

# PARENTING GUIDE

## YOUR GATEWAY TO POSITIVE PARENTING

Adventures of  
**LOONEY  
BALLOONY**





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# PARENTING: THE JOYS AND CHALLENGES

“There are many factors that influence your child’s growth and development, most important of which is most probably the parenting methods and approach used by parents and primary care givers (such as grandparents and caretakers).”

There are many factors that influence your child’s growth and development, most important of which is most probably the parenting methods and approach used by parents and primary care givers (such as grandparents and caretakers). While supportive and positive parenting methods contribute to the growth and development of the child in the best possible ways, unsupportive parenting methods can hinder them.

While there are many joys associated with parenting and child rearing, it can also be a daunting experience and at times, you may lack the necessary knowledge and skills to cope with challenges as they arise. Offering you guidance and information can thus become instrumental in supporting your child’s developmental outcomes and also contribute to creating a warm and loving family atmosphere.

This resource seeks to help you review your current parenting practices and learn about positive ones, which will enhance your competence in raising your children in the proper manner, and in dealing with every day parenting challenges.

Behaviour modification is a process through which the child is guided to reach a stage of self-discipline, which means having the capacity to regulate and control his/her own behaviour. In this case acceptable behaviour becomes internalised, and the child learns how to control his/her behaviour and impulses with conviction and comfort and with love and respect to those around them.

## Quick Tip!

Keep in mind that every family goes through stressful times. It’s also normal to feel frustrated and overwhelmed as a parent.

## Adventures of LOONEY BALLOONY

# THE LOONEY BALLOONY PARENTING GUIDE

The Looney Balloony parenting guide coincides with the launch of 'The Adventures of Looney Balloony - يوميات لوني بالوني' festival; a space created by the National Council for Family Affairs and UNICEF Jordan to engage family members in learning about the gravity of violence against children and the significance of positive parenting skills through a variety of guided activities. The festival is a continuation of the on-going efforts by NCFA and UNICEF Jordan to combat violence against children, building on the impact of the "تعلّم لا علم" campaign.

During the event, you and your child will meet the Looney Balloonies, eight wonderful characters with funny names that intend to spark a conversation between you and your child on the values, ideals and qualities of a nurturing parent. *The characters highlight humor, the innocence of children, and spark a conversation around empathy and acceptance within the parent - child relationship.*

Upon leaving this adventure, you - the parent - should walk out feeling empowered and equipped with resources that will promote solid awareness about the importance of loving relationships and gentle child rearing practices. Your child will leave feeling happy and with an understanding that violence in all its forms is unacceptable and that they can speak out against it and reject it.

The guide  
targets:



Grandparents



Siblings



Parents



Caregivers



Professionals  
working with  
children

### Quick Fact!

The relationship that you build with your child can positively influence all areas of your child's development

### Quick Fact!

Children copy behaviour. If you act positively, so will they!

who is this guide for?

# THE OBJECTIVE OF THIS GUIDE

The purpose of this guide is to provide you with knowledge and skills, that you need as a parent, that promote the use of positive parenting practices and ultimately improve and support your child's health and development, and at the same time reject the practices which humiliate the child and expose him/her to physical and psychological abuse.

The guide aims, in particular, at helping parents:

- Realize the importance of positive parenting practices that help the child in controlling his/her behaviour according to his conviction of what is right and wrong, and not out of fear of punishment.
- Shed light on the risks associated with using a punitive parenting approach.
- Manage the child's behaviour using positive, effective and age appropriate strategies.
- Acquire skills that help you raise a child that is confident and emotionally secure.
- Improve the quality of the relationship between you and your child.
- Deal with stress and anger that can result from being exposed to daily life stressors in a constructive manner.

This guide is not meant to enforce a specific way of parenting. That is up to you to develop with your child, based on your family's needs as well as knowledge of your child's temperament. Through this guide, we hope to simplify concepts related to positive parenting, and to offer you practical and research based steps you can easily follow in your daily interaction with your children.

## Quick Fact!

Children learn better when they are taught how to behave well instead of being reprimanded for behaving badly.





# WHAT IS POSITIVE PARENTING?

Positive parenting is to offer your children unconditional love and nurturing care in a way that enhances self-confidence and independence. As a parent you play an important role in assisting your child in developing the necessary skills that are important in overcoming adversity. Your role as a parent is the most important buffer that protects the child from the effects of harsh conditions in their direct environments. Parents who display warm, responsive and firm parenting styles help build resilient children. These children are better able to solve their problems, are more confident and are better able to cope with stressful situations (1).

Positive parenting is a view of parenting that is effective for every child. It is founded on the importance of respect, listening and setting clear limits. Positive parenting focuses on the importance of teaching and guiding instead of punishing.



## Quick Tip!

Positive parenting methods allow the child to learn the desired behaviour without exposing him/her to physical or psychological maltreatment.



## Harmful Parenting

vs.



## Positive Parenting

There are so many ways to parent well and there's no way to be a perfect parent. The chart below highlights the main differences between harmful and positive parenting practices adopted by parents. Have a look, and think about the style of parenting are you practicing!

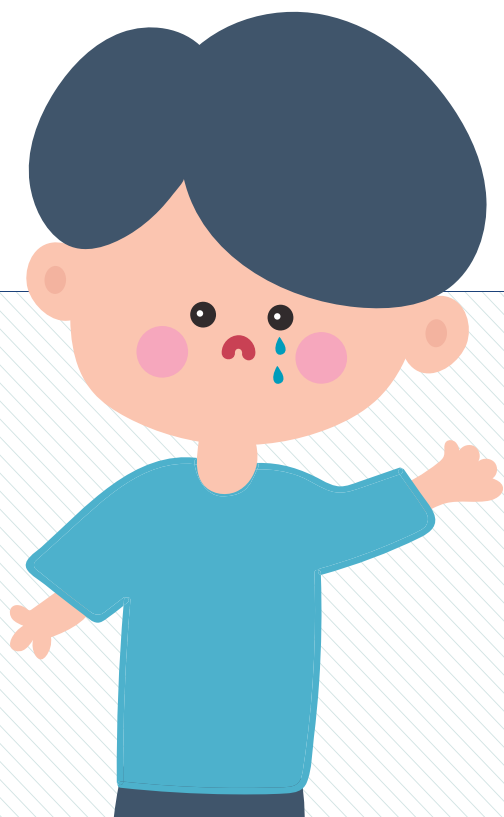
### Harmful Parenting practices: When parents...

