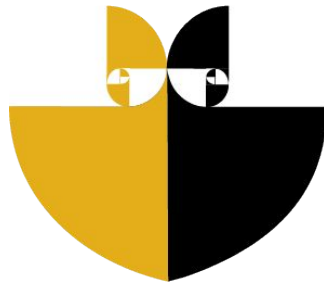


# **Listening and Learning**

## **Supporting parents to support our students**

Wifi network: RC-ParentU2019  
Password : rchk2019



# Parent Uni Session 1 - 6:30pm - 8:00pm

1. Introduction
2. Autonomy supportive parenting
3. What do RCHK parents want Parent Uni to focus on this year?
4. Emotion coaching
5. Parenting during troubled times
6. Q & A



# HOW TO BE A PARENT

## IN 2019

## VS

## IN 1982

Make sure your children's academic, emotional, psychological, mental, spiritual, physical, nutritional, and social needs are met while being careful not to overstimulate, understimulate, improperly medicate, helicopter, or neglect them in a screen-free, processed foods-free, GMO-free, negative energy-free, plastic-free, body-positive, socially conscious, egalitarian but also authoritative, nurturing but fostering of independence, gentle but not overly permissive, pesticide-free two-story, multilingual home preferably in a cul-de-sac with a backyard and 1.5 siblings spaced at least two years apart for proper development also don't forget the coconut oil.

Feed them sometimes.

