

**Alyson** Schafer

# **FIRM & FRIENDLY PARENTING: Raising Cooperative Children Without Power Struggles**



**Alyson** Schafer

# Adler and Dreikurs



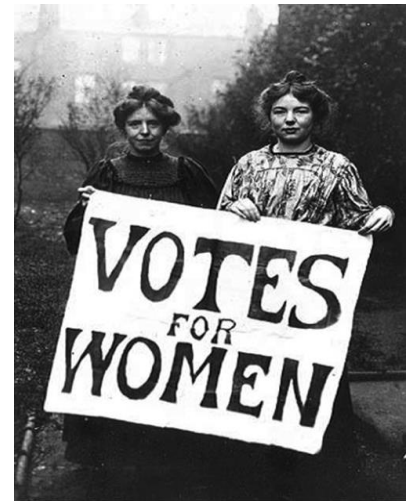


# Conditions for Cooperation to Grow



# Social Equality ≠ “the same as”

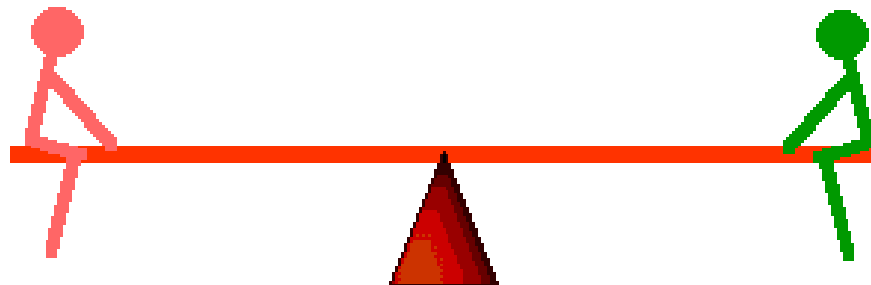
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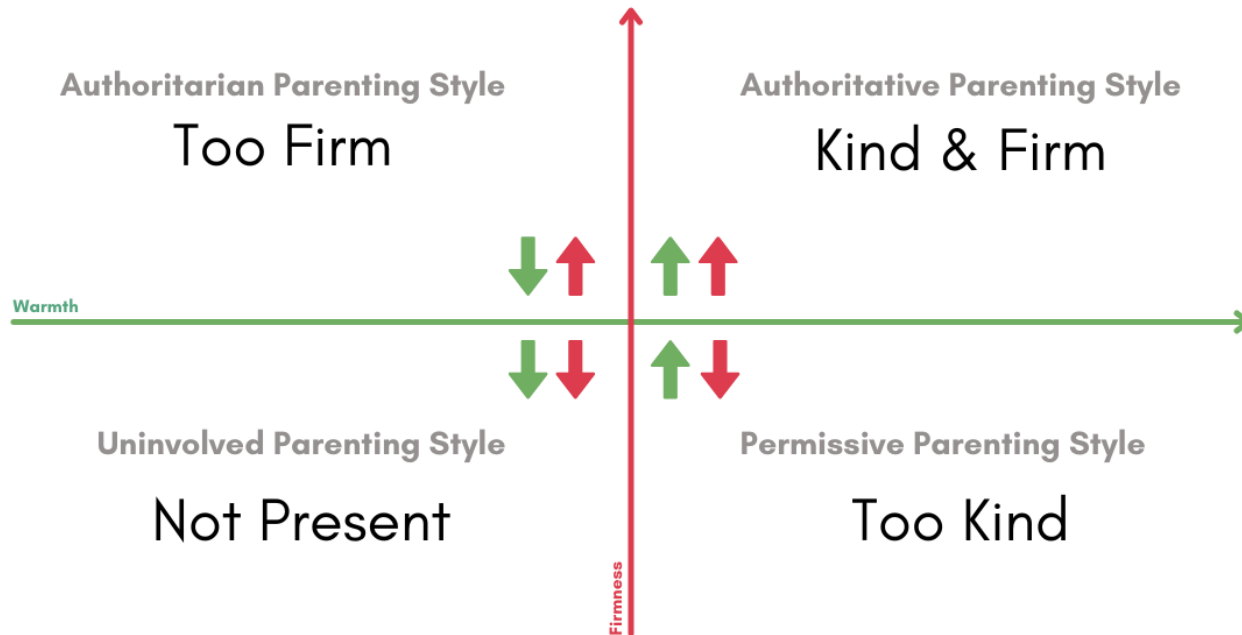
# Socially Equal and Respectful Relationships

