

PARENTING SKILLS

A SELF-HELP GUIDE



As a parent ask yourself this questions

Parenting is really a difficult thing. It is a work of being responsible and being supportive. Here are some self reflecting questions that you should ask yourself:

- What kind of parent do I want to be?
 - Do I focus more on control or connection with my child?
 - What are my child's strengths and interests?
 - Do I speak to my child the way I'd like to be spoken to?
 - Am I showing my child how to manage emotions in a healthy way?
 - What am I doing well as a parent?
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THIS WORKBOOK AIMS TO HELP YOU TO:

- Recognise whether you may be experiencing problems during parenting.
- Understand what parenting is, what causes problems in parenting and what keeps it going.
- Find ways to understand, manage or overcome your issues with parenting.

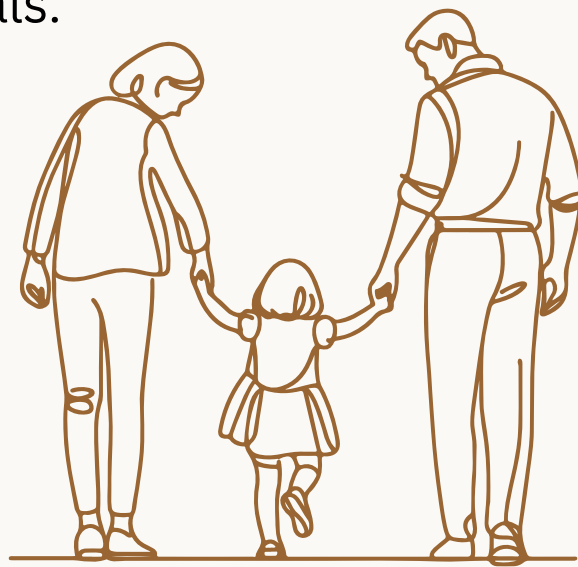
2. What is Parenting?

Parenting is the process of raising, nurturing, and guiding a child from infancy to adulthood. It involves meeting the child's physical, emotional, social, and intellectual needs while helping them develop values, skills, and a sense of identity.

Key Aspects of Parenting:

- Providing care: Ensuring safety, nutrition, health, and shelter.
- Emotional support: Offering love, security, and empathy.
- Discipline: Teaching right from wrong through consistent boundaries.
- Guidance: Helping children solve problems, make decisions, and grow responsibly.
- Role modeling: Demonstrating behaviors and values you want your child to adopt.

Parenting is not just about control or protection—it's about raising independent, confident, and emotionally healthy individuals.



2. What is Parenting?

Here are the four main types of parenting styles, based on psychologist Diana Baumrind's research:

1. **Authoritative Parenting (Balanced)**

- High warmth + High discipline
- Parents are nurturing, set clear rules, and explain reasons behind them.
- Children tend to be: Confident, responsible, and emotionally balanced.

2. **Authoritarian Parenting (Strict)**

- Low warmth + High discipline
- Parents are controlling, demand obedience, and rarely explain rules.
- Children may be: Obedient but anxious, less socially confident.

3. **Permissive Parenting (Lenient)**

- High warmth + Low discipline
- Parents are indulgent, set few rules, and avoid confrontation.
- Children may be: Impulsive, struggle with self-control and boundaries.

4. **Neglectful/Uninvolved Parenting (Detached)**

- Low warmth + Low discipline
- Parents are emotionally unavailable or indifferent.
- Children may be: Emotionally withdrawn, struggle with trust and self-worth.

3. Effects of positive parenting?

What is Positive Parenting?

Positive parenting is a nurturing, respectful, and supportive approach that focuses on building a strong parent-child relationship. It emphasizes encouragement over punishment, connection over control, and guidance over criticism.

Core Principles of Positive Parenting:

1. Respect and empathy toward the child
2. Clear communication and consistent boundaries
3. Encouraging good behavior rather than punishing bad behavior
4. Emotional connection and secure attachment
5. Teaching problem-solving and life skills

Positive Parenting in Practice:

Use praise to reinforce good behavior: “I noticed how kind you were today—well done.”

Set limits gently but firmly: “I understand you're upset, but we don't hit. Let's talk about it.”

Be a safe emotional space for your child.

4. Effects of negative parenting?

What is Negative Parenting?

