

Highlights

- 1-The most effective parenting style is Authoritative--Warmth present but clear boundaries/ consequences are implemented. We can work it out together approach.
- 2-Good warmth vs. Bad warmth--Good warmth = unconditional love, acceptance, understanding, investment----Bad warmth is praise that is conditional--did well on test--made the soccer team--got into a good school. It is overinvolvement, intrusion, and parental neediness.
- 3-Over scheduling by both parents and kids--to busy and tired to be emotionally available or to have time to communicate.
- 4-Key components of Discipline
 - Firmness-mean what you say--be consistent. Being clear about your authority.
 - Monitor-It is our job as parents to monitor our children's whereabouts. Know where your child is and with who and for how long. Is there parental supervision.
 - Containment--letting your kids know when you mean business.
 - Flexibility--being able to modify rules when necessary. When to pick your battles.
 - Knowing the difference between being "in control or being "controlled"
- 5-Bucking the tide--If everyone is doing it, does that mean your family should do it--even if it does not work for your family.
- 6-Parents are role models and we need to be accountable for our own behavior.
- 7-Pay attention to your child's heart. What do they want to do, or try. What is important to them. What do they have an interest in. Listen, and encourage. It is not about us but them.
- 8-Isolation-Do you feel isolated from your community--other parents--moms????? It is important for Mom's to reach out and be a part of the community. Join parent bookclubs, attend parent education programs, belong to a parent network group. Being informed is important.
- 9-Levine found that the most important influence on a child's emotional well being is their mom. If a mom does not have a good emotional base the children will not either. It is important for mom's to take care of themselves first before they can take care of others. Find out what makes you feel good as a person outside of your children and do it. Being connected to other women is an important piece of that as well. Having friendships and sharing. Making sure we feel good about ourselves and our relationships will spill over into our children's lives.
- 10-Working is okay. It is not the quantity we spend with our children but the quality. Balance is what is key. If you are too stressed working the hours you do and are not emotionally available to your children you will need to evaluate-prioritize. Same with mom's who stay home. If your schedule is too busy and hectic that you find yourself not emotionally available--things need to change.

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