

WHAT PARENTS CHOOSE FOR THEIR CHILDREN

PLEASE LOOK AT YOURSELF GENTLY TO SEE WHAT YOU WANT TO DO.

THERAPEUTIC PARENTING ----- Parents choosing to show their children how to heal from wounds and become everything they can become developmentally.	REGULAR GOOD PARENTING ----- Parents choosing to show their children how to maintain the process of development. (Children may not be able to accomplish everything they are capable of accomplishing.)	PROBLEM PARENTING ----- Parents choosing moderate developmental consequences for their children. (Children likely to make poor relationship choices and have major consequences from their impulses)	DANGEROUS PARENTING ----- Parents choosing extreme developmental consequences for their children. (Children will make poor relationship choices and have major consequences from their impulses)
In my family every problem is an opportunity to learn and grow.	Our family has problems.	My children have problems.	My child is the problem.
I can create choice structures and hand out consequences. I can be sure I don't draw attention to myself when I provide consequences.	I want to parent without frightening or shaming or giving in to my kids but I know I do sometimes.	I can get my child to do things. I just raise my voice, scare him/her a little or I'm extra nice to them or I give them what they want, and they do it.	I can get my child to do whatever I want.
When I take a Parent Time Out I end up with better results and more authority.	I try not to be angry when I provide a consequence. It works better.	Time outs are for children.	I can do whatever I want to do. My child better do as they are told now. OR I don't really care what they do.
I supervise my children until they prove repeatedly that they can handle a little more freedom. I want my kids to be able to say "NO" to their own impulses and to impulsive or dangerous adults. So...I don't change my mood when they have attitude. I simply choose to provide a consequence.	I try to supervise my children all the time.	My children shouldn't have to worry.	Life is not safe. Get used to it. OR Nobody is going to hurt them.
I try to consequence promptly for most poor choices without anger, judgementalness or attitude.	I try to consequence them but I know I let them get away with a lot. Sometimes I allow myself to get drawn in to power struggles.	I get frustrated and mad whenever my children don't mind. They know what will happen. It seems like they argue with me all the time and they don't mind.	My children better mind or they will get hit. OR I don't have time. They do OK on their own.
My spouse (partner or co-parent) and I try to work as a team with each other and the school staff. We don't let our children split us. On the other hand I don't impulsively trust what anyone says about my children. (As a single parent I try to work closely with the people that are trying to help my child. Sometimes I need to challenge them but I know my child needs a tight team)	We usually keep things pretty clear but I know my kids manipulate us sometimes. I don't know how to stop it. (As a single parent I usually keep things pretty clear but I know my kids manipulate me sometimes. I don't know how to stop it.)	Nobody can tell me how to parent my child. OR I can't trust anything my child says. OR My spouse and I seldom agree on what to do. OR I don't know what my child is doing. The school is responsible.	I don't care what the school or my spouse says. I will do what ever I want. OR The school is out to get my child. I tell my child to do what they want. OR I don't care what my child does. Whatever happens is their fault. Nobody ever listens to me anyway.
Fair is important but accepting consequences is more important. The fact that I cannot make the whole world fair does not mean I am bad. My child can learn to make tough choices and accept consequences in an unfair world.	I get confused when my child says I am being unfair. I'm not sure what to do.	My child BETTER be treated fairly. OR If he/she is in trouble at school he/she is in trouble at home! OR I tell my kids "Do as I say not as I do."	The system is out to get you and you can't tell me any different. My child better be tough and smart or they don't have a chance. OR You have to fight for what you get. The smart ones get away with it.
When my child lies I need to take a time out so I don't take it personal, then I treat it like any other poor choice and provide a consequence.	I take it personal when my child lies. I feel like a bad parent. I feel like my child is being bad. I'm not sure what to do.	When my child lies its the worst mistake they can make. I ground them for a month. OR I just want to give up when my child lies.	My child better never lie to me. OR My child is a liar.

Skagit Family Study Center

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