Negative parenting refers to parenting behaviors that are overly harsh, inconsistent, neglectful, overly permissive, or emotionally unresponsive. This style can stem from stress, lack of awareness, or unresolved personal issues, and it can negatively impact a child's development.

Common Traits of Negative Parenting:

1. Yelling, hitting, or harsh punishment
2. Lack of warmth or emotional support
3. Inconsistency in rules and discipline
4. Neglect or emotional unavailability
5. Over-control or lack of boundaries



Effects of Negative Parenting on Children:

Long-Term Consequences:

- Risk of mental health issues in adulthood
- Difficulty forming healthy relationships
- Higher likelihood of repeating the same parenting style

Negative parenting doesn't make someone a "bad parent." Often, it results from stress, trauma, or lack of support. The good news is that parenting styles can change with awareness, support, and effort.

5. Parenting and Unconditional positive regards

Encouraging Unconditional Positive Regard (UPR)—a concept introduced by Carl Rogers—means accepting and valuing your child without conditions, regardless of their behavior, mistakes, or differences.

Here's how to practice and promote it in parenting:

1. **Accept the Child, Not the Behavior**

Say: “I love you, but I don’t like what you did.”

Separate their actions from their worth as a person.

2. **Practice Active Listening**

Give full attention when your child speaks.

Show empathy: “That sounds really hard. Tell me more.”

Avoid judgment or quick solutions.

3. **Show Love Without Conditions**

Avoid statements like “I’ll love you if...” or “You’re good only when...”

Use words and actions to affirm your love daily, regardless of their mood, performance, or choices.

4. **Respond with Compassion in Difficult Moments**

When your child is angry, rude, or upset—pause and ask, “What’s really going on?”

Stay calm, and validate their feelings without always needing to “fix” them.

5. Parenting and Unconditional positive regards

5. Avoid Labels

Don't call your child “naughty,” “lazy,” or “bad.”

Focus on behaviors, not identity: “Throwing toys isn't okay” vs. “You're a bad kid.”

6. Create a Safe Emotional Environment

Encourage openness without fear of punishment or shame.

Let them know all feelings are okay—even anger, fear, or sadness.

7. Reflect on Your Own Beliefs

Ask: “Do I treat my child differently when they meet or don't meet my expectations?”

Practice self-awareness and challenge any unconscious conditions you place on affection.



14-Day Strong Relationship Building Plan – Parent & Child

Day 1 Appreciation Jar

Start a jar where each of you writes one thing you love about the other. Add one note daily.

Day 2 Special Storytime

Choose a story and read together. Ask your child what they liked or learned from it.

Day 3 Art Together

Draw, paint, or craft something side by side. No rules—just creativity and fun.

Day 4 Surprise Snack

Make their favorite snack together and enjoy it as a mini celebration.

Day 5 Nature Walk

Go on a short walk or sit in the park. Collect leaves or stones and talk about your day.

14-Day Strong Relationship Building Plan – Parent & Child

Day 6 Dance or Music Hour

Play your favorite songs and have a dance party or sing along.

Day 7 “My Hero” Time

Ask your child who their hero is and why. Then share yours.

Day 8 Kindness Day

Do one kind thing for someone else together—like making a thank-you card or donating an old toy.

Day 9 Game Night

Play a board game, card game, or even hide-and-seek. Let your child choose.

Day 10 Open Talk

Ask: “What’s something you wish I knew about how you feel?” Listen with love.

14-Day Strong Relationship Building Plan – Parent & Child

Day 11 Teach Me Something

Let your child teach you something—even if it's small.
This builds confidence and respect.

Day 12 Memory Lane

Look through baby photos or old videos together
and talk about fun or silly memories.

Day 13 Gratitude Sharing

Before bedtime, take turns saying 3 things you're
thankful for today.

Day 14 “I Love You Because...”

End the plan with a heartfelt conversation where
you each finish the sentence:
“I love you because...”

Conclusion

Building a strong, loving relationship with your child doesn't require grand gestures—it grows from small, consistent moments of connection, trust, and presence. These 14 days are not just a set of tasks, but a doorway into deeper understanding, emotional safety, and lifelong bonding.

As you walk this journey together, remember:
It's not about being a perfect parent, but a present one.

“Children don't need a perfect parent. They need a present, loving, and listening one.” ❤️

