

POSITIVE PARENTING METHODS

ADLERIAN PARENTING STYLE TRAINING

www.simplybeecounseling.net/resources

SIMPLY BEE | 224-424-0432 | SUPPORT@SIMPLYBEE.NET

SIMPLY BEE

MISSION

Simply Bee inspires, empowers, and remains steady in pursuit of excellent care through education, leadership, and authentic human connection. Our mental wellness center supports individual personalities in the context of their society and culture. Services include therapy, performance coaching, nutrition, movement, community education and events for all people and of all ages.

Our efforts support the fundamental belief that mental health is essential to wellness. We are eager to disrupt the stigma of mental health and accept all human experiences without stereotypes.



THERAPY



HEALTH
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YOGA
& MEDITATION



MEET YOUR COACH

Hello! My name is Katie Klein. I am a licensed therapist and an art therapist. I work with all ages to assist people in coping with past, present and future life experiences.

In addition to counseling, I have a passion for Adlerian Parenting approaches and utilize these concepts and skills in my work with children, teens and parents.

I work often with teenagers and young adults in individual sessions. Oftentimes, parents, guardians, caretakers and other family members can be a huge support system for these teenagers.

Throughout this e-book you will gain knowledge, skills and my personal insight into how to support and parent your teenager.



WHAT TO EXPECT

4 Concepts for Adlerian Parenting

1. Reflect to Increase Empathy
2. Grow from Mistakes and Practice Encouragement
3. Develop Trust and Foster Independence
4. Utilize Active Listening

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ADLERIAN APPROACH

Patience and Practice

Alfred Adler was ahead of his time in his approach to psychotherapy and parenting. He believed in treating people as a whole and working with parents, social workers, and teachers to proactively work with children in a cooperative and democratic style.

He recognized that children are very perceptive to the social climate and have gradually understood they are equal to adults. There is no perfect person or perfect parent. Parenting a teenager is challenging at times. With an open mind and willingness to learn, parents will gain insight, skills, and theories that have stood the test of time.

1

REFLECT

Reflect to Increase Empathy

The teenage years are a time of learning, socializing, working, playing, getting involved, and finding yourself. Although there are dominant themes all teens experiences, not all experiences are alike.

Step #1:

Take a moment to remember fun times you had as a teen. Hopefully there were some fun times. Also, take a few minutes to reflect on the more difficult times.

Examples: Exclusion from invites, relationship/intimacy issues, stress with passing a class, sibling competition, money or work troubles, tension with parents, sports/team struggles, insecurities etc.

Step #2:

Using the journal prompts on the next page, write and reflect about those times.

Write and Reflect 

The goal of this activity is starting to develop some compassion and empathy toward your teenager by putting yourself in their shoes. This is not an easy task, but is important in order to understand some of the common struggles teenagers have and ways parents can best support their children to make healthy choices and learn from their mistakes.

How do you remember this moment?

How do you think your parents remember this moment?

There is no rule book for parenting and each child requires something different. However, there are general approaches in Adlerian Parenting theory that can help change the way we look at parenting. It is never too late to adjust your approaches and create a stronger connection with your teen.



2

GROW

Grow From Mistakes and Practice Encouragement

As humans, we tend to focus on the negatives. Ultimately, focusing on the negatives can be a protective factor, but to your teenager it can come off as overly critical and discouraging. Coaches, teachers, parents, and friends spend a significant amount of time pointing out mistakes. The more attention we give to mistakes, the less our strengths can grow.

We have all heard the phrase, "learn from your mistakes", but applying this with teenagers and young adults can be difficult if we place too much shame or guilt on the mistakes. In my experience working with teenagers, they already know the mistake they made. The growth piece is problem solving for next time.

Part of growth from mistakes is working on modeling our own imperfections. The next activity will outline the 4 R's of Recovery from Mistakes. You will start with practicing the four R's on yourself.

4 R's of Recovery from Mistakes

Scenario: You (the parent) asked your 14 year old teen to take out the garbage while you ran an errand. You arrive home an hour later to find them in the same spot on the couch, with an empty bag of chips and soda in front of them. You raise your voice and say, "***why haven't you taken out the garbage like I asked?!***" They respond by shouting back, "***I did!***" and stomp upstairs to their room.

#1-Recognition:

Realize you made a mistake and communicate this to your teenager.
Example: I made a mistake raising my voice at you.

#2- Responsibility:

Take responsibility for your part of the conflict. Only state the facts. Do not utilize blame or guilt. (Example of guilt: *I raised my voice because I do everything around the house and was running an errand for you!*)
Example: I raised my voice instead of checking the garbage bin or asking you calmly.

#3. Reconciliation:

Apologize to your teen.
Example: I am sorry for raising my voice and assuming you had not done what I asked. I am sorry for any hurt I caused. I am sorry I jumped to conclusions.

#4 Resolution:

You may know what *you* will do differently next time to change your actions. However, this step is important because it includes your teenager in the problem solving process. Maybe the issue with the garbage occurs often and you are normally correct that the garbage has not been taken out.

After implementing the first 3 R's, sit down together to come up with a solution by problem solving in advance for next time. This process can feel simple but taking a few minutes to brainstorm options together can help your teen feel more willing to participate in making changes.
Example: Create a system - perhaps there's a reminder post it note on the fridge that your teen throws away once they've taken out the garbage. This indicates to you that the task has been completed without having to ask or double check their chores.

3

DEVELOP

Develop Trust and Foster Independence

One way to develop trust and foster independence is to work on practicing a kind and firm, respectful and democratic style of parenting.

