

Effective Parenting



Gordon Pilet Ph.D., LCSW

"Making a Difference in a Difficult World"

Effective Parenting Defined

“Any family that problem solves sufficiently well enough to allow each member of the family to meet their Potential or Goals”.



Effective Parenting Characteristics

(The Basics)

- Roles, Rules, Rituals, Routines
- Values
- Boundaries
- Individual Rights
- Quality Time
- Balance
- Problem Solving
- Applied Faith



Roles

Each of us has several roles that we fulfill each day. For a man these might include his role as a father, husband, employee, church member etc.

However, there are times men suffer Role-Confusion when they mix there roles.

Roles

- Father vs. Husband;
- Mother vs. Wife;
- Dad vs Boss;
- Parent vs Child.



Rules

Rules are *healthy*; they are a method of organizing and regulating a family.



Rules

- Establish Hierarchy;
- Define Responsibility;
- Set Limits;
- Have a range (Autocratic, Democratic, Permissive);
- Changes with Family Maturity.



Rituals

Rituals are cherished, special events in which we *celebrate* our *identity* as a *family*.

Rituals

- Eating Dinner as a Family;
- Special Weekend Get aways;
- Ceremonies: Marriage, Christening
- Holidays: Christmas, Easter, Passover;
- Other Special Family Events ;

Rituals are cherished, special events in which we *celebrate our identity as a family.*

Routines

Day to Day events that must be preformed in order for the family to function. There are the maintenance items that keep the family organized!

Examples of Routines

- Maintenance of the Family;
- Grocery Shopping, Bill Paying etc;
- School, Work, Other Commitments;
- Community, Hobbies or Other;
- Home Repairs, Lawn or Car Care.

Routines are the necessities of maintaining our way of life; we are committed to performing these daily, weekly or monthly!

Values

- A Central Belief System;
- Reflects Family Standards;
- Works to Organize and Regulate;
- Promotes feeling of Belonging;
- Some consider it a Higher Calling.

*Rules regulate you from the outside;
Values regulate you from the inside!*



Great people are internally driven by what they represent as reflected in their Values.

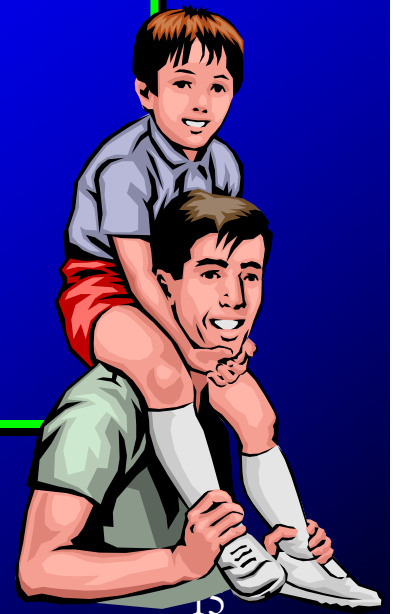


When our *Values* are challenged it makes us uncomfortable!



Boundaries

- Emotional, Physical, Spiritual;
- Allows for personal privacy;
- Should not be Open or Closed;
- Limits the ability of others to Invade, take-over or trespass;
- Gives each member space to grow without feeling abandoned or smothered.



Boundaries: *Limit* the ability of others to invade, take-over or trespass into your emotional or physical privacy.

Family Boundaries can be Open, Closed or Semi-Closed.



Open Boundaries: Easily allow for new information to enter the family given a problem or stressful situation.



Closed Boundaries: Outside information is not allowed in to the family; they discouraged change.



Semi-Closed Boundaries: Resistant to new information, however, given the right conditions they accept it.



Ultimately it is the willingness of the family to collect and utilize new information to overcome obstacles that prevent them from effective Problem Solving.



Individual Rights

- To Have a *Different* Opinion;
- To Be Heard and *Understood*;
- To have my own beliefs & motivations;
- To be loved unconditionally;
- To be treated w/ respect.



