



GRUNDTVIG PARTNERSHIP:

“ENGAGING DISADVANTAGED PARENTS TO
ACQUIRE PARENTING SKILLS”



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STRENGTHS

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WEAKNESSES

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OPPORTUNITIES

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THREATS





Strengths:

- Availability • Time with a child • Eat meals as a family
- Characterize the behavior, not the child
- Trust, encourage and accept a child
- Active listening / Constructive conversations
e.g. open – ended questions
- Alternative solutions in parent – children conflicts:
Do not be punitive! Control tension!
Do not shout! Don't take it personally!
- Provide warmth: Make child a priority, play/interact with it, seek out one-on-one opportunities, show love, be its friend



- Acknowledge the children's rights
- Monitor your child's attitude giving it a rational freedom
- Be a model - be honest, reliable and assertive
- Support physical, mental, social, emotional development of a child
- Identify your long-term goals





Weaknesses:

- Inpatient listener • Spending little time with a child
- Wrong statements like: “You are irresponsible”, “You embarrassed me” etc.
- Losing control due to stress and tiredness
- Unrealistic expectations
- Insufficient support in problems of a child
- Not encouraging a child
- Not giving enough warmth
- Protective, intrusive and perfectionist attitude
- Undermining the importance of the games
- Coping not well with own frustration





Opportunities:

- Parent as a role model: opportunity to learn children to express themselves, to think, to take initiatives, to manage stress
- Time with a child is an opportunity to get closer and to talk about their feelings and thoughts (e.g. eating together)
- Games improve the development
- Rational freedom is the opportunity for development of self-reliance, independence and taking responsibility for their own actions
- Encouraging children initiatives we reinforce their self-esteem and dealing with difficulties more easily





Threats

- Comparison with others, underestimating them and calling with names causes:
decreased self-confidence, efficiency, creativity and communication
- With over-protective and intrusive parents children can become dependent on their parents and insecure
- Characterizing child and not a behavior, child can take as a threat and can create negative interaction
- Punishment can make it to misbehave more
- Lack of warmth can make children to become resentful, anxious, depressed or unsecure



The Cspéria

ASSOCIATION OF GRADUATES, STUDENTS, TEACHERS AND PARENTS
OF THE EVENING GYMNASIUM AND LYCEUM IN TRIKALA



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