



Formative Parenting

Cultivating Character in Children

A Ministry of the Sisters, Servants of the Immaculate Heart of Mary, Immaculata, Pennsylvania

Establishing a Foundation for Authentic Self-Esteem, Part 2 FOCUS ON SECURITY

A Parent's Guide to Identify • Establish • Develop • Maintain • Remediate a Child's Sense of Security

Dear Parent,

Review the CHARACTERISTICS CHART below. Decide which characteristics, if any, describe your child under **usual**, **repeated** circumstances. The results will serve as a guide to determine how to best meet the Self-Esteem and Identity Formation needs of your child.

Characteristics of children who have a <u>basic sense of SECURITY</u> or TRUST:	Characteristics of children who have a <u>basic sense of INSECURITY</u> or MISTRUST:
<p>A CHILD WHO:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is generally self confident <input type="checkbox"/> feels able to depend on others <input type="checkbox"/> considers it predictable that personal needs will be cared for <input type="checkbox"/> feels safe and secure <input type="checkbox"/> trusts other people <input type="checkbox"/> believes that generally people are trustworthy <input type="checkbox"/> has <i>inner confidence</i> that all things will work out well or will be able to be handled satisfactorily <input type="checkbox"/> can predict with certainty the support or help of parents, family, and significant others <input type="checkbox"/> places confidence in and depends upon parents/family/significant others <input type="checkbox"/> is generally hopeful 	<p>A CHILD WHO:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is generally fearful <input type="checkbox"/> often feels frustrated or uncertain <input type="checkbox"/> feels that he/she cannot count on the support or help of parents/family or others <input type="checkbox"/> often doubts that people are honest with him/her <input type="checkbox"/> is generally suspicious of others <input type="checkbox"/> approaches new people and situations with a feeling of apprehension, uneasiness and fear <input type="checkbox"/> conveys an aimless, "lost" attitude

The positive outcome of the ratio of **TRUST vs. MISTRUST** produces
DRIVE as a basic life strength
and
HOPE as a basic life virtue.

PARENT PRACTICES that support the growth of SECURITY are those which incorporate the following characteristics:			
routine, procedure, system	safety	consistency ,continuity	predictability
What you say is what you do.			
You "say what you mean and you mean what you say."			

Parent Practices That Support the Growth of SECURITY during Elementary School Years (K-8)

Suggestions offered by 93 Parents of “Successful” Children include but are not limited to the following parenting practices:

- Establish household routines that provide continuity and predictability of daily routines such as: cleaning, chores, after school time, homework procedures, bedtime, etc.
- Set rules for work and play times. Be consistent regarding time for meals and bedtime.
- Link behavior and consequences consistently and fairly. Teach your child how to anticipate consequences of choices and allow your child to deal with the consequences that result from choices made. Define appropriate behavior with your child. Set limits.
- Involve your child in family decision making whenever possible but be clear about who has ultimate control of your home. You, the parent, are in charge.
- Safeguard “family only” times for activities together, i.e., Friday pizza and video, hiking, camping, visiting a museum, a family “charity”, etc.
- Praise in public; reprimand in private. Display projects and achievements of your child.
- Both parents need to act as ONE with consistency in discipline decisions.
- Be kind but firm. The “kind” produces the child’s sense of inner certainty; the “firm” supports the sense of consistency.
- Speak highly of the school in your child’s presence. Back up the decisions and directions of teachers at school. If you disagree or have a concern, share it with the teacher privately.
- Establish a time and place for homework. Help with homework organization and checking, but remember that homework is the child’s responsibility. Establish a place for storing book bag and school materials. Send your child to school prepared for the day.
- Provide a nightly bedtime ritual that provides an atmosphere of prayer, safety, resolve of the day’s difficulties or questions, and assurance of unconditional love and forgiveness.
- Be generous with physical gestures of affection and communication of positives. Inform your child frequently how much he or she is loved and needed. Give hugs and kisses daily and spontaneously.
- Be consistent in using eye to eye contact while communicating with your child.
- During breakfast time review the anticipated agenda for the day especially regarding school dismissal plans and use of after-school time.
- Put the emphasis for praise on effort and process rather than result and product.
- Post all important events on a family calendar. Give advance notice of family priorities.
- Establish a “check in time” or ritual for daily discussion of needs, interests, concerns, and up-dating in the lives of the family members.
- Teach your child to value mistakes as building blocks for learning and improvement.
- Provide regular involvement with extended family.
- Determine consistent roles for parents and children that include each person as a contributing member to family living, chores and responsibilities.
- Show interest in your child’s homework and class performance. Establish acceptable standards of performance. Expect accountability and achievement that matches your child’s ability. Offer direction and support but do not do your child’s work.
- Maintain family traditions and rituals for Sunday Mass, birthday celebrations, holidays, dinner hour, bedtime, leaving the house and returning to the house, etc. Establish curfew protocol.
- If your child is not able to have a private bedroom, secure privacy boundaries for and with each child.
- With your child create a schedule that balances play time, school time, and household chores that best serves the needs of the entire family. Restrict TV viewing on school days, especially. Place priority on homework and chores completion before use of electronic games, etc. on school days.
- Involve your child in responsibility for meal preparation.
- Help your child to organize a personal calendar and to anticipate deadlines. Look over the calendar together on a weekly basis.
- Attend school functions, sports activities, open house, teacher conferences, socials, etc. Volunteer to serve as a school aide at school or at home. Support the school and teachers.
- Serve as a private audience for your child to practice classroom speeches, presentations, etc.

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