

# TRANSFORMATIONAL PARENTING STRATEGIES

*For building resilience and connection.*

## Spend Regular 1-on-1 time with your kids

with your mobile phone turned off.

*Kids love this more than anything and it's a great way to increase emotional attachment and build their sense of security.*



## Share stories with your children about what you did when you were a kid their age

*Make a habit of really listening to their stories to complete the story telling circle. This will allow you to maintain an ongoing open relationship that will continue into their teenage years when it is so vital to have open trusting communication.*



## Support kids to solve their own problems to stimulate brain development

*and increase life skills. Coach them to identify options so they can make choices for solving problems.*

## Start the process of connecting privileges with responsibility

*It is important that by the time they are teenagers they understand this so that they can learn personal responsibility.*



## Make a habit of acknowledging and encouraging your kids

*Not all kids do well at all things however they all have great qualities and it is important they are not just judged on their achievements. Living with this knowledge will help them build a secure base for their future gifts to unfold.*



## Teach skills of reflection

*so they can start to critically assess situations and learn wise decision making despite what other people may be doing. Use life experiences, movies, books etc to ask reflective questions.*



## When discipline is required separate the person from the behaviour

*Continue to be gentle on the person and firm on the behavior. The goal here is to teach that whilst certain behaviours are not ok, they are always loved and they can learn from the experience.*

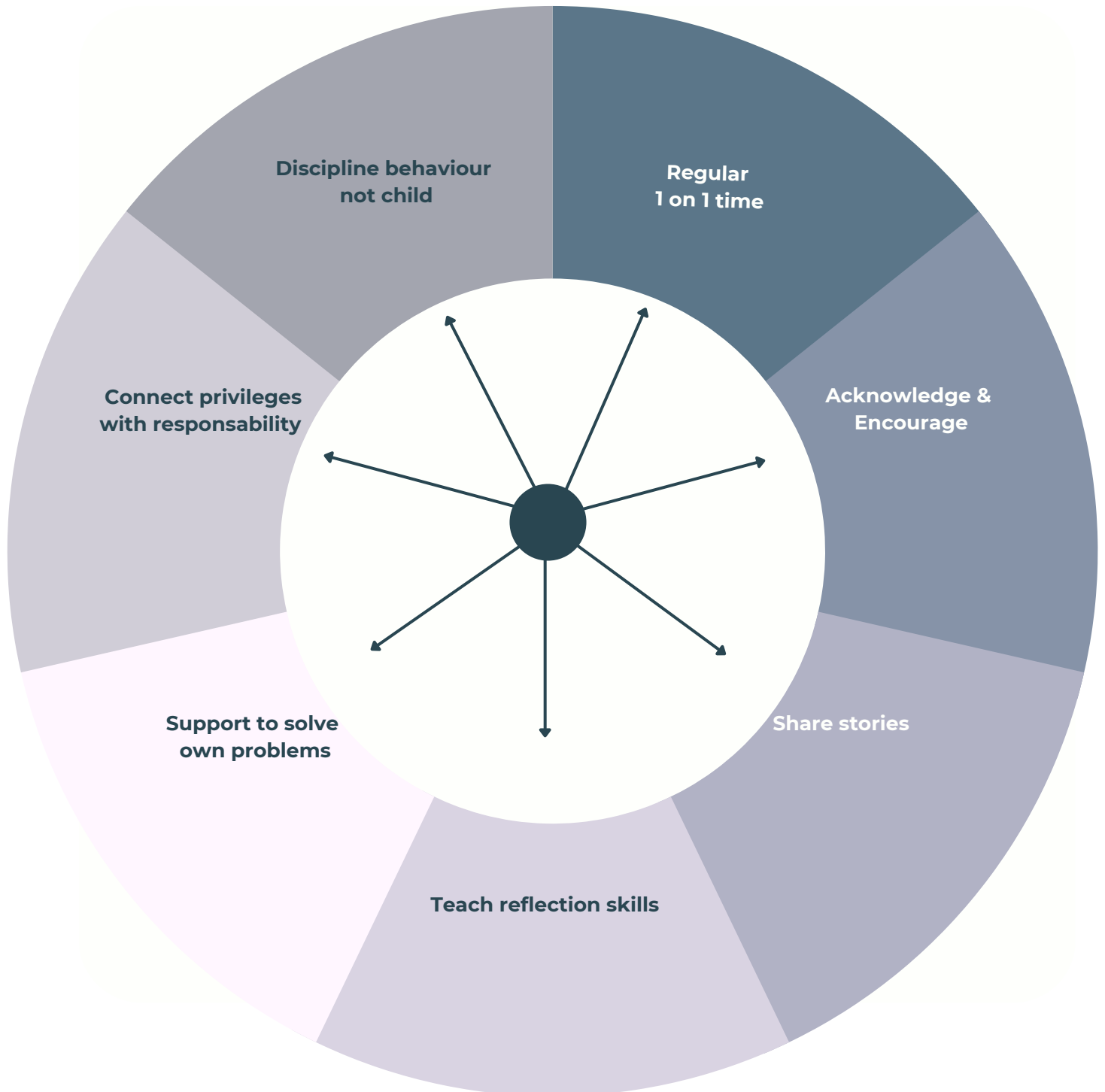


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# GIVE YOURSELF A SCORE OUT OF TEN

*Put an 'X' on line to best indicate where you're currently at with these 7 strategies. Ten is on the outside and 0 is on the inside.*



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