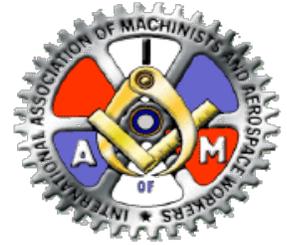




HELPING HANDS



Understanding the Nature of Effective Parenting

By: Randy Brazzel, MA, LPC, LMFT

Raising kids can be extremely rewarding. It can also be frustrating and exhausting. While they can bring indescribable joy to your life, kids can also test your patience and your ability to manage them. Unfortunately, kids aren't born with a "how to parent me" instruction manual. As a result, parents are often left wondering how to best parent their kids, especially during times of stress or crisis. Fortunately, there are proven strategies that help make parenting easier and more effective.

A Toolbox for Parents

- **Be Purposeful About the Rules** - Help your child develop the tools they need to thrive as an adult, by creating an environment that teaches skills, responsibilities, respect, and values. To accomplish this, it is helpful to ask yourself the following questions.
 - ◆ 1. What is the purpose of this rule?
 - ◆ 2. What do I hope that my child will learn?
 - ◆ 3. Are there better ways to teach my child the same thing?
- **Act Don't React** - Be thoughtful and purposeful about your actions. If your child or teenager is testing the limits, take some time to think through the issues and develop a plan of action that matches your goals for them.
- **Cool Off If Needed** - If things get heated, cool off rather than letting the situation escalate or get out of control.
- **Choose Your Battles Wisely** - The older kids get the less power you have to make them do what you want. Rather than battling over everything, focus on those areas that are most important.
- **Be Selective About When You Give Consequences** - Remember that you get to choose when you give consequences. If your teenager refuses to give you their cell phone, you don't have to physically take it from them. You can always turn off the service later or add additional consequences if needed.
- **Be a Role Model** - Show your child how you want them to act. If you yell at them, you are simply teaching them to yell back.
- **Be Respectful** - If you want your child to be respectful to you, show them how by being respectful to them.
- **Be a Parent, Not a Friend** - Your kid doesn't need you to be their friend. They need you to guide them and help them prepare to be an adult.
- **Be Involved** - One of the ways to show your child that you love them is to be interested and involved in their life.

Steps to Create Effective Rules and Consequences

- Develop Predictable Rules and Consequences – It is important to create rules that are predictable. If kids don't know what the rules are, how are they supposed to follow them? The rules and the consequences for breaking those rules need to be predictable for all involved.
- Develop Consistent Rules and Consequences – Once the rules and consequences are created, they need to be consistently followed. If the rules are always changing, then kids learn to ignore the rules and will begin to lose respect for what you say as a parent.
- Create Natural Consequences – Natural consequences are the best tool to help your kids learn from their mistakes. Create targeted consequences that fit the behavior and your kid will begin to make better decisions.
- Create Enforceable Rules– It is important to create rules that you are able and willing to enforce. Assume that your child or teenager will test whatever rule you create.



IAM
Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

IAM EAP Airline Chairmen

United Airlines Kathy Ferguson: 703-505-4321,
E-mail: kf.borabora@cox.net

American Airlines Chris Davis: 704-572-4859,
E-mail: chrisx1959@yahoo.com

Hawaiian Airlines Meki Pei, mobile 808-208-5950,
E-mail: mekipei@gmail.com

EAP Calendar

EAP I

July 28-August 2 (double Class)

Labors Assistance Professionals

Annual Conference

July 14-18

Tropicana Resort, Las Vegas

EAP IV

October 27-31

Please contact your Local Lodge Secretary/Treasurer or Local Lodge President for information about enrolling in any EAP course