

A young child with light-colored hair is shown in profile, blowing bubbles. The child's mouth is open, and several bubbles are visible near their face. The background is a soft, out-of-focus green with many more bubbles floating around. The overall mood is joyful and carefree.

# ***Teaching Parents the 6 Things All Kids Need***

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*“Train up a child in the  
way he should go, and  
when he is old, he will  
not depart from it.”*

*Proverbs 22:6*



## ***Six Things ALL Kids Need***

- Unconditional Positive Regard & Acceptance
- Love & Attention
- Self-Esteem & Sense of Competence
- Security & Safety
- Discipline
- Values



# ***Different Parenting Styles***

- Appropriate
- Overly-anxious
- Disinterested, neglectful
- Controlling, “always right”
- Permissive
- Inconsistent
- Mentally ill



## ***Results of Not Having the “Right Stuff”***

- Lack of self-confidence
- Poor performance
- Distorted view of self and others
- Unhappy personal life



# ***Acceptance***

- “I love you”... period
- No ifs, ands, or buts
- Separates the person from the behavior
- A sense of uniqueness



# ***Love & Attention***

- T-I-M-E
  - Ask your child/teen to spend time with you
  - Make ordinary duties “special events”
- Interaction – Hugs, kisses, pats on the head, eye contact
- Active listening



# ***Self-Esteem***

- Strong sense of who you are
- A belief that you can do something well
- Ability to think for oneself
- Ability to set goals
- Ability to solve problems
- Ability to make decisions
- Coping skills



# ***Security/Safety***

- Security/Safety – to learn to trust
  - Consistency and predictability
  - Limits and boundaries



# ***Discipline***

- Adler's 4 Goals of Misbehavior
  - Attention
  - Power
  - 
  - Revenge
  - Inadequacy



## ***Discipline***

- Some Do's:
  - ACT don't YAK
  - Give choices within firm boundaries that expand with each developmental stage
  - Use natural and logical consequences instead of reward and punishment
  - Use appropriate timing
  - Separate the child from the misbehavior
  - Use *enormous* amounts of self control



# ***Discipline***

- Some Don'ts:
  - Don't be overly concerned with what others think or how other parents discipline their children
  - Don't feel and communicate hostility
  - Don't have hidden motives



# ***Values***

- Kids crave them
- Fairly well established by 6 or 7
- Learned through modeling
- Study and teach Proverbs



## ***General Attitude***

- Focus on strengths and assets
- Have positive (not perfect) expectations
- Recognize efforts and improvements, not just end results
- Encourage participation in decision making
- Give responsibility
- Show appreciation



## ***General Attitude:***

- Accept mistakes – theirs and yours
- Turn liabilities into assets
- Ask for opinions and input
- Develop and teach alternative ways of viewing a situation
- Believe in them and their judgment