Parenting in the New Age: “Good Enough”
From Toddlers to Teens

Presentation by:
Alison King, LCSW
Health Net/MHN
Our Children
Guilt

• Feeling guilty is a completely normal part of parenting

• Guilt is inherently tied to empathy so feeling guilty means you have compassion, care, and concern for others – learn to harness it

But...

• It’s also a type of stress - it can disrupt your sleep, affect your mood, and get in the way of being present

• Chronic/prolonged feelings of guilt can be a symptom of anxiety or depression
“Good Enough” Parenting

“Good Enough” Parents...

1. Believe perfect doesn’t exist so they don’t strive for perfection in themselves or their children
   ➢ *Let go and pick your battles*
   ➢ *Not everything has to be a teachable moment*

2. Respect their children and try to understand them for who they are
   ➢ *Everyone has strengths and challenges - we know what those are in our kids - and during trying times, challenges may be more salient*

3. Are more concerned for their child’s experience of childhood than their future as an adult
   ➢ *Accept the current situation*
   ➢ *Provide a lot of encouragement*
   ➢ *Cultivate joy*

"The perfect is the enemy of the good." — Voltaire
“Good Enough” Parents...

4. Provide the help their children need and want, but not more
   ➢ *Open ended questions – what would be helpful for them, what do they need*

5. Are confident that their “good enough” parenting *is* good enough
   ➢ *Give yourself permission to make mistakes*
   ➢ *Learn how to apologize*
   ➢ *Seek support*
<table>
<thead>
<tr>
<th>Event/Task</th>
<th>Age</th>
<th>Psychosocial Development/Major Question</th>
<th>What's Needed NOW</th>
<th>Successful Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeding/Comfort, Walking, Talking</td>
<td>0-2</td>
<td><em>Is my world safe?</em></td>
<td>Parental self-awareness, gentle verbal and non-verbal communication, parental reliability</td>
<td>Trust in the world and the people who care for them</td>
</tr>
<tr>
<td>Toilet Training, Dressing</td>
<td>2-4</td>
<td><em>Can I do things myself or must I rely on others?</em></td>
<td>Patient parenting, provide opportunities to test their environment and practice developing skills</td>
<td>A sense of personal control over physical skills and a sense of independence</td>
</tr>
<tr>
<td>Exploration, Play</td>
<td>4-5</td>
<td><em>Am I &quot;good“ or &quot;bad&quot;?</em></td>
<td>Positive reinforcement for positive actions/behaviors, provide age appropriate tasks</td>
<td>Sense of control and power over their environment, a sense of purpose and motivation to try new things</td>
</tr>
<tr>
<td>Reading, writing, morals &amp; values, increasing independence</td>
<td>5-12</td>
<td><em>How can I be &quot;good&quot;?</em></td>
<td>A sense of success in school - encouragement and positive feedback, support in developing hobbies and interests</td>
<td>Feelings of competence, ability to cope with new social and academic demands</td>
</tr>
<tr>
<td>Emotional independence, life skills, mature relationships with peers, sense of identity</td>
<td>12-19</td>
<td><em>Who am I and where am I going?</em></td>
<td>Peer relationships, learning to problem solve conflicts and navigate difficulties with greater independence</td>
<td>Strong sense of self and personal identity</td>
</tr>
</tbody>
</table>
“Rupture and Repair”

*Rupture and Repair* is a process through which healthy, strong, relationships are built

*Rupture* = misunderstanding, conflict, argument, or other communication breakdown – an inevitable part of *any* relationship

*Repair* = what happens afterward – the conversation, the re-connection, the vehicle of healing and growth

- Repair isn’t easy! It makes us feel vulnerable.
- Doing this with our kids is giving them an incredible gift they can use for a lifetime.
How to Repair

S.T.O.P.

Self Awareness!

S = Stop what you’re doing
T = Take a Breath/Time Out
O = Observe and Reflect
P = Proceed

1. Share intention to repair and reconnect
2. Apologize for your reaction – “name it to tame it”
3. Elicit feelings – listen empathically – don’t correct
4. Reflect what you’ve heard
5. Problem solve
Communication Strategy
(i.e. to avoid the need to repair)

“Ouch” and “Oops”
- An opportunity to “re-do” something without having to process what went wrong
- Improves mutual understanding and sensitivity to one another

“Ouch”
Statement made to someone when feeling hurt by what the other person has said or how they approached

“Oops”
Statement made in response to someone who says “ouch”

A cue to the other person to re-phrase or re-approach

An opportunity to STOP (see previous slide), and re-phrase or re-approach
I HAVE PARENTING DOWN TO A SCIENCE
EVERYDAY IS AN EXPERIMENT
Articles & Resources

Parenting Children
• [Help Guide Parenting During Coronavirus](#)
• [Parenting During COVID](#)
• [Coronavirus Parenting Tips (Unicef)](#)
• [Real Life Advice on Parenting During a Pandemic](#)

Parenting Teens
• [Supporting Teens and Young Adults During COVID](#)
• [COVID, Social Distancing, and Adolescence](#)
• [Teens & Covid - Challenges and Opportunities](#)

For Parents
• [Coronavirus Parenting: Managing Anger and Frustration](#)
• "I've Given Up" - Parenting in Quarantine (NY Times)
• [A Parent's Guide to Help Kids Accept Change and Tolerate Uncertainty](#)
Books

For Children
• Children's First Aid Books (Amazon)

For Parents
• How to Talk Series (Amazon)

Books by Daniel Siegel
• The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind

• Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive
Resources & Hotlines

National Parent Helpline
1-855-427-2736 - M-F 10am-7pm PDT

State of California Website: https://covid19.ca.gov/resources-for-emotional-support-and-well-being/

- 211 – available 24/7 for assistance finding food or basic essential needs

- 24-hour Suicide Prevention Lifeline: 1-800-273-8255 or text 838255

- 24-hour Domestic Violence Hotline: 1-800-799-7233 or https://www.thehotline.org/ (click Chat Now)

- Crisis Text Line: Text HOME to 741741 for 24/7 crisis support
Resources & Hotlines (cont.)

Substance Use
• SAMHSA National Helpline: 1-800-662-HELP

Mental Health
• NAMI California: 1-800-950-NAMI from 7am – 3pm or email info@namica.org
• California Peer-Run Warm Line: 1-855-845-7415

LGBTQ+
• Trevor Project: 1-866-488-7386 or text START to 678678 for 24/7 information and suicide prevention resources for LGBTQ youth
• Lesbian, Gay, Bisexual and Transgender National Hotline: 1-800-273-8255 from 1pm – 9pm for support, information or help finding resources
Thank You!