**JOSH SHIPP**

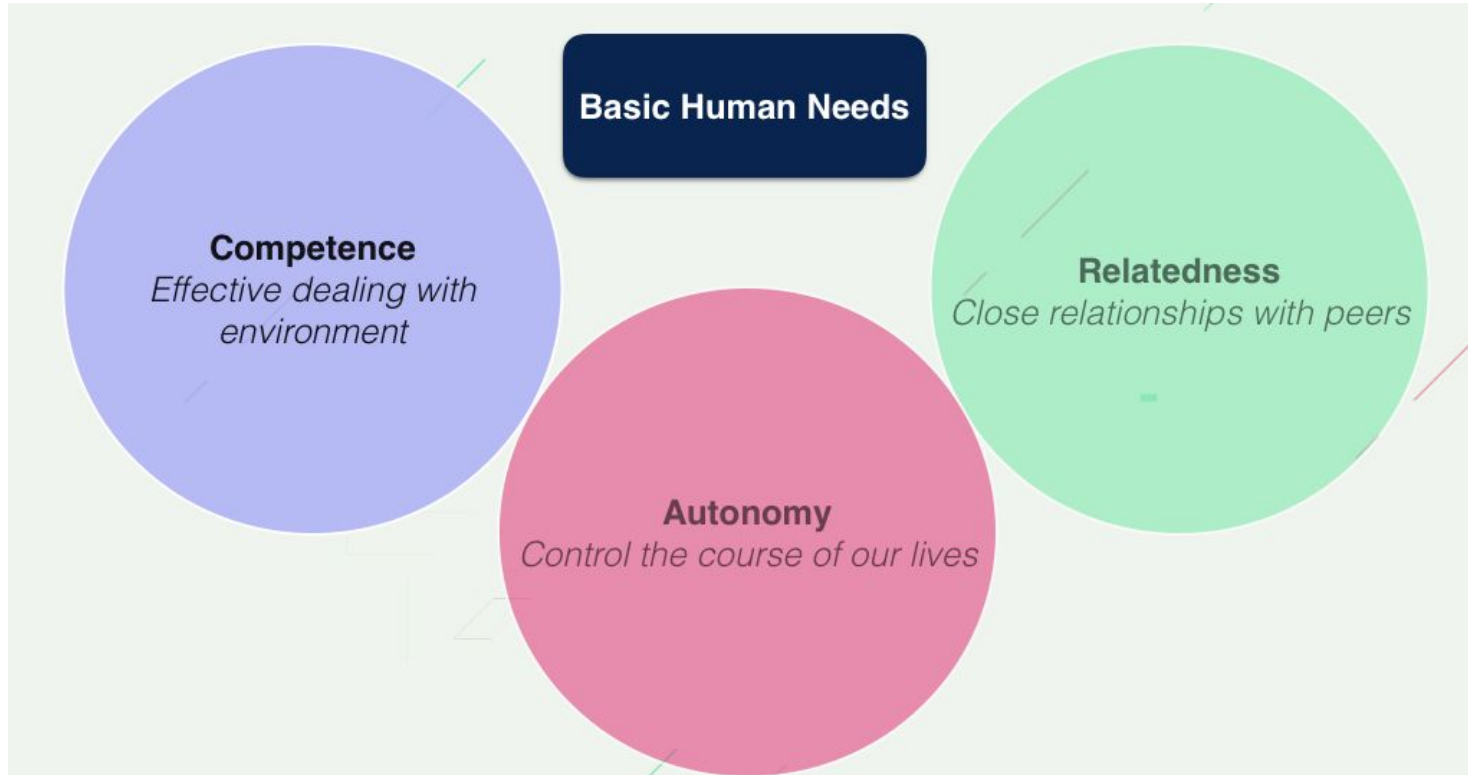
Written by Bunmi Laditan



# Autonomy Supportive Parenting



# Self Determination Theory - Basic Needs Theory



Autonomy



Competence



OUR 3 Basic are...

cared for and connected to others...

"Rel"



# Why Autonomy Supportive Parenting?

Children/ young people:

- more likely to feel capable of making their own healthy choices
- Develop skills to be independent
- Less vulnerable to anxiety
- Children learn about:
  - family values
  - social norms
  - essential rules



# Supporting Autonomy

**Autonomous**  
*(Internally motivated)*

**Controlled**  
*(Externally motivated)*

Intrinsic

Identified

Introjected

Extrinsic



“I really  
enjoyed it.”

“I value it”  
*(meaning)*

“I should do it”  
*(guilt)*

“I’ll be penalised/  
receive  
recognition”





Your son is one of the better players on his basketball team which has been winning most of its games. However, you are concerned because he just told you he did badly in his recent assessment and will have to retake it the day after tomorrow. You decide that the best thing to do is:

- a. Ask him to talk about how he plans to handle the situation.
- b. Tell him he ought to decide to forego tomorrow's game so he can study.
- c. See if others are in the same predicament and suggest he do as much preparation as the others.
- d. Make him miss tomorrow's game to study; basketball has been interfering too much with his school work.

<b>Highly Controlling</b>	<b>Moderately Controlling</b>	<b>Moderately autonomy supporting</b>	<b>Highly autonomy supporting</b>
d	b	c	a



You are aware that your daughter has been struggling with friendships for a long time. She often complains that the other children make fun of her and her teacher tells you that she is quiet and usually alone. In spite of the efforts of previous teachers, she has not been accepted by the other children. Your wisdom would guide you to:

- a. Prod her into interactions and provide her with much praise for any social initiative.
- b. Talk to her and emphasize that she should make friends so she'll be happier.
- c. Invite her to talk about her relations with the other kids, and encourage her to take small steps when she's ready.
- d. Encourage her to observe how other children relate and to join in with them.

<b>Highly Controlling</b>	<b>Moderately Controlling</b>	<b>Moderately autonomy supporting</b>	<b>Highly autonomy supporting</b>
a	b	d	c



For the past few weeks things have been disappearing from the teacher's desk and lunch money has been taken from some of the children's desks. Today, Antigone was seen by the teacher taking a paperweight from her desk. The teacher phoned Antigone's parent and spoke to them about this incident. Although the teacher suspects that Antigone has been responsible for the other thefts, they mentioned only the one and assured the parent that they'll keep a close eye on Antigone. The best thing for **the parent** to do is:

- a. Talk to Antigone about the consequences of stealing and what it would mean in relation to the other kids.
- b. Talk to her about it, expressing confidence in her and attempting to understand why she did it.
- c. Give her a good scolding; stealing is something which cannot be tolerated and she has to learn that.
- d. Emphasize that it was wrong and have her apologize to the teacher and promise not to do it again.

