

Parenting with an Edge

A Pocket Guide to Raise
Strong & Confident Kids

Michele Sfakianos, RN, BSN

Open Pages Publishing, LLC
P.O. Box 61048
Fort Myers, FL 33906
<http://www.my411books.com>
(239) 454-7700

© 2013 Michele Sfakianos. All rights reserved. Printed and bound in the United States of America

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage, and retrieval system, without written permission from the author or publisher.

ISBN: (e) 978-0-9836-6466-6

ISBN: (sc) 978-0-9836-6467-3

Library of Congress Control Number: 2013941757

Because of the dynamic nature of the Internet, any Web addresses or links contained in this book may have changed since publication and may no longer be valid. The views expressed in this work are solely those of the author and do not necessarily reflect the views of the publisher, and the publisher hereby disclaims any responsibility for them.

Disclaimer

The information in this book is:

- of a general nature and not intended to address the specific circumstances of a particular individual or entity;
- not gender specific; you will find instances where he/him/his is mentioned, but they can also refer to she/her/hers;
- written as a guide and is not intended to be a comprehensive tool, but it is complete, accurate, and up-to-date at the time of writing;
- intended as an informational tool and not intended to be used in place of a visit, consultation, or advice from a medical, legal, or other type of professional.

This book is not intended to serve as professional tax or legal advice. If you need specific advice, you should always consult a suitably qualified professional.

This book is dedicated to all parents who wish to
raise strong, confident, and well-mannered
children.

Acknowledgments

Thank you to everyone who has supported: “The 4-1-1 on Life Skills;” “The 4-1-1 on Step Parenting;” and “The 4-1-1 on Surviving Teenhood.” I am fortunate to live my passion to help others.

Thank you to my family and friends for encouraging me to share this information with you.

Foreword

It all starts with a stick...those two minutes you have to wait are the longest two minutes of your life...then you get the “+” sign. You are pregnant! You will be someone’s parent. You spend the next nine months preparing for your baby. You realize that there are so many things to do; so many things to buy; and so many things to learn. You also realize that children do not come with instruction manuals. Now what?

You can rely on books that your family and friends recommend or the internet. Your parents, and other caregivers you had, will give you some of the best advice, but take all of this with a grain of salt because no certain way is perfect and not every parenting tip works for everyone.

Once you learn you are pregnant your whole world and the way you see things change immediately. You will start seeing babies everywhere and begin making judgments of other parents.

You may see a sweet interaction between a mother and daughter and think I can't wait! Then you will see a negative interaction between a mother and daughter and think am I really ready for this?

Many adults struggle with raising children partly because of the importance of parental responsibility. As a parent, it is our responsibility to meet the needs of our children. You will be responsible for basic needs such as water; nutritious food; shelter; a warm bed with clean sheets, blanket and a pillow; medical care; clothing; and personal space. You will want to provide an environment that is safe. You will be responsible for providing their self-esteem needs and the morals and values of your family. As a parent, we want to develop a discipline system to create the mutual respect every family member deserves. These are the basics.

Aside from the basics, one of the most important things a parent can give their child is a sense of being loved. We must give unconditional

love and support. Tell them that you love them every day. Tell them that there is nothing they could ever do or say that would cause you to stop loving them. Tell them that you are in their corner on every issue. Spend time with them. Show them that they are the priority in your life. Support their endeavors even if they choose a path that you would never choose or didn't want them to choose.

Table of Contents

Chapter One.....	1
What's Your Parenting Style?	
Chapter Two	11
Positive Parenting Behaviors	
Chapter Three.....	17
Negative Parenting Behaviors	
Chapter Four.....	21
Positive Praise	
Chapter Five	25
Negative Talk	
Chapter Six.....	27
Be a Good Role Model	
Conclusion	31
Self-Discovery Challenge.....	33

About the Author.....35

Open Pages Publishing.....37

Chapter One

What's Your Parenting Style?

"It's no use saying, 'We are doing our best.' You have got to succeed in doing what is necessary."

-Winston Churchill

What a difficult life a child leads today. Are our children forced to live on the edge at a superficial level with no acceptance and minimal positive affirmation from parents? Is the peer pressure too much? Are they learning to live from the Internet and television with no emphasis on moral values or excellence? Are you comfortable with your parenting style? Or, do you need to tweak some things? Only you can answer these questions.

Raising children in today's world is a tough challenge. After all, kids don't come with an instruction manual. New parents often feel helpless and you must take comfort in knowing that this is a natural, very normal, response.

Parenting with an Edge

Parenting Styles

A parenting style involves a child rearing behavior (of parents, guardians, or other primary caregivers) that involves the amount of control over a child's activities and behavior and the degree of nurturance of the child. Parents can create their own styles from a combination of factors, and these can change over time as the children develop their own personalities and move through life's stages. Is there one style that works best for all children? No. Parenting styles are affected by both the parents' and child's temperaments and is largely based on the influence of one's own parents and culture. Most people learn parenting practices from their own parents. These parents can decide to accept or discard those practices.