Shout, scold or use hurtful and humiliating words

Hit (spank, hit the child on any part of his body using the hand or a tool

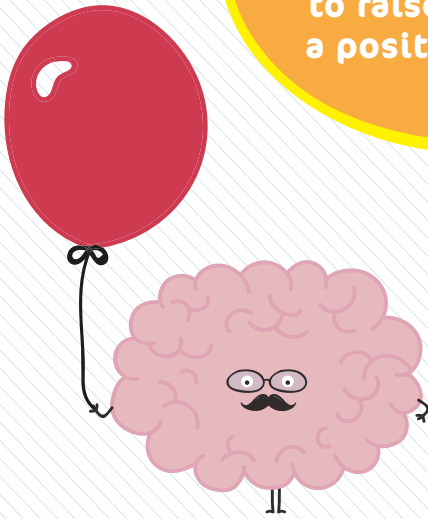
### Positive Parenting practices: When parents...

- Create a family atmosphere full of love, care and empathy
- Correct the child's mistakes in a spirit of understanding, while respecting their feelings and building their self-confidence.
- Reject practices that make the child feel humiliated and deprived or expose him to physical or psychological maltreatment.
- Apply educational methods to build new desirable behaviours instead of instilling fear in the child
- Understand that hitting might stop the undesirable behaviour temporarily but not permanently
- Treat their child the same way they would like to be treated.
- Remove themselves from a situation when they feel very angry and modify the behaviour later when they are calmer.





There is no such thing as perfect parents, but there are several methods you can apply to raise your children in a positive and nurturing manner.



#### Harmful Parenting practices: When parents...

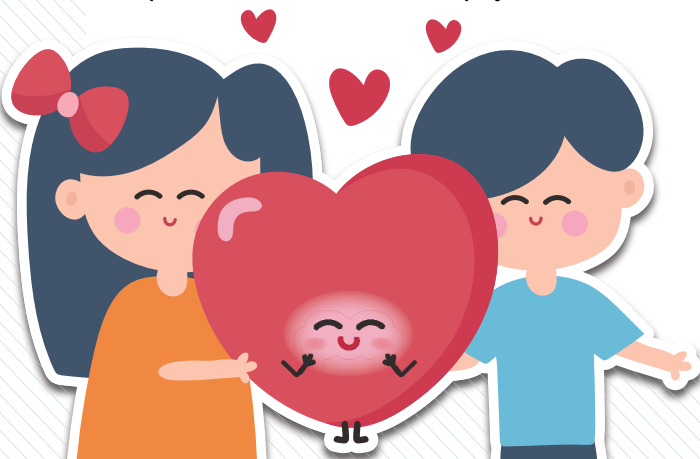
Focus on everything the child does wrong, and criticise them constantly.

#### Positive Parenting practices: When parents...

- Avoid criticising the child constantly since this destroys their self-confidence.
- Understand the characteristics of the developmental stage the child is going through, which enables them to modify behaviours in a positive manner
- Understand that there's a motive behind each behaviour (the real reason), and this is what needs to be addressed.
- Understand that the child doesn't grow and develop in a void. The child's behaviour is influenced by his environment and the nature of nurturing and care he is surrounded with.
- Be a role model applying the acceptable behaviour, where there's no discrepancy between behaviours of adults and the behaviours they are asking their children to adopt.
- Avoid resorting to corporal punishment since it reaches the child that using physical violence is an acceptable way to deal with problems.
- Focus on what the child can do right, and praise him/her every time he/she does something. They also encourage the child's attempts.

Use punishment whether it is physical or verbal

- Set boundaries and rules for behaviour with the participation of the child, rules and boundaries that are logical, positive, constant, clear and age appropriate.
- Choose parenting practices that maintain a healthy and positive relationship between the child and the caretakers, ensure that the child has a positive self-image, and help the child in the process of thinking, decision making, shouldering responsibilities and correcting mistakes.





# POSITIVE PARENTING THE LOONEY BALLOONY WAY

## Let's meet the 'Looney Balloonies',

eight of our colorful friends that personify essential positive parenting qualities or skills, which are needed to foster healthy child development and a nurturing environment for both you and your child. The eight characters represent the following positive parenting traits:

The eight characters represent the following positive parenting traits:

1. Listening السميع
2. Patience صابر
3. Communication التوأم خود وأعطي
4. Encouragement مدام براقة
5. Knowledgeable and understanding of child development مستر فهم
6. Role model سوبر نشمية
7. Loving, gentle & responsive to the child's needs الست حبوبة

These different qualities, characteristics and skills are adopted and practiced by conscientious and positive parents that strive to do better daily, for the sake of their children. These parents do not rely on abusive parenting practices nor do they expect absolute compliance from their child. They are patient and they understand where their children are developmentally. They are also able to notice their own anger and manage it accordingly, ensuring that they are providing their child with appropriate role models of self-regulation and wellbeing.

### The Looney Balloonies encourage you to:

**Focus on your child's attempts and not the end results of achievement, offering encouragement and praise along the way.**

