



Salvați Copiii

Save the Children Romania

Filiala Timișoara

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

EDPAPS

GRU – 13 – P – LP – 185 – TM - RO

“With parents at school”



Lifelong
Learning
Programme

“With parents at school”

At the beginning of 2014, within the project Grundtvig “Engaging Disadvantaged Parents to Acquire Parenting Skills” Save the Children, Timisoara Branch developed a theme of 4 workshops addressed to parents. These workshops were held both in rural and urban areas.

The themes were the following:

1. Children’s emotions

- to recognize emotions and associate them to different contexts;
- to recognize emotions taking into consideration the non verbal (body) language: facial expressions and posture;
- to identify the reasons of emotions;
- to name the consequences of emotions in a certain situation;
- to learn efficient modalities in order to deal with different emotions;

2. Positive discipline- Generalities

- the needs that motivate children’s behavior with respect to their age
- barriers that appear in the communication with the child
- how does the child know he is being listened to
- reflexive communication

3. Positive discipline – Disciplining techniques I

- praise and encouragement as rewards
- the special language of encouragement
- the difference between praise and encouragement
- recommendations for using the reward

4. *Positive discipline – Disciplining techniques II*

- the method of logical and natural consequences
- extinction and exclusion as methods of controlling the anger
- the steps to be followed in applying the discipline





At the end of these meetings, the following changes could be noticed in parents:

- An improvement of the ability in managing the usual behavioral problems of children;
- Decrease in using castigation and constraints as disciplining methods;
- Improvement in the communication between parents regarding disciplining methods;
- Decrease in parental stress regarding child nurture;
- Easiness in helping children to admit and manage their emotions correctly;
- Emotional rationale allows parents to remain calm when children express their emotions and to control the situations in which the child manifests unease.