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- Golden Rule
- Neither Oppressed nor Oppressing
- ≠ having “the right” to do whatever one wants
- Freedom of rights comes with responsibility
- People should have a say in matters that affect them
- Just because you have a say doesn't mean you get your way



# Parenting Styles

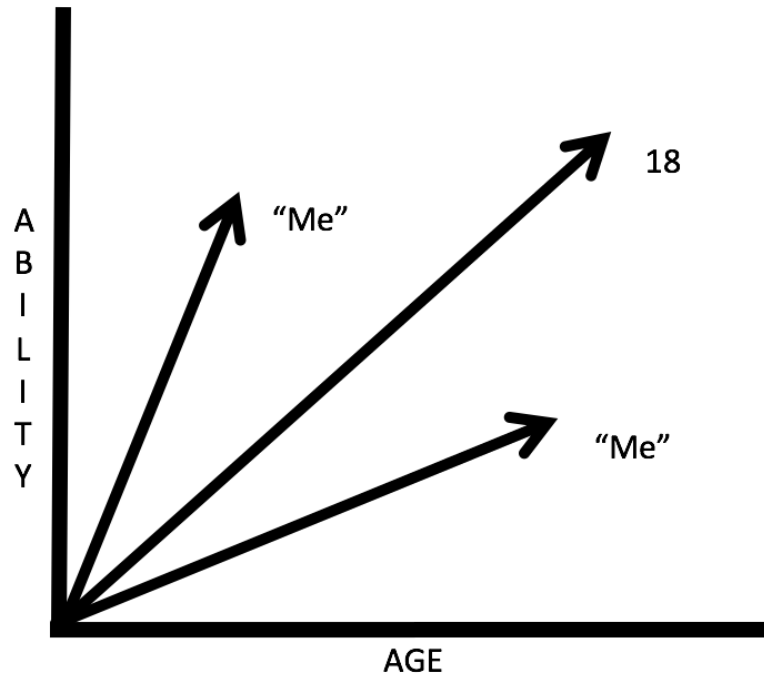


# Too Pampering / Permissive

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# Entitlement



# Too Firm

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Old World Obedience	New Era Equality
Impose Rules	Rebel
Obey - Reward	Expect Reward
Violate - Punish	Punish Us Back

# Defiance and Disrespect

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# Power Struggles

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# 4 Mistaken Goals

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1. Attention
2. Power
3. Revenge
4. Assumed Inadequacy / Avoidance

# Styles of Power

## Aggressive

- Argues
- Directly Contradicts
- “Blows up”
- Throws a tantrum
- Refuses to Follow Rules
- Lies

OPPOSER / REBEL

“I can do what I want and YOU can’t stop me!”

## Resistive

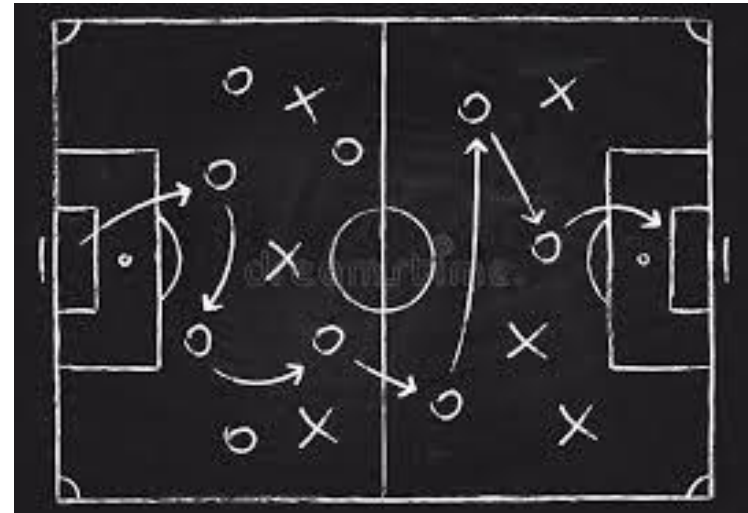
- Lazy
- Sloppy
- Late
- Slow
- Endless Excuses
- Agrees... but doesn’t do it

STUBBORN / RESISTOR

“You can’t make me do what you want me to do!”