Balance

- Distribution of Work & Play (the 3 C's; Careers, Children & Chores);
- Allows for Variety, Flexibility, Spontaneity ;
- Central Theme is Harmony, Happiness and Prosperity;
- Work is a *component* not the *central* theme.



When a Family is "Out of Balance" there is too much time spent in one thing over others. A parent that is a workaholic spends too much time at work at the expense of the children. The Children suffer as they miss out spending time with their parents.

When *pattern* of living is dysfunctional more problems are created than resolved.

Balance will Typically families that have an imbalance never be achieved!

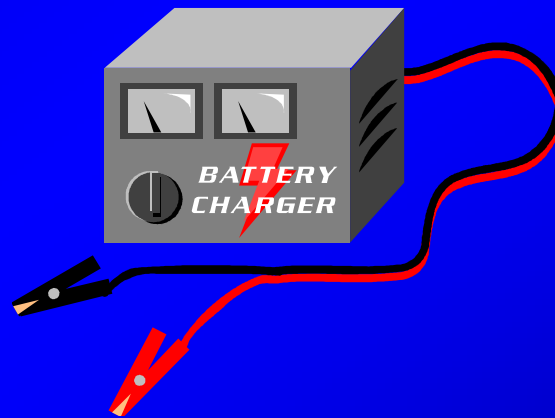


Work and play must be **equal**
components of your life.

When **Work** becomes the **theme**,
family quality time is lost.

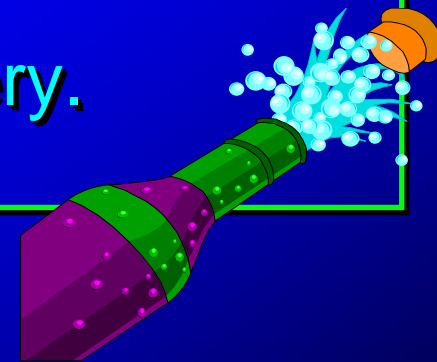


Quality Time is about charging the Emotional Battery with *Positive* Emotions.



Quality Time

- Time set a side for Sharing Affection;
- No Distractions from each other;
- Not a time for Problem Solving;
- Renews, Revives and Energizes Emotional Intimacy;
- Charges The Emotional Battery.



Problem Solving

Answer these two questions:

- 1. What are the 3 types of problems?**
- 2. What are the 3 response types?**

**Any *Idiot* can make
a **BAD** situation worse...**

it takes *Skill* to make one better!



3 Types of Problems

Those that:

1. .. *Can be Solved;*
2. .. *Can be improved, but not Solved;*
3. .. *Can Not be Solved.*



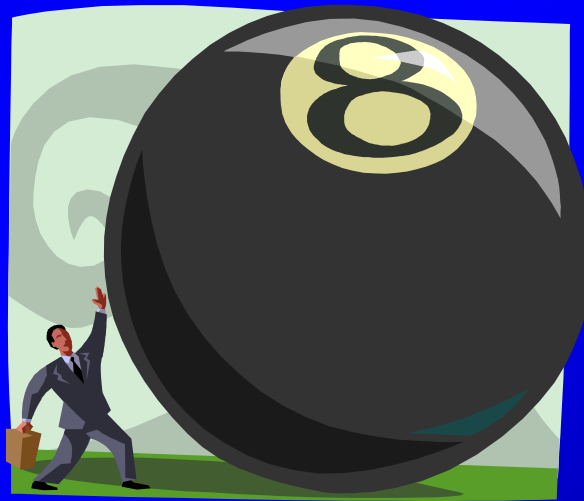
A relationship never gets any better than ...
the problem it doesn't Solve!

3 Response Choices

1. *Aggressive:* Loud, intrusive, demanding;
2. *Passive:* Soft, retreating, apologetic;
3. *Assertive:* Firm, strong, negotiating.