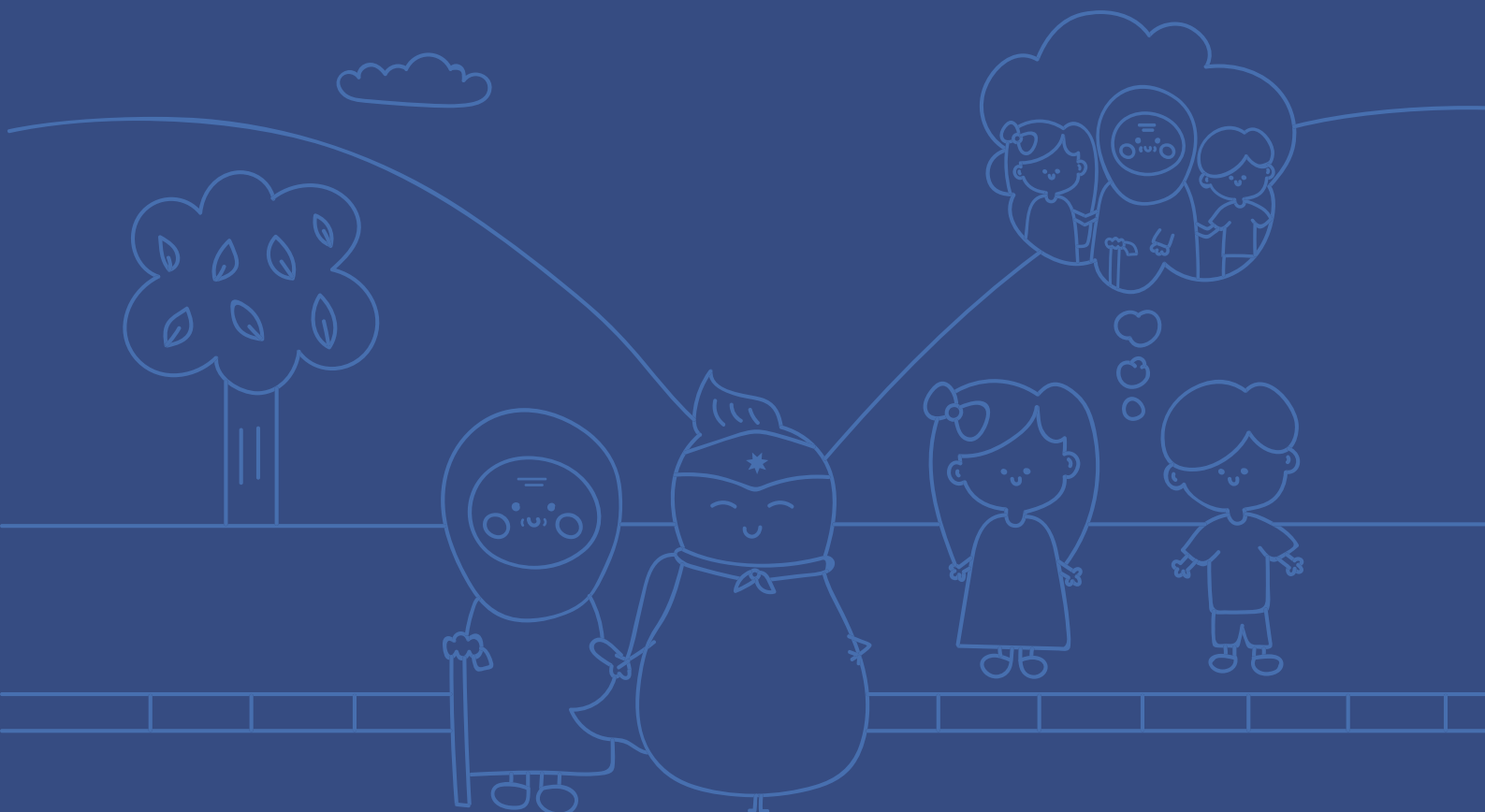
**Give your child time and space to learn from their mistakes, attempt trials on their own and build their self-confidence and their sense of independence and accomplishment.**

**Be firm but loving at the same time, through understanding that a child needs boundaries so that they may learn to distinguish between acceptable and unacceptable behaviour.**

**Make time to meet your child's needs.**

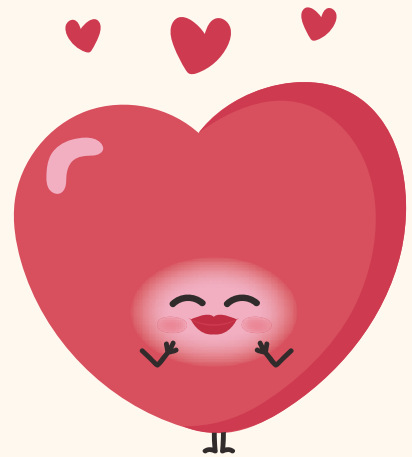
**Remain consistent in your responses.**

**Realize that building a healthy and positive relationship with your child requires hard work, dedication and time. Some days, this effort seems insurmountable, and other times it comes effortlessly – yet it's always guided by love.**



---

I am Sit Habouba and I am always up for a cuddle and spreading love everywhere! My laugh and positive energy can be felt from miles away, and it makes you feel warm and loved

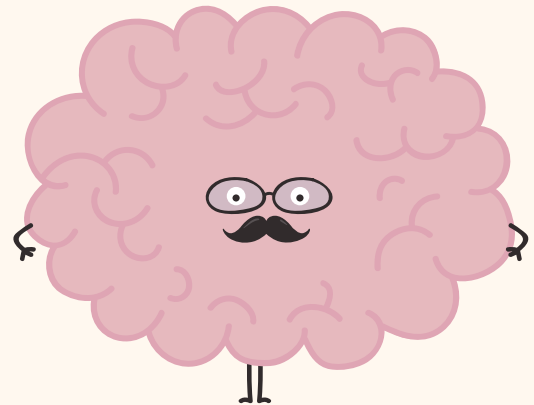


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I am Super Nashmiyeh and I try to be a good role-model. I want the world to be a great place for everyone, that's why I start with myself first and encourage others to be like me!

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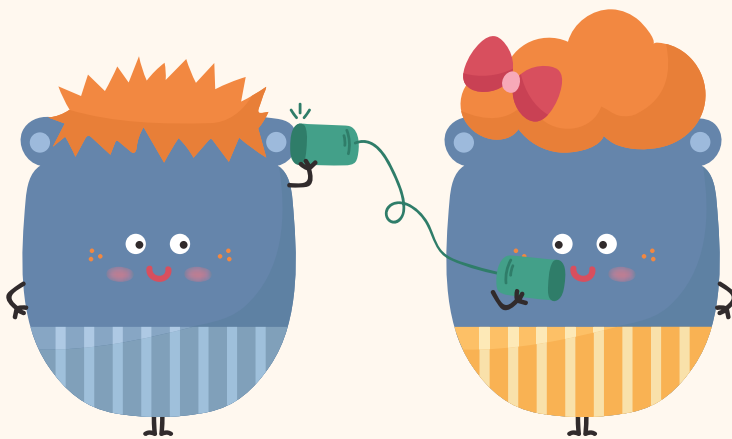
I am Mr. Faheem. I am wise, and I know that everyone is different. I am proud of everything I know and I am always searching for more knowledge



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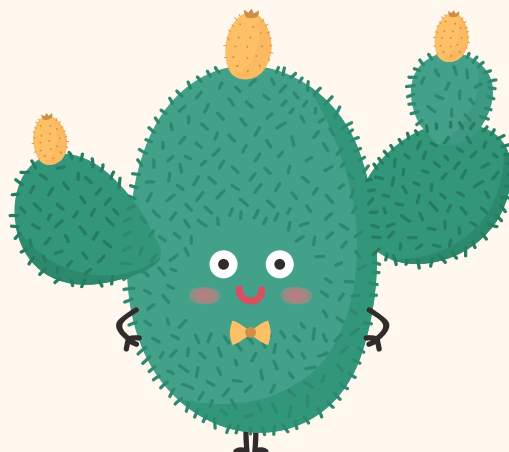
I am Madame Bravo and I will always be your #1 fan and supporter! I am always around to cheer you on and will never let you down!