**Who made the rules?  
How many rules?  
Are they enforced consistently?**

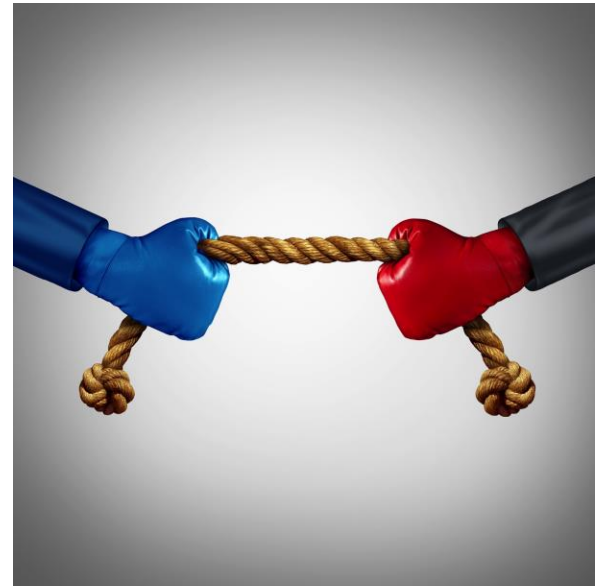
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# Drop the Rope

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D = Determine  
R = Roles & Responsibilities (NOTS)  
O = Olive Branch  
P = Plough on Positively



# Tools And Methods

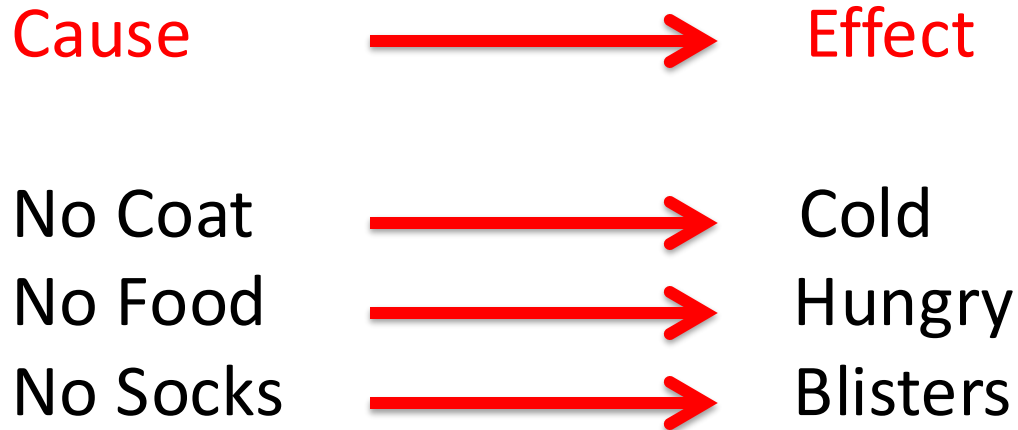
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1. Natural Consequences
2. Logical Consequences
3. Family Meetings
4. Humour
5. Choice
6. Active listening response
7. Ask instead of tell
8. Signals instead of words
9. State what you are, or are not willing to do
10. “When\_\_\_ then\_\_\_\_\_” statement