According to Alfred Adler there are three types of parenting styles seen frequently:

Autocratic parenting: power, pressure, demanding, punishment, reward, imposition, domination, personal involvement. Autocratic parenting creates a scare tactic and affects your teenagers dignity and sense of trust in their abilities to make good decisions. You may have a teenager that follows all rules out of fear or self preservation. You may have a teenager who will respond with a power struggle.

Permissive parenting: limitless, indulgent, use of reason or manipulation, bargaining, lack of responsibilities, kids regulating themselves without guidance or self soothing skills, giving in, enabling, and ignoring bad behavior. Permissive styles of parenting can result in teenagers who do not understand boundaries with their parents or their friends.

Democratic parenting: knowledgeable leader, influence, stimulation, winning co-operation, logical consequences, encouragement, permit self-determination, guidance, listen, we do it because it is necessary, situation-centered, objective detachment.

Democratic Parenting Examples

With Democratic or 'Kind and Firm' parenting styles you have more chances of creating a dialogue and discussion about the risks, benefits, consequences, rewards and/or choices your teen makes. With democratic parenting it is best to look at each individual situation and find out the needs of the situation and not impose our "will" as adults onto our children.

Instead of Saying:

Share your location and be home at curfew or I will take away your phone.

(This imposes your will on your teen and creates a power struggle).

Try Saying:

I am concerned for your safety when you are out late and I don't know where you are. Could we talk and find some common ground on curfew for this night?

(You want to foster conversation and listen to your teenagers' concerns. Notice how you pay attention to this situation and not all situations).

Possible Outcomes:

Your teen mentions that there is a late night showing of a new movie and most of their friend group is attending.

You mention your concerns about the curfew and **validate** their desire to connect with their peers. You talk with your teen and they agree that it is important to keep their location services on and text you when leaving the theater. You both agree on an extended curfew and **clarify** that the next time there may be a curfew concern, you will talk to each other and collaborate about the boundaries of that specific event.

Democratic Parenting Reflection

Take a few minutes to think about a recent parenting scenario of your own by answering these questions.

Describe the scenario/what happened?

What did you say?

What could you have said instead?

How would the outcome be potentially different?

4

ACTIVE LISTENING

Validation

Listening sounds easy on the surface, but when you apply skills of active listening and asking curiosity questions, you are demonstrating that you care about your teenager, that you hear their concerns and distress, and that you are trusting their ability to develop resiliency and problem solving skills. You may be surprised when your teenager starts sharing more details about their lives with you.

Skill #1: Validate

Active listening involves validating your teenager. This mean mirroring their language. You do not need to agree with their thinking, but you can validate their feelings. Below is an example.

I didn't get invited to go bowling with Amy and her friend tonight. Amy must not want me around. I am really upset.

Sometimes the first instinct is to say: *Amy likes you as a friend and you are both very close. She might just want to hang out with her friend alone.*

Validation could look like this: *I can see how you are upset you were not included.*

When we validate someone's feelings we leave out the judgment or the evaluation/explanation of the situation. You do not need to agree with or negate your teenager. You do not need to object, correct or teach your teenager something. You can merely acknowledge their feelings and listen.

Listen with Curiosity

The next skill involves asking curiosity questions. This skill helps to gain insight into how your teen is feeling and better assists you with supporting your teenager with their needs and not with the parent's immediate judgments, assumptions or goals. When we listen with curiosity and ask curiosity questions, we are able to hear and understand your teenagers feelings, fears, anxieties, pressures, successes, thought process, problem solving skills, and deep desires.

Skill #2: Curiosity

Curiosity questions are open ended questions that can help you better understand your teenager and help them go deep with their thinking, problem solving skills, personal responsibility, and critical thinking.

SAY THIS

- *What would happen if you are tired driving home?*
- *Let's talk more about how you studied for the test. What do you feel you could do differently for next time?*
- *What is a good way we could remember to take out the garbage?*
- *Will you tell me about a time you wanted to do something alone with a friend?*
- *How are you feeling about that?*
- *I am curious about why you did not ask me first. Can you help me understand?*

NOT THIS

- *Why are you getting home so late?*
- *Did you even study for that test?*
- *Why didn't you take the garbage out?*
- *They aren't close friends, right?*
- *Are you feeling awful about that?*
- *Are you sure that was a good choice?*
- *Why wouldn't you just ask me?*

FINAL WORDS OF ENCOURAGEMENT

My hope in writing this e-book is not for this to be comprehensive of all parenting skills or to say there is one 'right way' to parent. After all, there is no right way to parent. No one child or one parent comes with a manual on exactly how to be successful. Like with all skills, it takes practice. My goal is to provide a starting point and some helpful skills to start thinking of new approaches and/or adjustments to already existing parenting techniques.

When we reflect on our own experiences we increase empathy. When we recognize our mistakes, take responsibility, and reconcile we can find resolutions, reduce criticism of mistakes, and encourage children/teenagers. This helps ourselves and our teenagers grow and find new solutions. When we practice kind and firm parenting, we develop a democratic parenting style that respects both you (the parent) and your teen as an individual person. This develops trust and fosters independence with mutual respect and collaboration.

When we actively listen utilizing validation and curiosity questions instead of judgment, we create a safe space for a teenager to feel comfortable expressing their hopes, fears, goals, successes, and feelings. These skills take practice and patience. If you are not successful at first, keep trying and keep learning. Eventually, you will find what works best for you as a parent, your teen, and the entire family.

SUMMARY SKILLS SHEET

Increase Empathy

Reflect on what you felt like as a teen.

Grow From Mistakes and Practice Encouragement

The 4 R's: Recognition, Responsibility, Reconciliation and Resolution

Develop Trust and Foster Independence

Kind and firm parenting using Democratic Parenting style.

Active Listening

Validate and ask Curiosity Questions.

THANK YOU

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