I am Sameea'. I can hear you from miles away, even when you don't say a word! I am a great listener and will always lend you an ear when you need me the most



We are Khud and Aati, we are twin brothers! We love to talk - real chatterboxes if you ever met any! There conversations allow us to solve any problems, no matter how big or small

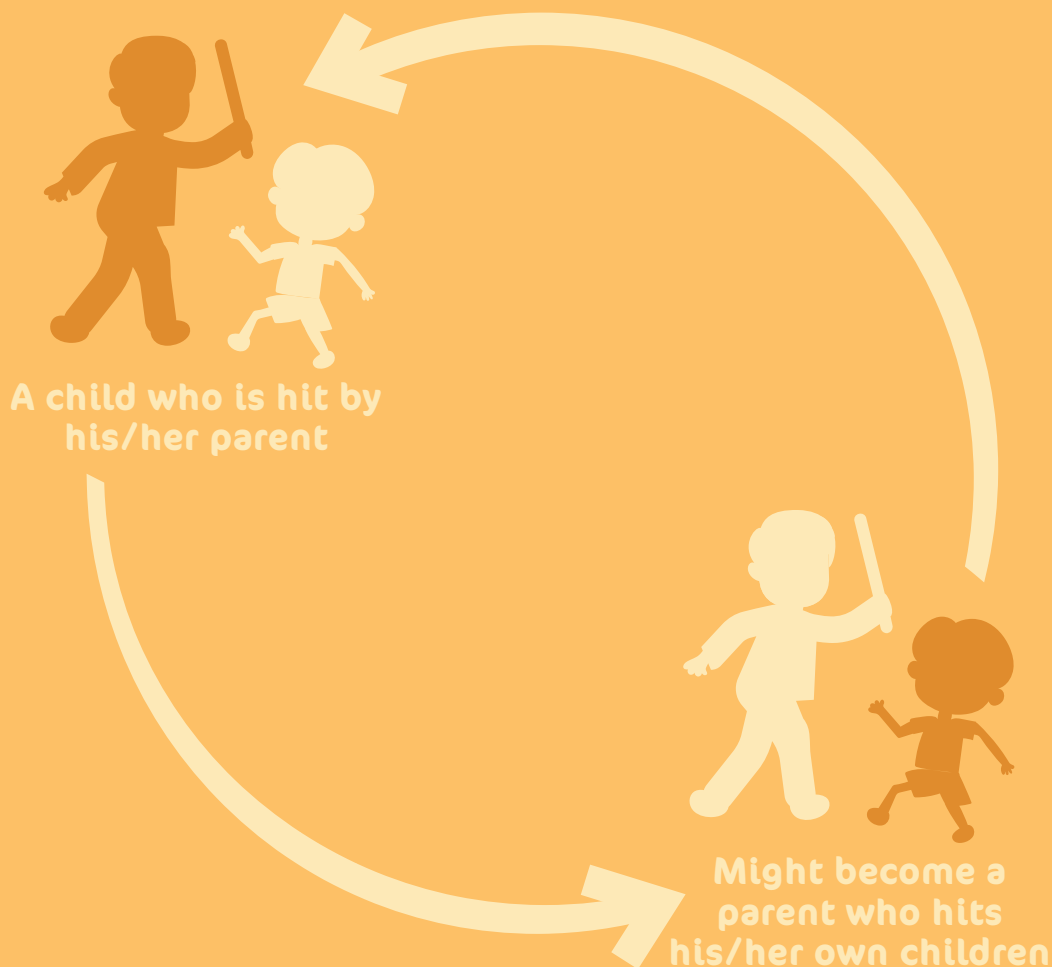
I am Saber - and I am a very patient person. I always count to 10 before reacting and I never lose my cool even when I am angry or frustrated



# THE DANGERS ASSOCIATED WITH PUNITIVE PARENTING PRACTICES

All parents feel stress at times. This stress may even lead you to hit your child. You might think that using traditional and harsh methods to discipline your child is effective and will create compliant and 'well behaved' children. In fact, spanking and hitting are not effective at all, they are actually harmful.

Spanking negatively affects child development across social, emotional and cognitive areas. Also, instead of raising compliant and well-behaved children, a recent study revealed that children who were spanked displayed aggression and mental health problems, similar to the outcomes of the children who were physically abused (2). Additionally, those that were spanked as children went on to spank their own children - hence highlighting the vicious cycle of using physical means to discipline children (3).





## WHAT PARENTS NEED TO KNOW

# ABOUT PROTECTING THEIR CHILDREN FROM VIOLENCE

Beyond the use of physical punishment, parents, through constant criticism, shouting and humiliation, can also hurt the child. Often times, many parents may use harmful practices with their child, because they simply do not have an alternative and lack the knowledge that these practices have lifelong and serious implications on a child's developmental trajectories.

Child abuse does not only refer to a parent using negative discipline such as beating up or using harsh insulting words or shouting at their children.

While we think that home is a safe place for children, many times children are abused at home by those known to them. Children might sometimes hide that they are abused out of fear. It's important for you to learn about the different forms of violence against children and to recognize that it is a very serious problem in Jordan.



