

GRUNDTVIG PARTNERSHIP 2013-2015
“ENGAGING DISADVANTAGED PARENTS TO
ACQUIRE PARENTING SKILLS”

EDPAPS

GRU-13-C-LP-216- TM-RO



In terms of modernization the most of the people concentrate on their job-related future and their career – a child does not always fit in this picture. But especially the German government and many German companies are on the right path to establish a good compatibility of family and job. The generation of today asks for a balance between operating requirements and private needs. Flexible working hours and a family-friendly working model are the new guidelines companies follow. This modern culture and organization of working time enable especially the new generation a family-conscious work-life-balance. Also the opportunity of mobile working and home office are more and more offered by companies. Another helpful trend for a family-friendly workplace is a kindergarten or rather a child care inside a company. But also phases with special familial challenges could be managed easier, when the best possible consideration and support of companies is guaranteed.

These points are essential and the base for improving parenting skills. With the support of the government and the employers parents can use more time for their children and have the possibility to coordinate a good and healthy work-life-balance, which is the condition for positive parenting.

10 Steps for improving my relationship with my child:

1. Show love to your child.

Don't be afraid to just say, "I love you". Children believe what they hear, therefore say frequently that you love them. Verbal and physical expressions of love and care make kids believe that parents are always with them. The knowledge that parents remain with them throughout the life will help them grow more confident and smarter. Hugs, kisses, and cuddles can be a perfect cure - all studies show that affection may boost kids' mood, health, and have big impact in maintaining better relationship with kids. Maximize the power of touch and warmth in parenting and it can lead to a cooperative child, who is well-developed socially and emotionally.

2. Spend time with your child.

Your children need to know that you make them a priority in your life. Try to find time in your schedule to do things with your child. Pick a certain day of the week or time of the day for example a special bedtime ritual. For younger children, reading a favorite bedtime book or telling stories are essential quality times. It's good to do it in the same time so you can remember when your special time together is, and you will be more likely to be free. Summer is a great time to do things together because your child will likely be out of school. If you are still working in summer, try to find time on the weekends to spend with your child. Also eat meals together as a family gives children a clear structure in their everyday life and it sets the stage for conversation and sharing. Turn the TV off, and don't rush through a meal. Rituals like this can become a quality time most remembered by young and old alike.

3. Give your child enough free time.

Children reach out for independence at a young age, and parents can help to develop those decision-making skills by being supportive and even looking the other way on occasion. You should respect their choices. Promoting independence is the job of parents who are to take

the lead in teaching their children to do things for themselves. The most important guideline is here: Learning by doing. So let your child make mistakes, but it will educate itself and do self-development.

4. Help your child with the schoolwork.

As a parent, it is important that you support your child in its education. Always try to help with homework if it asks for it. Don't give the answer, just help your child.

For example, if it is struggling on a math problem, don't just give the result. Go through the steps and so it will know what to do next time. Also try to help your child even if it doesn't ask for it, but you get a sign that help is needed, when they maybe need a long time for the homework or a bad grade. Make learning fun and turn studying for a spelling or vocab test into a game.

5. Communicate with your child.

Lack of communication is a common challenge with parents and children. Because both of them aren't mind readers, be clear and calmly state how you're feeling or what you want. Also, speak your mind in a very heartfelt but clear manner.

When you talk to your child, make sure that you have eye-contact. Tell it, "I need you to listen" but in a calm, friendly way. Leave the key point for the first sentence, and keep it simple, using non-confusing and/or shorter words. You should also occasionally talk casually. When the two of you talk, it shouldn't all be serious. Talk about school e.g. What's going on in school? How was school today?

6. Be an active listener.

Active listening is reflecting back what the other person is saying, instead of assuming you already know. When you reflect back what your child is saying, you're telling that you understand. Also, listen to the feelings underlying the message, which is often the real message. To show that you are listening, ask her questions that you have. Also, paraphrase. Paraphrasing is putting something in your own words so you can clarify what your child just said to you or if you understand it correctly.

7. Put yourself in your child's shoes.

You have to realize that your child is born and raised in a different generation with different values and difficult family relationships and issues. So it is important when you as a parent understand how children see the world. As such, address your child's feelings with empathy and offer a compromise.

8. Celebrate your child's talents.

This is another form of encouragement, and it will make your child feel so happy inside when you recognize the talents. Another thing to do is to participate in the activity your child's trying out elsewhere. Play a game or soccer, hold a concert at home, or have teach you some dance moves. It will make him or her feel great, you will learn something new, and the two of you will bond more.

9. Be there for your child.

It's important for your child to know that it can always come and talk to you if it needs anything. Just being there, without distraction, is where they learn that you care about them. It's not the same sitting beside them with phone in hand, scrolling through Facebook. They know when they have your attention.

You should share your feelings with it as well. Tell your child how you really feel about something, and sometimes, you can ask her for advice.

10. Trust your child.

Sometimes it may be hard to trust, but you have to be trusting. The reason why you may not trust your child is because she or he might lie often. This may be because you lie. It is time to start being a good role model for your child and to be honest yourself - keep promises, and don't break them. However, if something comes up, be sure to tell that. Say the reason, as she probably would be wondering. When you see your daughter do something responsible, like homework or band practicing, or an A on a test, you can trust her more.

Parent-child relationships are complex and diverse. There also are ups and downs, no matter how positive and intensive the relationship.

In each relationship there will always be primary complaints that children have about their parents: They try to parent them and are overly critical and demanding. From parents' perspective, children don't listen to them, make poor choices and have no time for them.

Whatever, parents play an irreplaceable role in the lives of their children. This vital relationship positively impacts a child's physical, mental, and emotional well-being. The right of parents to maintain a strong involvement in their children's lives is valued by millions of families.

In conclusion parents may have in mind that every parenting style impacts the child's development. Children raised in loving homes often thrive. When parents focus on their child's needs, show that they love and value their child and strive to be good role models, they are implementing positive parenting skills.