<b>Highly Controlling</b>	<b>Moderately Controlling</b>	<b>Moderately autonomy supporting</b>	<b>Highly autonomy supporting</b>
c	d	a	b



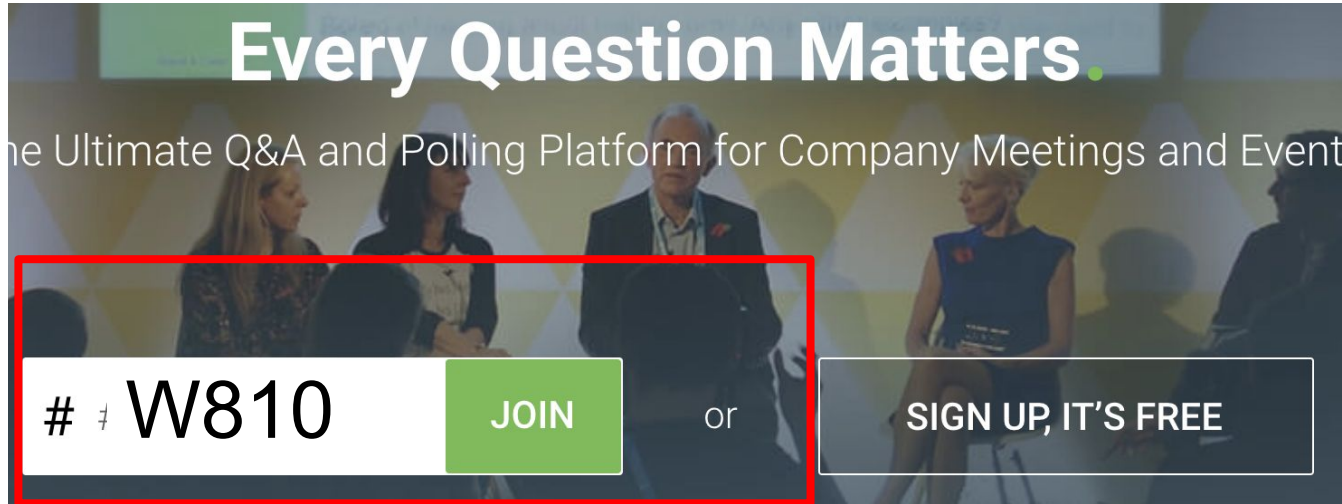
# Ways to support autonomy development

- Explain family rules and behavior expectations.
- Validate a child's feelings and perspectives.
- Minimize judgement and control.
- Allow children to make choices.
- Letting children solve problems on their own.
- Letting children struggle (safely).



# Slido.com or sli.do

What future sessions would you like for Parent Uni?

A promotional banner for Slido.com. The background shows a group of people in a meeting setting. The text "Every Question Matters." is prominently displayed in white. Below it, the text "The Ultimate Q&A and Polling Platform for Company Meetings and Events" is visible. At the bottom, there is a white box containing the hashtag "# W810", a green "JOIN" button, the word "or", and a white "SIGN UP, IT'S FREE" button. A red rectangular box highlights the "# W810" and the "JOIN" button.

Every Question Matters.

The Ultimate Q&A and Polling Platform for Company Meetings and Events

# W810 JOIN or SIGN UP, IT'S FREE

Join Code: W810



# Emotion Coaching





# Why Emotion Coaching?

Better physical health

Higher academic scores

Better social interactions

Fewer behaviour problems

Greater resilience and faster self calming





# Five Steps of Emotion Coaching

Dr. John Gottman



The Gottman Institute



# Six step process for emotion coaching

1. Calm yourself first
2. Connect and create safety
3. Empathise
4. Double-check (*Is that right? Is that what you're telling me?*)
5. Deepen the conversation
6. Problem solve