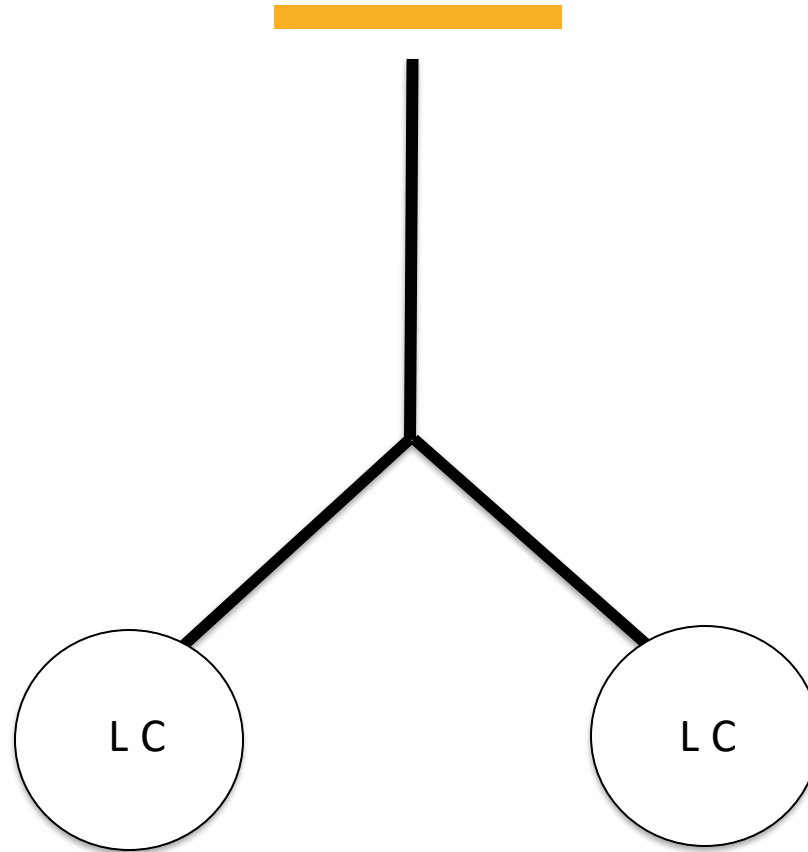
# Natural Consequences

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## Teach Natural Laws



# Actions Not Words: Children Learn from Experiencing Consequences



# Control The Situation Don't Control The Child

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# Family Meetings for Problem Solving

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# Long Term Strategies

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- Give them leadership opportunities
- Develop their skills mastery
- Put them to work! Under-employed

# Value-Added Content & Resources In My E-Newsletter

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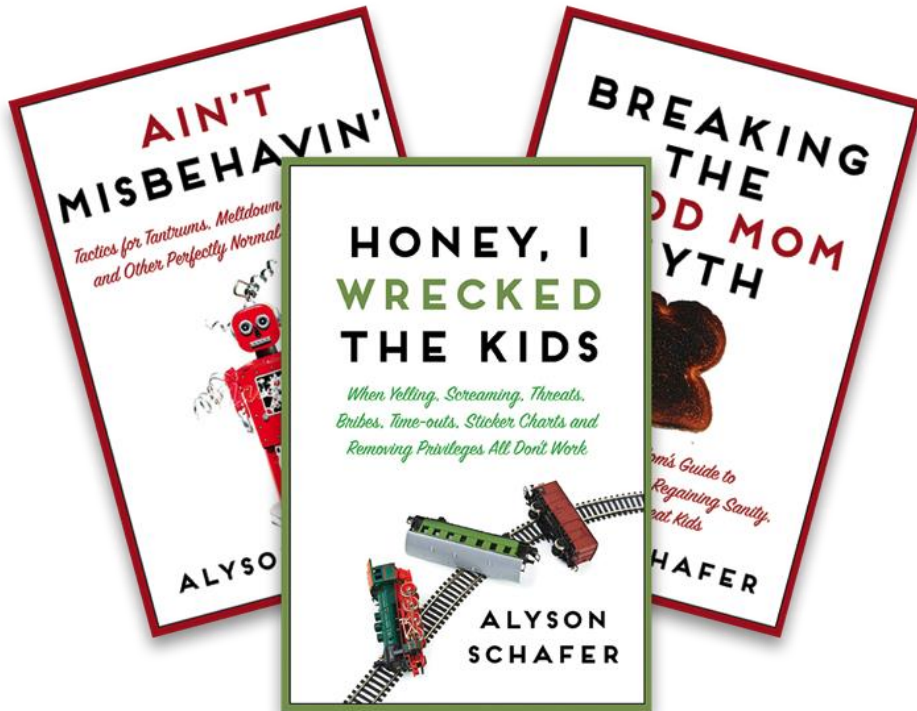
**SCAN & SIGN UP!**

# Practical Applications On My Podcast

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# THANK YOU!



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