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Welcome to Make Parenting A Pleasure

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Session Guide:

- **Our Values and Goal**
- **Caring for ourselves**
- **Special Time**
- **Understanding Stress**
- **Stress Busters**
- **Who is my Child?**
- **Family Helpers**
- **Communication**
- **Family Helpers**
- **My Child's Emotions**
- **Discipline is Teaching**
- **Strategies for Effective Discipline**
- **Reflection and Celebration**



Special Time

- Self-Care
 - Were you able to fit in some time to care for yourself?
 - If so, how did it feel?
 - Thoughts, feelings, or physical experiences that resulted from the activity.
 - If not, what got in the way?

Fill Your Cup!



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Do something pleasurable

Bake a cake
Paint your nails
Plant some seeds
Take a nap
Soak your feet

Get exercise

Go for a hike
Shoot some hoops
Walk around the block

Connect with others

Start a conversation at the grocery store, park, daycare
Get in touch with a friend
Call a helpline
Go to a support group

Do something soothing

Drink a cup of hot tea
Snuggle up in your pajamas and watch a movie
Listen to music
Write in your journal

Energize your thinking

Read a suspenseful novel or mystery
Work crossword or jigsaw puzzles
Try to understand obscure poetry
Write out your solution to a political or social problem

Pay attention to someone else

Send an email of appreciation to your child's teacher
Volunteer at a food pantry
Listen to others share at an AA or NA meeting
Write a thank-you note to someone who has helped you

Laugh

Watch a comedy
Watch silly clips on YouTube
Spend time with someone who makes you laugh



Positive Attention through Play to fill our child's cup

- In previous session was discussed how our intentional efforts to connect with our children are ways to fill their cups.
- How is this going?
 - Were you able to give your child Positive Attention through Play? Any new ways to fill your child's cup?
- Remember "Follow the Leader" and "Talk it Up"



Special Time Memories

- Let's think back to our own experience as children.
- Do you remember times when positive adult attention made a difference for you?
- It might have been a parent, a babysitter, older sibling, coach, neighbor, aunt, grandfather, teacher, counselor, or family friend.





Filling Our Child's CUP with Special Time

- C—Child choose activities
- U—Undivided attention
- P—Predictable
- To make the most of our Special Time with our children, remember to
- C—U—P, cup

Let's watch a small video

[03 - Special Time.mp4](#)

Session 3 Review: Take Home Ideas

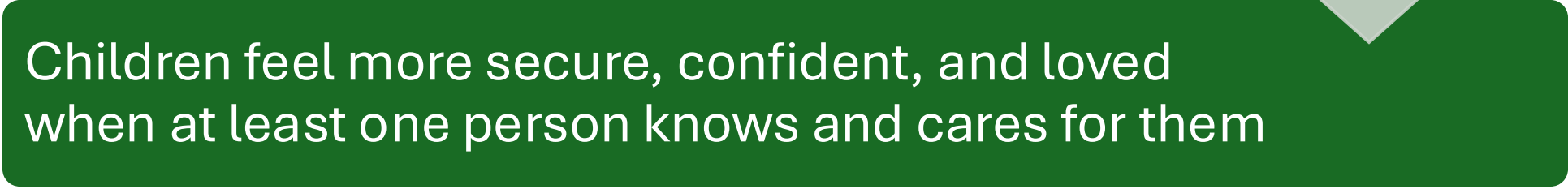
Sharing time with those we care about is a basic need.

An orange rectangular box with rounded corners containing the text "Sharing time with those we care about is a basic need." A light orange arrow points downwards from the bottom right corner of this box to the top right corner of the box below it.

Children cannot thrive, learn, and grow in healthy ways if they do not get focused attention.

A green rectangular box with rounded corners containing the text "Children cannot thrive, learn, and grow in healthy ways if they do not get focused attention." A light green arrow points downwards from the bottom right corner of this box to the top right corner of the box below it.

Children feel more secure, confident, and loved when at least one person knows and cares for them

A dark green rectangular box with rounded corners containing the text "Children feel more secure, confident, and loved when at least one person knows and cares for them".

Questions?

Thank You!