**95% of the things you argue about
are the same thing over and over
again.**



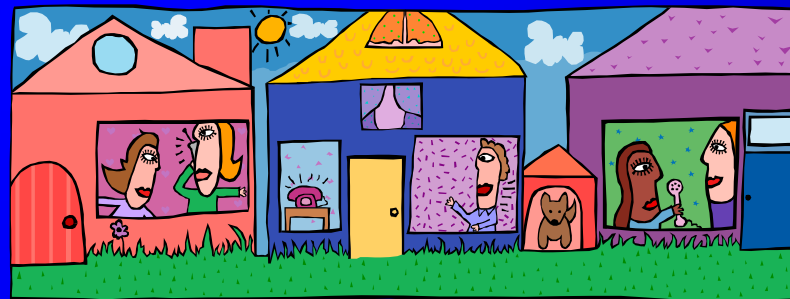
Problem Solving

- Must be *Solutions* Focused;
- Erases Score Carding;
- Identifies the 90% / 10% Rule;
- Brainstorms all options;
- Allows for Timeout.



Applied Faith

“Exercising a commitment to spiritual beliefs by building a foundation of awareness, reverence and practice in the daily activities of Life.”



Applied Faith

- Founded on Values;
- Operationalized by the 4 R's (roles, rules, rituals, routines);
- Strengthens Family Identity;
- Bolsters Boundaries;
- Enhances Problem Solving;
- Synergistic by Nature!



Compare and Examine

- Where can I improve?
- What goals can I establish;
- What is my plan?
- What must I do to begin!



Change requires work! It means doing something more than Talking about it!

REMEMBER.....

Be Proactive

Embrace what works

Learn the 4 C's

Incubate new habits

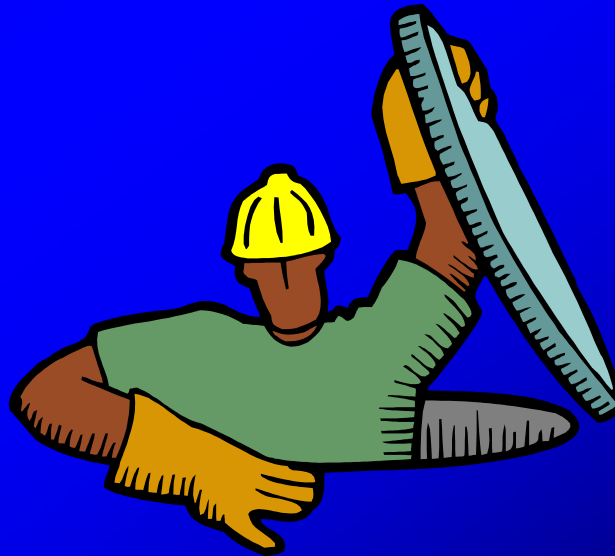
End confessing your partners sins

Veto Pessimism, Past & Poor Comm

Explore, Employ and Enjoy

*Knowledge alone doesn't
change a relationship;*

... application of knowledge does!



**“90% of all
arguments are
about problems
you already
argued about”**

GAP/99



**A relationship never rises above
the problems it can't solve!**

Gordon Pilet



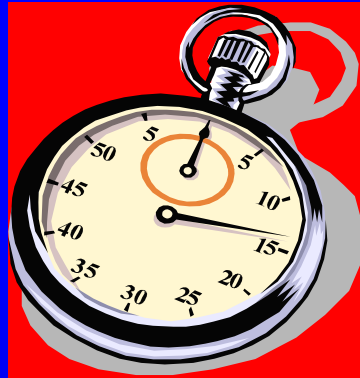
This Presentation is as a part of the Interventions Inc.
Community Based Self-Help program designed to assist
those seeking to change and improve.



*Making a Difference –
in a Difficult World*

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Mailing Address:
Interventions Enterprises, Inc.,
1420 West Busch Blvd, Tampa, Florida 33612
(813) 933-8865



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