### Approximately 1.2 million girls and boys (7 - 18)

are physically abused inside and outside their homes (violence against children study, UNICEF 2007)

### 66% of children

are subjected to physical punishment inside the home (DHS 2012)

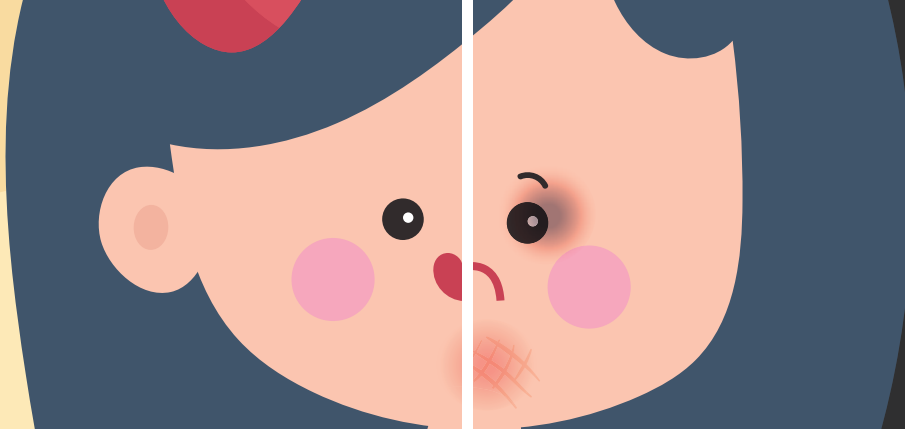
### 9 in 10 children

were subjected to violent discipline practices (DHS 2012)

## WHAT PARENTS NEED TO KNOW ABOUT PROTECTING THEIR CHILDREN FROM VIOLENCE

The chart below (4) offers necessary information on definitions and signs of the various forms of abuse. It also sheds light on the effects of child abuse, which can last a lifetime.

| Type                  | Physical   | Sexual  | Emotional   | Neglect   |
|-----------------------|--|---|---|---|
| <b>Definition</b>     | The use of physical force or the threat of using it, which can lead to physical injury or harm.  | The abuse resulting from exposing a child to a sexual behaviour or activity by an adult or a bigger and older child.  | The abuse that leads to disturbance in cognitive behaviour or leads to psychological and emotional pain.  | Failure or Rejection of carrying one's duties and commitments towards family members while having the capacity to do so.  |
| <b>Behaviors</b>      | <ul style="list-style-type: none"> <li>• Hitting (with hand or object)</li> <li>• cutting or punching</li> <li>• Kicking</li> <li>• Pulling hair</li> <li>• Biting</li> <li>• Pinching</li> <li>• Burning</li> <li>• Shaking a baby/child</li> <li>• Other behaviours that result in physical harm to the body.</li> </ul> | <ul style="list-style-type: none"> <li>• Exposing a child to sexual acts or pornography</li> <li>• Forcing a child or luring them into sexual acts.</li> <li>• Using sexual terms to describe/ offend the child</li> <li>• Rape</li> <li>• Molestation, touching and looking at private parts</li> <li>• Sexual exploitation of children in prostitution or child pornography</li> <li>• Forcing the child or luring him/her into participating in sexual activities regardless whether the child comprehends that or not.</li> </ul> | <ul style="list-style-type: none"> <li>• Shaming</li> <li>• Name calling</li> <li>• Threatening</li> <li>• Ignoring</li> <li>• Rejecting</li> <li>• Exposing a child to violence</li> <li>• Withholding affection</li> <li>• Discriminating against a child</li> <li>• Swearing, humiliation</li> <li>• Isolating from family and friends</li> <li>• Instilling fear and using sarcasm</li> <li>• Arbitrary deprivation of rights.</li> </ul> | <ul style="list-style-type: none"> <li>• Failure to provide the basic needs such as food, clothing, shelter, education and health care.</li> <li>• Absence of supervision at home</li> <li>• Repeated absence from school</li> <li>• Frequent child illness</li> <li>• Disregarding the child's safety in the car (seat belts) or wearing helmets when riding a bicycle.</li> </ul> |
| <b>Signs of Abuse</b> | <ul style="list-style-type: none"> <li>• Frequent injuries or unexplained bruises</li> <li>• Child is always on alert</li> <li>• Injuries appear to have a pattern such as marks from a hand or belt</li> <li>• Wears inappropriate clothing to cover up injuries, such as long-sleeved shirts on hot days</li> </ul>      | <ul style="list-style-type: none"> <li>• Trouble walking or sitting</li> <li>• Displays knowledge of sexual acts inappropriate to their age</li> <li>• Makes strong efforts to avoid a specific person, without an obvious reason</li> <li>• Doesn't want to change clothes in front of others or participate in physical activities</li> <li>• An STI/D, infections, pregnancy</li> </ul>  | <ul style="list-style-type: none"> <li>• Withdrawn, fearful and anxious about making mistakes</li> <li>• Negative self-outlook</li> <li>• Compliance</li> </ul>   | <ul style="list-style-type: none"> <li>• Clothes are ill-fitting, filthy, or inappropriate for the weather</li> <li>• Hygiene is consistently bad</li> <li>• Untreated illnesses and physical injuries</li> <li>• Is frequently unsupervised or left alone or allowed to play in unsafe situations</li> <li>• Is frequently late or missing from school</li> </ul>                  |



The effects of abuse are many. Below, we offer some guidance on what you should look out for in terms of the physical and behavioural signs:

### Effects of Abuse

#### Physical:

- Bruises • Broken bones • Failure to gain weight and height
- Physiological injuries (scars and bleeding) on anatomical parts

#### Social/Emotional/Behavioral

- **Constant crying in babies:** signaling that the baby is distressed and their emotional needs have not been met.
- **Low self-esteem:** a child might speak negatively about him/herself and does not display any confidence.
- **Poor social skills:** inability to interact with his/her peers in an age appropriate way, not making eye contact or being able to play.
- **Aggression:** such as hitting, kicking, acting out as well as using verbal insults or shouting.
- **Sleep and eating disorders:** a child might either sleep excessively or barely sleep at all. Binge eating or loss of appetite is other examples of eating disorders.
- **Anxiety, shame and guilt:** such as constant worry and self-blame.
- **Fear:** children can become very fearful of others; they might even flinch easily if approached by anyone.
- **Depression:** signaled by feelings of sadness, hopelessness, worthlessness as well as sleep disturbances.
- **Poor academic achievement:** a drastic drop in school performance, especially if the child was doing well at a previous time.
- **Nail biting:** constantly biting his/her nails which is another sign of worry.
- Stuttering or other speech disorders.
- **Having sexual knowledge** (of words, sexual acts) beyond what is age appropriate.
- **Introversion:** inability to socialize and interact with others, the child wants to remain on his own.
- **Self-harm and suicide attempts:** children might cut or try to hurt themselves, put themselves in risky situations and may even try to kill themselves.

