

Parenting Conference- September 23, 2018

Matt Barnhill

The Big Picture

Kids are asking two questions: (How we answer these questions results in what kind of parent we are.)

1. Do you love me?
2. Can I have my own way?

Yes, Yes--1. **The Permissive Parent.**

- The study revealed that permissive parents tend to produce children with low self esteem and feelings of inferiority.
- The lack of boundaries leaves their children with a high level of insecurity.
- The kids feel very loved, but very unsure of themselves.

No, Yes--2. **The Neglectful Parent.**

- Worst of all four combinations.
- This kind of parent doesn't express much love and also doesn't really care enough to discipline.
- Their children tend to grow up with little or no relationship with Mom or Dad.
- They feel forsaken.
- The parents' neglect may not necessarily be intentional — they may simply be in the midst of their own traumas and chaos, like an addiction or domestic abuse.
- Alcohol use reduces empathy and creates a generalized feeling of neglect by the ones around us, usually loved ones.
- These children grow up with unbelievably deep emotional scars.

No, No--3. **The Authoritarian Parent.**

- This kind of parent doesn't express love/affection well but is very high on discipline.
- They raise children who are prone to rebellion.
- The bar is always high and the 'musts' are always abundant.
- This kind of parent isn't content just to win the war; they have to win every battle, too.
- Authoritarian parents squeeze kids until the kids can't wait to leave home, and as soon as they do, they live out their impulses.

Yes, No--4. **The Authoritative Parent.**

- The best combination of love and discipline.
- Not an overbearing authoritarian, but a compassionate, yet firm authority.
- They have clear boundaries but are also very loving.
- Everyone knows who the boss is, but there's also a connection between parents and child,
- The result is a child high in self-esteem and equipped with good coping skills.

The Medium Picture

What do I mean when I use the term or verb “love” in this parenting context?

I mean 3 things:

1. Eye Contact- close your mouth and listen. Kids have a greater need to be heard over being taught.
2. Meaningful touch and affection- need 4 hugs a day.
3. Focused attention- they need to be convinced they have your undivided attention.

Anxiety almost always is underlying misbehavior. Anxious kids act out. Anxious teens don't trust you. Anxious adults create tension.

Loving your kids this way ministers to their anxiety.

The Small Picture

Backplanning.

- Begin with emancipation in mind.
- They will need an for the next thing in their life.
- They will need to be effective at managing their: authorities in their lives, time/energy/resources, self-control with their emotions.
- Accurate view of themselves.

Discipline is only to warn and to teach.

We warn as to what is or will be helpful/destructive. And we teach them (based on the first three points above).

Incorrect Methods:

1. One shot discipline- give a discipline that is so bad that we think they won't do it again.
2. Verbal discipline- scolding, shaming, sarcasm.
3. Threatening or actually withholding love.
4. Disciplining in anger.
5. Differentiate between childish irresponsibility and willing disobedience.
6. Being a poor example.
7. Child-Centered home. (This happens when the kids are placed before the marriage.)

Correct Methods:

1. Clear, known, swift, expected consequences.
2. Tell your children (at age appropriate time) your mistakes and negative consequences of mistakes.
3. Natural consequences. Do not prevent logical consequences.
4. Requiring chores.
5. The best consequences are the temporary removal of things they value. “Do you want me to pick up your room?” They value what they take care of.