Types of parenting styles, a sample of the top five:

1. **Authoritative:** These parents demand and respond, as characterized by a child-centered

What's Your Parenting Style?

approach, and hold high expectations of maturity for the child. Typical traits of authoritative parents:

- Warm and responsive and strive toward meeting their children's physical and emotional needs.
- Provide rules and guidance without being overbearing.
- Offer relative freedom of choice by encouraging independent thinking and give-and-take discussions.
- Will forgive and teach, instead of punishing the child if he or she falls short.
- Were raised in a spirit of disciplined conformity, general obedience, and adherence to rules. Basically, the children do what they are told to do.
- Produce children who are more independent and self-reliant.

2. Indulgent or Permissive Parenting: These parents respond but do not demand. Also called lenient and are characterized as having few

Parenting with an Edge

behavioral expectations for the child. Typical traits of indulgent parents:

- Meet the child's needs and are warm, responsive, and caring.
- Do not require children to regulate themselves.
- Use a nonrestrictive child-discipline strategy.
- Tend to evade conflicts, embrace harmony, and encourage give-and-take discussions.
- Encourage independent thinking.

3. Christian Parenting: These parents use the application of Biblical principles on parenting. Some Christian parents follow a strict and more authoritarian interpretation of the Bible, and others are "grace-based" and share other methods. Typical traits of Christian parents:

- Teach their children about formalized religion and religious practices.
- Teach children to memorize and meditate on scripture.
- Nourish their children with wholesome discipline and encourage them to build a

What's Your Parenting Style?

personal relationship with God and to live a Christian life.

- Teach their children about forgiveness.
- Adhere to a clean life free of drugs, smoking, and other outside temptations.
- Encourage honesty and truthfulness.

4. Attachment Parenting or Natural Parenting:

These parents seek to create a strong emotional bond and avoid physical punishment. Typical traits of attachment or natural parents:

- Seek to create a special bond.
- Respond with sensitivity.
- Practice positive discipline. Parents are encouraged to work out a solution together with a child, rather than spanking or simply imposing their will on the child.
- Strive for balance in personal and family life. Parents are encouraged to create a support network, live a healthy lifestyle, and prevent parenting burnout.

5. Helicopter Parenting: Helicopter parents keep their children at close range; always “hover-

Parenting with an Edge

ing” above them, trying to make sure no harm will come to them. Typical traits of helicopter parents:

- Helicopter parents don’t believe their children can take care of themselves, and they fear that if they don’t keep tight control over everything, harm will come to their children.
- Often over-program their children and fail to allow them free time to play and explore on their own.
- Well known in the school system.
- Will complete basic tasks for their children, such as: homework, job applications, and college applications.
- Will try to solve all of their problems and sweep all obstacles out of the way.

Other parenting styles:

- Authoritarian: Parents that demand but do not respond (Strict Parenting), characterized by high expectations on conformity and compliance to parental rules and di-

What's Your Parenting Style?

rections, while allowing little open dialogue between parent and child.

- **Positive Parenting:** Positive parenting works to empower children.
- **Conscious Parenting or Unconditional Parenting:** These parents show unconditional love rather than conditionally. They are against positive reinforcement parenting, meaning if the child behaves, the parent will show him love, and if he doesn't, the parent will not show him love.
- **Slow Parenting:** This style encourages parents to plan and organize less for their children, instead allowing them to enjoy their childhood and explore the world at their own pace.
- **Negligent or Uninvolved Parenting:** Neglectful parenting neither demands nor responds, also called hands-off parenting. The parents are low in responsiveness and do not set limits.
- **Nurturant Parenting:** A family model where children are expected to explore

Parenting with an Edge

their surroundings with the protection of their parents.

- **Narcissistic Parenting:** These parents thirst for external recognition and acceptance and unconsciously use their children as a means to live out dreams and fantasies they never got to realize.
- **Toxic Parenting:** These parents range from children's needs to direct physical, emotional, and sometimes even sexual abuse.
- **Shared Parenting:** This style results when married parents equally share the responsibility of parenting and the responsibility of earning money.
- **Punishment-based Parenting:** These parents use pain, punishment, intimidation, yelling, degradation, humiliation, shame, guilt, or other things to hurt a child's self-esteem, or they hurt them physically. Punishment-based parenting also damages the relationship between the parent and child. It puts unnecessary pressure on the child, and the child is less apt to perform due to pressure.

What's Your Parenting Style?

No one parenting style is right or wrong. Parenting is a lifelong job of trials and errors, and hindsight is always 20/20. All parents must decide for themselves how to raise their children. There are no fixed rules, no written instructions, and no child manual. There are situations in all of our lives that influence the way we do things, both consciously and subconsciously. The way we were raised, and the time and place we were raised in, are all factors that play an important role in how we raise our children. Parents should keep an open mind to the choices other parents make, learning about the parenting styles of other cultures, and consider if there are things we should all do differently. No two kids are alike. What works for one child may not work for another. Find what works for your child.

