anger should be appropriately managed before it becomes a “hindering” factor for your child's emotional well-being, and before it becomes molded into their personalities. Remember, you stand as a role model and every move and action you make is being carefully watched by your child –instill love in them, and never anger.

There are several ways that a parent can manage their anger, especially when they're at their last straw. The most important thing to remember is to never discipline a child when you're at the peak of your anger.

What is anger?

Anger in itself may not be a problem; it is simply one among the many emotions every human being is endowed with. However, it is when this emotion control one's thought process and one's actions that acting in anger becomes not just wrong, but dangerous as well.

Permitting one's behavior to be overpowered by any emotion, especially anger, signifies immaturity. Angry parents must be mature enough to discipline their child effectively, and they should be able to regain control of their emotions at all times.

Why an “angry” parent should NEVER discipline a child

A parent who is bursting with anger should by no means discipline a child before regaining emotional control. Every too often, anger will cause a person, even parents, to abandon control of reason. And when anger becomes the emotion in charge, a parent will not think with their heart or even with their intellect; they will simply react to “raw emotion”. Parents who are angry should take time to cool down before doing any child discipline.

Ways to Regain Control of Anger

There are a number of practical methods that a parent can do to regain control over their emotions, before they do something regretful and risk hurting the fragile emotions of their child.

Practicing consistent discipline

As a parent, it is your duty to teach your child right from wrong. A way to do that is to practice consistent and “dispassionate” pattern of discipline. With “dispassionate” means not allowing the “passion of anger” to rule discipline, thereby disciplining out of love and for the good of the child in mind; this helps eliminate disciplining from a selfish point of view.

Take for instance, a mother who has been disobeyed by her child. The mother may feel embarrassed, offended, and may see this as a threat to her “rules”. In anger, the mother sees the disobedience of the child as an insult to her; this reaction is a self-centered feeling breed by anger. Acting out under this emotion will not be in the best interest of the child.

Allowing time to pass

If a child has acted in a way that has made his or her parent angry, and the parent is set to discipline the child; the first thing that a parent must do is place the child

in a “safe place” like her room or a neutral location. A parent can explain to the child that they will be back to talk about the disobedience. This will give the child time to think about her or his infraction, as well as allow the parent to collect his thoughts and his possible actions.

Permitting time to pass will provide a parent the chance to cool down and view the infraction in a more rational way. This will allow for reason to be the basis of discipline and not raw emotion. Whatever the punishment given to the child from that time, be it deprivation or corporal, will be given for the right reason and the correct behavior.

Focus on love

If there is one thing that can draw a person or a parent from anger, it is love for their child. Every parent should center on this love and let it be the reason for the angry emotion to disappear. It should also be the basis of discipline, so that a balance is created. No matter how angry a parent can be, once they look closer inside their hearts, love for their child will always prevail –make love a weapon for anger.

Parenting is a great responsibility. It goes with discipline and love to mold the child with goodness and virtue. When anger steps in the way, manage it with the right steps and with the right tool. Most importantly, love should always be the basis of discipline and not anger. Remember, whatever you instill in your child, will go with them to the end –let love be their companion and not anger, start with yourself as a parent and learn to manage anger.

Must-See Resource

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