Child abuse has alarming effects on a child's futures impacting three distinct levels: the child (at the individual level), the family and the community level. The graph below outlines some of the common effects of child abuse on children (5):

| Individual Level   | Family Level  | Community Level   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• Antisocial and aggressive behaviors</li> <li>• Depression &amp; anxiety</li> <li>• Unhappiness</li> <li>• Lower IQ</li> <li>• Shame</li> <li>• Low self esteem</li> </ul> | <ul style="list-style-type: none"> <li>• Repeating the same negative practices with their own children</li> <li>• Lack foundation for the development of secure attachment</li> <li>• Controlling behaviors</li> <li>• Domestic violence</li> </ul> | <ul style="list-style-type: none"> <li>• Crime</li> <li>• Drug and alcohol use</li> <li>• Violence</li> <li>• Antisocial tendencies</li> <li>• Lack of empathy</li> </ul> |

# Positive Parenting **TIPS** Based on Ages & Stages

Children need love, acceptance, and understanding of the developmental characteristics related to their ages. They also need clear boundaries and limits. Setting effective limits and expectations helps children to feel safe and secure. It also helps them understand what behaviors are acceptable in your household, and assures them that their parents care about them. Interacting with your child and setting effective boundaries is based on their developmental age. Below, we offer some tips based on ages and stages:

Always express your love to your child; with words and with your actions. Take time to cuddle and hug your child even when they are old and verbally express your affection.

Be consistent in your expectations about behavior. If jumping on the bed isn't okay one day, it shouldn't be okay the next.

## GENERAL PARENTING TIPS

Be a role model for your children. Do things that you want them to do, and do not do the things you don't want them to do.

Regulate your own emotions; this teaches children how to manage stress and frustration.

Ask your child to do the things you want them to do instead of asking them to stop doing what you don't want them to do. For example, say, "Please shut the door quietly" instead of saying, "Stop slamming the door."

Spend quality time with your child. Be available to them for playing and also for listening to them if something bothers them.



## TIPS BASED ON THE DEVELOPMENTAL STAGES

| Age                       | Tip   |
|---------------------------|---|
| <b>Birth – 1 year</b>     | <ul style="list-style-type: none"> <li>Respond to your baby when he/she cries, this does not spoil a baby</li> <li>Get to know your baby's temperament. This can help you meet their needs</li> </ul>   |
| <b>Toddlers</b>           | <ul style="list-style-type: none"> <li>Clarify boundaries early on. The establishment of a daily routine helps in regulating the child's behaviour.</li> <li>Empathize with your child when they are feeling frustrated by saying things like "I see how hard this is for you."</li> <li>Offer choices to toddlers: "Would you like the green or red cup?" This teaches them decision making and dealing with the consequences of their actions.</li> <li>Plan ahead. If you know your toddler throws a tantrum when he's sleepy, manage your day accordingly. (Example: make sure to come back home after a social visit before your child's bed time)</li> <li>Take your time before reacting. Use a firm but low and loving voice when modifying the child's behaviour.</li> <li>Don't use hurtful or harsh words or sarcastic name calling when talking to the child nor in front of him/her</li> </ul> |
| <b>Preschool children</b> | <ul style="list-style-type: none"> <li>Praise your child for a job well done, and praise the effort he has done.</li> <li>Clarify to your child that you don't like their behavior and not his person; avoid saying things like "I don't like you when you shout." Instead of that say: "I don't like it when you shout."</li> <li>Agree with your child on boundaries concerning behaviour. A child needs clear rules, to be told what to do (not what not to do). Example: Please walk quietly (not: Don't run!). The more children are involved in setting the rules and in what results when breaking them, the more they will be committed. They will also display self-discipline to a higher extent.</li> <li>Avoid interrupting your child and help him learn</li> </ul>  |
| <b>School age</b>         | <ul style="list-style-type: none"> <li>Explain why their behaviour is wrong, instead of criticizing the child</li> <li>Talk to your child about consequences of their behaviour and enforce them</li> <li>Arrange 10 minutes of family time every evening to discuss highlights of the day along with challenges you and your child faced and how you both managed them</li> <li>Avoid comparing your child to others, especially in front of other people.</li> <li>Be a role model in talking, behaving and dealing with problems in a calm manner.</li> </ul>  |
| <b>Teen</b>               | <ul style="list-style-type: none"> <li>Negotiate with your teen and reach a compromise that both of you agree upon.</li> <li>Always encourage your teen's attempts and different trials and report to them how proud you are of them</li> <li>Build on what your teen does well, instead of focusing on their flaws</li> <li>Your teen needs your love and affection as well. Don't deprive them of your attention because you have younger children.</li> </ul>  |



# WELCOME TO OUR REWARD CHART PAGE!



Research consistently shows that the best way to promote positive behaviour and to reduce misbehaviour is by adopting positive discipline mechanisms. Reward charts are commonly used as an effective behaviour management strategy with children. They are also a great way for you and your child to bond, and do things that your child loves which he/she has earned. By using a reward chart effectively, you will also reduce the chances/likelihood of resorting to detrimental practices such as hitting and shouting to manage your child's behaviour.

## Instructions for Parents on How to Use the Chart:

- You will find the reward chart at the bottom of this/next page.
- Cut it out and let your child color the chart and write down his/her name on it.
- Hang it somewhere accessible where the child can see it and where you can easily access it to add more points.
- Explain how the reward chart will work with your child before using it. You can state the following:

**REWARD CHART**

Name: \_\_\_\_\_

Task

|                                     | S | M | T | W | T | F |
|-------------------------------------|---|---|---|---|---|---|
| He arranges his bed after waking up |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |

My Goal: \_\_\_\_\_

My Rewards

- ★★★★ Out & About
- ★★★★ Privilege (stays up past the child's bed time)
- ★★★★ Fun Activity (Play Anniversary)

"This is your behaviour chart, and you and I are responsible for using it together! This chart offers a great way for you to earn some of things that you love or enjoy doing. For each appropriate behaviour that you do/display, you will get one point. If you get three points (ex. for three behaviours) then you will get a small reward, if you get six points (ex. for six behaviours) you will get a bigger reward. It's really easy to earn the rewards! The only rule is that you need to follow the rules that we have agreed upon, and I will remind you of them. If you commit to what we have agreed upon, then you will not earn any points for that behaviour."



