

POSITIVE PARENTING

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WHAT DO WE WANT FOR OUR CHILDREN?

- ✕ Health
- ✕ Happiness
- ✕ Resilience

- ✕ Going back to basics
- ✕ No such things as a perfect parent
- ✕ Harnessing the 'positive'
- ✕ Sowing the seeds of mental wellness
- ✕ Pointers towards real happiness

PROMOTING RATIONAL THINKING!

- ✖ A degree of stress is helpful
- ✖ Prolonged stress is bad for us
- ✖ Unhealthy stress eats away at our health and happiness

THE ROLE OF THINKING WITHIN STRESS

- ✗ Bias thinking
- ✗ Irrational thinking
- ✗ Private thinking
- ✗ Powerful thinking

INTERNAL DIALOGUE AUTOMATIC SELF-TALK

Our private world of thoughts, our interpretation of past and present, our predictions for the future are very powerful influences on mood

EXPLORING THE THOUGHT:

•Is it helpful?

•Is it fair?

•Is it absolutely true?

- ✗ Not telling children how it is
- ✗ Questions as tools
- ✗ Being neutral, objective and fair
- ✗ Helping them see things as they are
- ✗ Self-discovery and self-potential

- ✖ Exploring their stories of their days with them
- ✖ Validating their feelings but questioning theories etc.
- ✖ Seeking the evidence

**PRACTISE
BEING
COMPASSIONATE!**

CULTIVATING COMPASSION

- ✖ Psychology has started to investigate compassion
- ✖ The most powerful way of becoming happy is to develop compassion

- ✖ The benefits of kindness
- ✖ It's nice to be nice but it's also good for you!
- ✖ Stress makes us focus too much on ourselves
- ✖ Compassion lets the light in!
- ✖ Putting our worries into context

COMPASSION

- ✕ Children need to witness it!
- ✕ Directing their attention to the needs of others
- ✕ Demonstrating compassion
- ✕ Practising kindness
- ✕ Conversations about the 'positives'

**UNLEARN
HELPLESSNESS!**

- ✖ Failures are temporary setbacks!
- ✖ Never underestimate your own potential
- ✖ It's never too late to improve at something
- ✖ Getting good advice and support makes it easier
- ✖ Lots of people struggle with things

- ✖ Being careful about how you handle failure
- ✖ We don't want our children to grow up fearful of trying things
- ✖ Praising effort as well as success
- ✖ Supporting rather than coercing
- ✖ Ensuring they know that everyone is not brilliant at everything
- ✖ Understanding that results are important but putting them in context

BEING SOCIAL

- ✗ Being social – practising it!
- ✗ Joining clubs and organisations
- ✗ Volunteering
- ✗ Starting new things – courses etc
- ✗ Will find it easier to avail of support if needed
- ✗ WARNING: Too much playstation,TV

- ✖ Bringing them with you on visits
- ✖ Encouraging them to start new ventures
- ✖ The more friends the better!
- ✖ Quality time with you
- ✖ Quality time with family

**INVEST IN
GRATITUDE!**

- ✕ Counting our blessings
- ✕ Looking at what is right about our lives
- ✕ Celebrating all the things we have rather than always talking about the things we don't have
- ✕ What went well exercises
- ✕ Not being envious of others or comparing ourselves to others

**INCREASE
'FLOW'!**

- ✕ Doing the things we love best
- ✕ Doing the things we are best at
- ✕ Starting new things
- ✕ Switching the 'channel'
- ✕ Being 'stretched'

**INVEST IN THE
SPIRITUAL
SELF!**

- ✕ Sense of purpose
- ✕ It's not all about me!
- ✕ Life as a journey
- ✕ The benefits of prayer
- ✕ Investing in our spirituality

MINDING YOUR BODY

**EXERCISE,
DIET, SLEEP**

Invest in LAUGHTER

- ✦ “Laughing 100 times amounts to the same exercise as riding a stationary bike for 15 minutes. Five minutes of intense laughter can double the heart rate. Three minutes of laughter is equivalent to three minutes on a rowing machine. Laughter stimulates circulation, tones muscles, energises lungs and stimulates endorphins in the immune system.”
- ✦ Dr William Fry (Stanford University)