

# Parenting Strategies: How To Raise Emotionally Resilient Children

---

DR. JULES NOLAN, PSY.D., LP, NCSP  
PHOENIX SCHOOL COUNSELING

## Typical unpleasant behaviors in Preschool years

---

Problems with morning routine	Easily frustrated when sibling gets attention or they have to wait
Tantrums/meltdowns in public	Won't try new things,
Food in their room	Toileting accidents and bedwetting
Lying	Resist bedtime, brushing teeth, bathing
Selfish, trouble sharing, whiny, backtalk	Resist putting toys away, cleaning, tidying
Problem mealtime behavior	Throwing away important things
Hitting or biting	
Trouble falling asleep, vague physical complaints	

## Typical unpleasant behaviors in K-2

Sibling rivalry, bickering in car	Dawdle in morning
Does not play well with friends, mean, unkind	Lose glasses or other expensive things
Lying, manipulate parents, say teacher lied	Demand or beg for things
Whiny, demanding, rude, talk back, moody, irritable, bossy, obnoxious torment siblings, complain, moping	Hard to separate from parents
Crying jags; demanding attention	Problems completing chores, procrastinating, messy
Says No and You can't make me	Missing assignments, says will do something but doesn't
Refuse to eat at mealtime but wants to eat between meals	Does not put away toys, make bed
Last minute changing mind about attending event	Afraid of new things
	Refuses to go to school

## Typical unpleasant behaviors in grades 3-5

Deny doing something they did wrong	Get frustrated and hit someone
Steal something, hide food, eat junk food and lie about it, push, shove, inappropriate use of hands	Annoyed with us and say we are horrible parents
Lose or break something	Passive aggressive responses: "I'll do it in a minute, you never told me to do it, you're nagging"
Angry outbursts, poor dealing with anger, yell, slam doors, complain of unfairness or favoritism	Refuse to accept responsibility or blame
Show no remorse	Impulsivity
Use inappropriate racial or religious terms	Talk back, rude to us, eye rolling, disrespectful, ignoring
Watch a "bad" show at a friends house, cheat on a test,	Repeat same unacceptable behavior for months
Inappropriate humor	Say something is done to get to do something,
Mixed results on report cards	Homework takes too long; gets down on themselves
Procrastinates school work	Calls home from school about missing work
Intense thinker: worried about many things	Overly competitive, poor loser, gloating
Often anxious, asks same questions, needs lots of reassurance	

## Typical unpleasant behaviors grades 6-8

Inappropriate use of media	Rude, seems like disrespect. Sees us as dumber than dirt, rolls their eyes, uses sarcasm
Watching television shows that are not allowed	Chores done carelessly, Tries to manipulate us, resists participating in family activities
Does not open up, keeps feelings in	Caught viewing pornography
Too hard on self, everything is a big deal	Time management, promptness, problems planning ahead
Perfectionism	Poor grades in school, needs help in reading or math
Underachieving, attitude toward school	Say they don't have homework when they do
Power struggles and defiance, arguing about small things	Not planning for projects that are due in two weeks.
Speaking inappropriately about developing bodies	Not making team, doesn't play much, conflict with teacher or coach
Follows the lead of a friend (wrong crowd)	Expelled from group of friends, talking about friends behind their backs
Mood swings, compares self to others	

## How to View Behavioral Challenges

Skill deficit or performance deficit – Executive Function	They need a consequence to help them remember expectations
The demands of the current situation outstrip their capacity at this moment	Delivered by same loving, kind, patient parent as when they are at their best

## Teachable Moments.....

---

Ask yourself “how may I use this”

## Examples of Misbehavior as Opportunity “Teachable Moments”

---

Tantrum

Toileting accidents and bedwetting

Resist bedtime, brushing teeth,  
bathing

Talking back

Lying

Refusing to cooperate

Dawdling

Disrespectful

Poor grades in school

Bad sport

Fighting with sibs

“mean”, teasing, “bullying”

Dismissing us

Self-centered

Values opposite of family

## Examples of Disappointments as Opportunity “Teachable Moments”

Losing a game or not getting to play on a team	Problems sharing
Not being invited to a party	Separation problems; bedtime worries
Other child hurts our child	Friend moves
Friendship breakup	Peer pressure
Not best at something	Rumors about your child
Crushed by small disappointments	Negative social comparison
Last minute changes	Conflict with teacher or coach
Death of pet	Disappointing grades despite hard work

## Parenting with a long-term view

Short-term strategies may be effective immediately, but what do they do to the relationship long-term?

What will they remember about being disciplined?

The way you present yourself: does it lead to more or less closeness?

- Picturing a mirror over their shoulder

It is NOT what they do....It is what YOU do next that matters

## Discipline Strategies

---

House rules are discussed as a family

- consequences for breaking those rules are well known and understood beforehand.
- have kids participate in setting up these rules and consequences.
- The best consequences are the smallest and easiest to carry out...loss of electronics, time out from attention, loss of free time, loss of play date.
- If the consequences are big and difficult (kiddo must clean a room or do something for multiple days) it is harder to enforce without a fight.

## Discipline Strategies

---

Consistency is the key

- Every time a rule is broken, the parent “shows up” to enforce the consequence. We don’t ignore sometimes and enforce other times.
- Think of it as a Skill
- This is done **without** emotion, shame, or anger. We model the exact behavior we want them to develop.

## Discipline Strategies

---

Ignore emotional outbursts or refusal to do chores

Ignore smirking or laughing at misbehavior

Plans for apology – clear, model, give them words, practice

Keep it simple: Want more of a behavior? Give a reward. Want less? Give a consequence.

You don't have to "make them do it"

Pace of change

## Discipline Strategies

---

House rules and consequences are know in advance

Least aversive, smallest, easiest to carry out

Delivered without anger, frustration, shaming, etc.

Think of misbehavior as **skill deficit** rather than willfulness

Consistency – show up every time but pick your battles

Honor sovereignty

Instant forgiveness

## Discipline Strategies

---

Parent Later – Take Your Time: Put off Discipline Until you are Calm

- No need to Reply in the moment
- Model taking Care of Yourself

## Blind Spots in Parenting: Worrying

---

Overly Emotional

Low Tolerance for Conflict

Over-psychologizing

Right-sizing

Projecting Linearly



## Blind Spots in Parenting: Judging

---

Invisible Rule Book

- Comparison
- Appear as if our love is conditional

Expecting Payback

Inaccurately Inserting Intent

## Blind Spots in Parenting: Intruding

---

Views Parenting as Cloning

Myth of the Smooth Road

Poor Listener When Helping

Over-helpers

## Blind Spots in Parenting: Hesitating

---

Worships Their Children

Lacks Confidence in Their  
Parenting

Naive

## Understand That Parenting Includes Self-Doubt

---

Every stage is a mixed bag

What if I did it wrong?

Honor their sovereignty

Take it easy on yourself

## Our Job as Parents

---

Keep them emotionally close

Model what we want to see

Parent with a view toward the future

Show up every time (which battle to pick)

Celebrate baby steps

These in childhood predict better mental health and more positive relationships in adulthood.

---

1. felt able to talk to their family about FEELINGS
2. felt their family stood by them in difficult times
3. enjoyed participating in community traditions
4. felt a sense of belonging in school
5. felt supported by friends
6. had at least 2 NON-PARENT adults who took genuine interest in them
7. felt safe and protected by an adult in their home.