### Here are some rules for you (the parent) to remember when using the chart:

1. This is a daily chart. Your child will get one point for one desired (good) behaviour that both of you agree upon.
2. The rewards vary in "size" and they range from small rewards to big rewards. If your child does three desired behaviours a day then the child gets three points on the chart. If the child does six desired behaviours a day then the child gets six points on the chart, etc. There are examples of rewards on the chart to guide you, but remember you can change them based on your child's likes and dislikes.
3. Praise your child's behaviour immediately after every desired behaviour.
4. Remember, for your praise to be effective, you must follow these rules:
  - Be specific when you praise your child. (Example: I like it when you put your books back to their place)
  - Use an enthusiastic and sincere tone of voice.
  - Stay close to your child when praising.
  - Involve a touch: a hug or high five.

Example: Wow! Thank you for putting your shoes back in the closet! Give me a high five!

5. Use the chart daily with your child and review it with him/her every evening, so you can highlight all the positive things your child did that day.
6. If your child only earned a few points, state that neutrally and state that they have a chance to earn more points the next day.
7. Make sure that the rewards are diverse. Not all rewards should be material things (A toy for example). Rewards can include:
  - Your praise, a hug and your appreciation of the child.
  - A privilege (staying up past the child's bed time)
  - A fun activity to do with your child.
8. Keep your word. If you agreed to give your child the reward then you must follow through.
9. If your child is earning points to buy a reward and he/she earns all the points then he/she should be allowed to receive it.
10. Tip for not following the rules: If your child is not behaving appropriately and not complying to the behaviour you requested, then you can follow these steps:
  - Parent should stay calm, matter-of-fact, and give very little attention to the child.
  - State that no points are earned.
  - Encourage the child to earn points at the next opportunity, by saying: "I am sure tomorrow you'll have a chance to earn more points."
  - Avoid shaming the child. Do not say things like "You are so bad, you never listen." You can state that you don't like the child's behaviour.
  - You can both agree that the child will lose a point each time he/she doesn't following the agreed upon rules (This works best with older children or with those who already have experience in using the reward chart).



# USING

## “LOGICAL CONSEQUENCES OF BEHAVIOUR”



The reward chart is considered a useful method when starting to help your child in adopting acceptable behaviour and abandoning an unacceptable one. However, as time goes by, you would want to see your child doing that on his/her own without relying on a reward or on external reinforcement, hence the importance of using “the logical consequences of behaviour”

The aim of using the logical consequences of behaviour is to help the child learn the mechanism of decision making, and to be responsible for his/her own behaviour, therefore it is considered an educational experience for them and not a form of punishment. Example: Suad always leaves her dirty laundry on the floor instead of putting it in the laundry basket like her mother asked her to do. Since complaining, reprimanding and threatening didn't help in achieving results, the mother decided to use the logical consequence of behaviour, which is: She will not wash except the laundry that is present in the laundry basket. (Not having clean clothes to wear is a logical consequence for not putting the dirty laundry in the laundry basket).

After a while, the child didn't have any clean clothes to wear when going to school, and she wasn't happy to wear dirty and wrinkly clothes. At this point, she remembered that she has to put her dirty clothes in the laundry basket, since her mother gave her the responsibility of putting them in the proper place for them to get washed. If the mother had caved in and washed her daughter's clothes, she would have deprived her of the opportunity to learn how to carry the responsibility on her own.

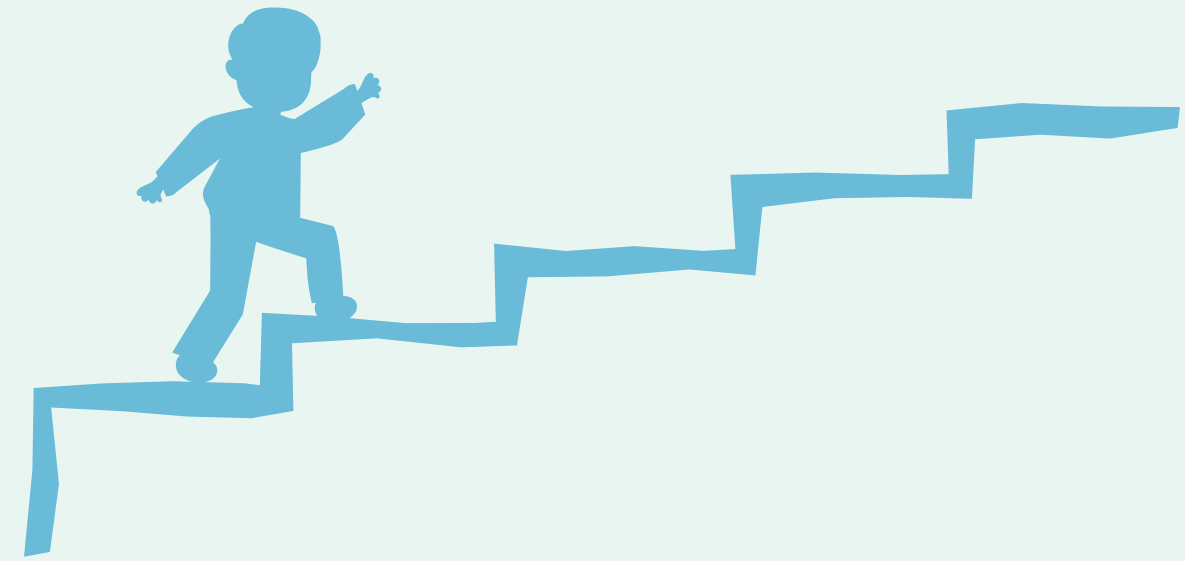
If the parents keep protecting their children from the consequences of their unacceptable behaviour, the children will not change it.

### Note:

- Parents can't use the logical consequences of behaviour if the child's safety is jeopardised. If a small child runs to the street without being attentive or without looking both ways, we can't wait until s/he is hit by a car! Instead, the child should be given the choice of either playing in the yard (away from the street) or playing inside.
- Parents are used to telling their children what to do, therefore it is considerably difficult for them to sit and watch their children face the consequences of their own behaviour. However, trying to do so is worth it, since you will be sending out a powerful message to your child that says: “You can think for yourself”.