# When Emotion Coaching is NOT appropriate

When you're pressed for time

When you have an audience

When you are too upset or too tired for coaching to be productive

When you need to address serious misbehaviour



# Parenting tips for troubled times





**MELTDOWN**





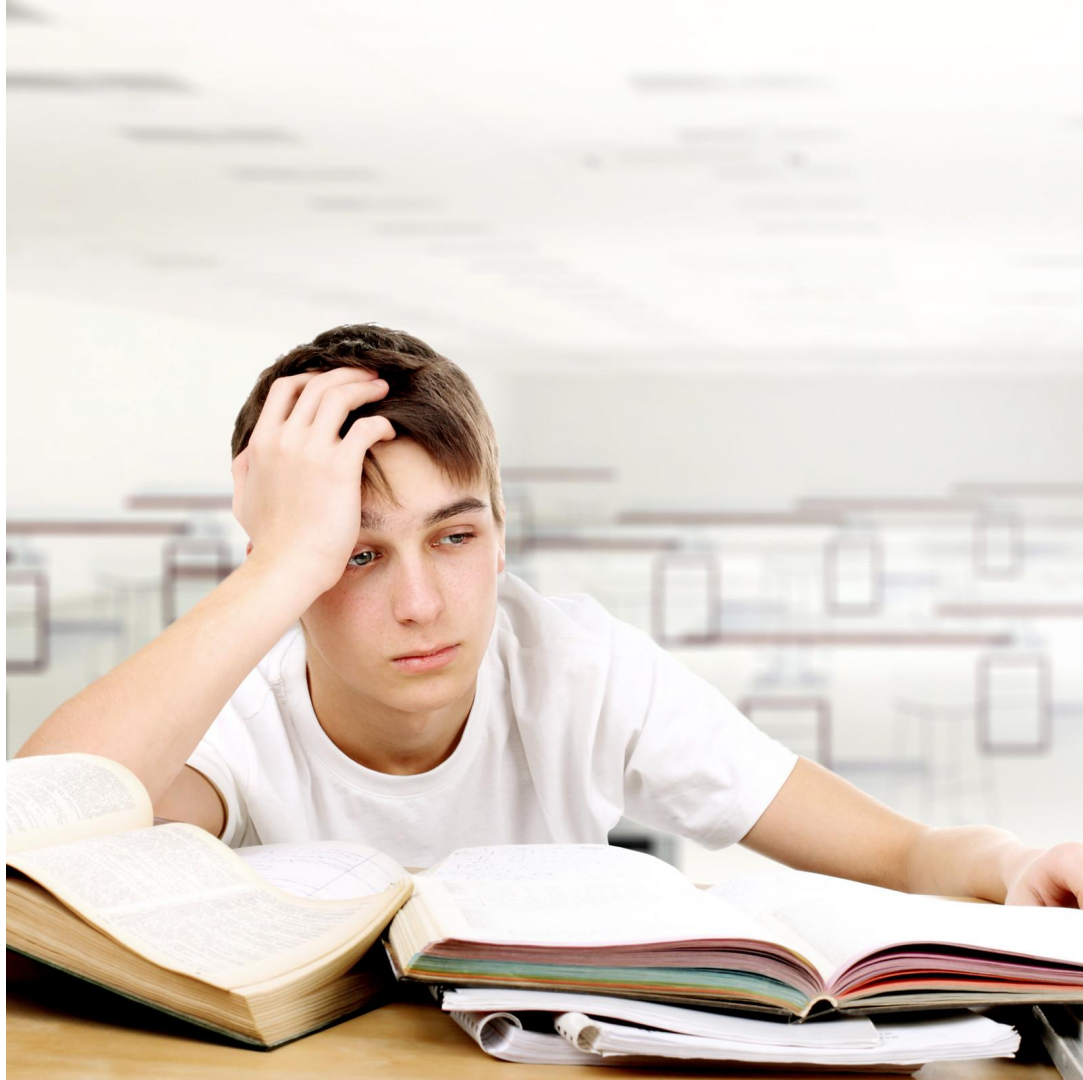
















# Q & A - & the other Parent Uni sessions this year

- **24th October 2019**
- **11th December 2019**
- **12th February 2020**
- **26th March 2020**
- **21st May 2020**

