# PURPOSE AND SUMMARY OF MODULE 2: USING POSITIVE DISCIPLINE TO SUPPORT YOUR CHILD’S DEVELOPMENT



Module 2 will explore positive parenting techniques and strategies. By reflecting on personal parenting styles and experiences, parents can identify areas of confidence and areas where they may face parenting challenges.

The module will provide an overview of parenting styles and share the basics on child development and temperaments. With an understanding of what children can do at various ages and how they might respond to situations, parents can be more effective in communicating, establishing expectations, and setting limits with their children.

This module includes the benefits of using positive parenting with children and its long-term impact on relationships and development. Throughout the module, parents will receive strategies and opportunities to practice. It is important to remember that parenting styles are very personal and unique; through reflective quizzes and narrative questions, participants can explore their styles and determine when, and if, adjustments are needed in their own families.

# GETTING YOUR TRAINING TOOLS PREPARED



**Weeks before the training:**

* Review the Module Preparation Facilitation Checklist from Module 1: Facilitators Overview of Migrant Parent Modules.
* Preview the entire module at least twice before the training.
* Prepare all materials listed on the activity plans before the training.

**Days before the training:**

* Print necessary parent handouts for the meeting from the module.

**Hour before the training:**

* Set up LCD projector and screen, computer, and speaker. TEST SOUND BEFORE SESSION BEGINS.
* Place parent handouts on tables or hand them out as parents enter the room.
* Set up chairs so parents have room to move, write, and talk with each other during the training.

# INTERACTION STRATEGIES

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The following comments/questions and actions are for facilitating deeper understanding and creating opportunities for personal reflection, practice, and implementation of the information in the module. Follow the chart to facilitate these interactions.

Use the column on the right to take notes in preparation for the training. As you preview the material, take notes on these slides to help you personally connect to the material so that you have your own personal stories to share and use to facilitate conversation. Modeling sharing and having a personal connection to the material motivates participants to do the same and to feel safe to share.

Remember to preview the module at least twice before the training and to read all handouts and activity plans before the training.

Comments are listed by slide title so that the facilitator may pause the module and complete the interaction (conversation, reflection, or activity). Once participant discussion has ended, the facilitator may continue with the module presentation.

| **Slide Image** | **Slide Title** | **Facilitator Action** | **Facilitator Notes from Module Preview** |
| --- | --- | --- | --- |
|  | Using Positive Discipline to Be a More Effective Parent | * Welcome all parents to the training. * Share the style of the training (online module with interactive activities and conversations). * Let parents know that you can pause the module at any moment to clarify, discuss, or listen again. |  |
|  | Personal Reflection: What is your story? | Pause the module from advancing and invite parents to discuss the questions on the screen and below:   * What did you learn from your parents? * How does that affect what you do and say as a parent? * What similarities in your own parenting do you notice to the four parenting styles discussed?   These questions are on a handout if parents want to write their reflections or take notes. |  |
|  | Activity: Parenting Style | Pause the module from advancing and invite parents to find and answer the questions on the Parenting Style Quiz handout.  Once parents have answered the questions, ask them to share their results with at least one other person. Discuss how this information may support them in building positive parenting decisions in the future.  Remind participants that there is not one right way, but rather a right fit for their children. There are benefits to each parenting style as we just heard from the module.  Ask parents how they might use this information. | *What is your parenting style according to the quiz?* |
|  | Slow Down and Discuss | Pause the module from advancing and invite parents to discuss the questions below:   * What is working well now? * What are your child’s strengths? * What are your strengths? |  |
|  | Activity: Temperament Survey | Pause the module from advancing and invite parents to take the survey using Temperament Survey handout.  Parents should answer the questions on the survey about their children’s behaviors and attitudes.  They can also take the quiz about themselves.  Make sure to have extra copies of the survey in case they want to take it again for another child.  Invite parents to share with each other as they feel comfortable. | *What is your temperament style according to the quiz?* |
|  | Personal Reflection: What do you expect from your child? | Pause the module from advancing and invite parents to think about their child and discuss the questions on the screen and below:   * What do you expect from them at this age? * What do you expect from them as they get older? * How do you share what you expect with your child?   These questions are on a handout if parents want to write their reflections or take notes. | *If you have children, think about the expectations you have for your child. If you do not, think about the expectations your family had of you growing up.* |
|  | Personal Reflection: Culture Matters | Pause the module from advancing and invite parents to discuss the questions on the screen and below:   * What qualities do you value and desire for your child? * How might your cultural values influence the way you see your child’s behavior? * How are these messages communicated in your family?   These questions are on a handout if parents want to write their reflections or take notes. |  |
|  | Activity: Parenting Manifesto | Pause the module from advancing and invite parents to read The Wholehearted Parenting Manifesto handout.  Participants can use the sample template or blank paper from the tabletop to write their own parenting manifesto.  Invite parents to share with each other as they feel comfortable. |  |
|  | Personal Reflection: Parenting Situations | There are two parenting situations to choose from on this slide. Ask parents which situation they would like to read first, then select that age and allow them to read the situation.  Participants can reflect in pairs or as a large group what they would do in each situation.  Once both situations have been read and discussed, move to the next slide that asks participants to think about one of their personal challenges. Encourage participants to talk about which strategies they might try with their challenges. |  |
|  | Activity: Talking Every Day | Pause the module from advancing and invite parents to find the Conversation Starters for Daily Life handout.  Parents can use the handout to get ideas and examples of conversation starters to use with their children. Then parents can create cards with conversation starters to take home and use.  Once the activity is over, invite parents to share with each other as they feel comfortable. |  |
|  | Make a plan. | This activity can be used at the end of the module. It can also be used at the end of the meeting if only part of the module was presented.  Invite parents to use the Action Planning handout to write down one or two things they want to try at home.  Encourage them to keep the handout and make notes after they try something new.  If parents are comfortable, they can share what they want to try at home with the group.  If you will meet with this group again, ask them to bring the handout back so they can share. |  |

# PLANNING FOR ACTIVITIES

Each activity slide has an Activity Guide sheet. Review this guide to plan for each activity prior to the training.

The Activity Guide sheet for this complete module includes the following:

* **Activity: Parenting Style**
* **Activity: Temperament Survey**
* **Activity: Parenting Manifesto**
* **Activity: Talking Every Day**

# WRAP-UP

Ask parents to complete and evaluation form after you have completed the meeting’s online module.

Invite families to use the Action Planning handout to write down one or two new ideas they are going to try between now and the next meeting.

Allow families and parents to continue discussing and sharing their thoughts about the module.

Remind parents that all changes take time and any small change is powerful.

Let parents know you will ask about how they have experienced any new strategy the next time you come together.