## TAKE CARE OF YOURSELF!



# YOUR 10 STEPS TO ANGER MANAGEMENT

We know that challenging moments might happen every day during the child rearing process that may end up in you feeling intense anger. Anger is a complex emotion. It's also completely normal to feel anger. Yet, it's very damaging to act upon your anger against your children. By understanding and expressing your anger appropriately you can foster a closer and healthier relationship with your child/ren.

Below are **10 simple** tips to keep in mind that might help you deal with your anger and frustrations:

1. Watch out for your triggers. Notice your anger before it overwhelms you.
2. Breathe.
3. Think before you act.
4. Move away. Especially if you are about to hit or hurt your child.
5. Remind yourself that you, as the adult, are in charge of your behaviours and reactions. It is not your child's responsibility to manage your behaviour.
6. Call someone for help. This can be your spouse or a family member.
7. Put things in a "developmental" perspective. Is your child merely just acting his/her age? This might help calm you down.
8. Remember, you are your child's role model. What a parent does, the child copies.
9. Think about what happened. Ask yourself: what made me so angry? Was it worth getting this angry about it? What do I need to do now?
10. Praise yourself for a job well done once you're able to manage your anger!

# IT'S OKAY TO ASK FOR HELP

If you recognize that you are exhibiting any of the signs below, it might be time for you to seek the help you need to lessen the burdens of everyday parenting challenges:

- 1. Your anger is making you hurt your children.
- 2. You cannot connect with your child on an emotional level.
- 3. Providing for your child’s daily needs is very difficult.
- 4. You cannot cope with day-to-day functioning.
- 5. Others have expressed their concern over your behaviour

Available Resources:

You can contact the following resources for additional support.

|                                      |   |
|--------------------------------------|---|
| To receive parenting support         | Jordan River Foundation help line 110<br>Makani centers/ The Ministry of Social Development |
| To report an incident of child abuse | The Family Protection Department: 911   |



# WHAT TYPE OF PARENT ARE YOU?



## TAKE OUR QUIZ!

Have you ever thought about your parenting practices? Take a look at the list below and answer the questions with a simple yes or no. Then, take a minute to consider what you would like to improve and read up on more of our tips included ahead (You will find a summary of the model answers at the end of this quiz).

| N° | Paragraph   | Yes | No |
|----|---|-----|----|
| 1  | I play with my child/ren on daily basis   |     |    |
| 2  | I talk to my child/ren most of the time while we do daily activities (such as bathing/ changing clothes, nursing, eating/studying/watching television, etc.)                                  |     |    |
| 3  | I give my child/ren my attention through kissing them, hugging them and smiling to them most of the time.   |     |    |
| 4  | I guide my child/ren in a way and let him do things while my spouse guides them in a different way and lets them do things that I don't let them do.  |     |    |
| 5  | I hit my child/ren during moments of anger or when they misbehave, and then I regret it.  |     |    |
| 6  | I make sure I do one activity with my children during the day such as drawing, coloring, playing, etc.  |     |    |
| 7  | I sing to my child/ren folkloric songs or children songs.   |     |    |
| 8  | I answer my child/ren's questions even if they were repeated or were embarrassing in their nature   |     |    |
| 9  | I allow my child to eat on his own/ choose his clothes/ change his clothes/ bath on his own with supervision, when he shows the initiative to do so.  |     |    |
| 10 | I show my child/ren feelings of joy and love most of the time when I address their needs (changing clothes/feeding/studying, etc.)  |     |    |
| 11 | I allow my child/ren to play with kitchen/household utensils that aren't breakable.   |     |    |
| 12 | I take my child/ren on short strolls, social visits, on shopping trips, to the mosque, etc.   |     |    |
| 13 | I communicate with the school, kindergarten, or nursery constantly.   |     |    |
| 14 | When my child misbehaves or makes a mistake I address him with unloving words, such as (You will never learn, you are stupid, etc.)   |     |    |
| 15 | I regulate the time that my child/ren spend watching TV or using the smart phone, and I monitor the content they watch.   |     |    |
| 16 | I make sure I follow up with my child/ren if I notice any change (change in behaviour, sudden inexplicable fear, avoidance of one of the relatives or acquaintances, the presence of bruises) |     |    |
| 17 | I use the following approach with my child: "Either you do so and so... or else."   |     |    |
| 18 | I give my child/ren alternatives, and not only do I forbid them from doing something (You can't play in the guest room, but how about playing in your room, the balcony, etc.)                |     |    |
| 19 | I praise my child/ren with sweet and positive words.  |     |    |
| 20 | I compare my child/ren to other children in order to encourage them (Example: "See how x is doing well at school" or "See how your cousin is using the bathroom on her own.")                 |     |    |

# WHAT TYPE OF PARENT ARE YOU? HOW TO READ THE QUIZ



Count the number of yes answers from the quiz.

**16 points**  
or more

indicate that you are on the right track towards positive parenting that is suitable to your children. (Keep going and make use of this guide to acquire new parenting skills that will positively affect both you and your children).

**11-15 points**

indicate that you are applying some positive parenting practices; however, you need to modify some other practices that aren't in the best interest of your children. This guide will point you in the right direction!

**10 points**  
or less

indicate that you need to reflect on the parenting practices and patterns you are using most of the time, and work on adopting more positive practices. This guide is full of easy and practical ideas to enable you to do so.

## REFERENCES:

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4. WHO & ISPCAN (2006). Preventing child maltreatment: A guide to taking action and generating evidence. Available at: [http://apps.who.int/iris/bitstream/handle/10665/43499/9241594365\\_eng.pdf?sequence=1](http://apps.who.int/iris/bitstream/handle/10665/43499/9241594365_eng.pdf?sequence=1) [Accessed on June 12 2018].
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# REWARD CHART



Name: \_\_\_\_\_

| Task                                | S | S | M | T | W | T | F |
|-------------------------------------|---|---|---|---|---|---|---|
| He arranges his bed after waking up |   |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |   |
|                                     |   |   |   |   |   |   |   |

My Goal



My Rewards

☆☆☆☆  
Out & About

☆☆☆☆☆  
Privilege

Staying up past the  
child's bed time

☆☆☆☆☆☆  
Fun Activity

Play Monopoly

# #EndViolence #عَلِّمْ\_لَا\_تُعَلِّمْ



For more information, please visit

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<http://www.childrenofjordan.org/>

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