



教育局
Education Bureau

Positive parenting: Growth comes from no comparison

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How do parents compare children?



Why do parents compare their children with others?



Culture of
competition



Developmental
background

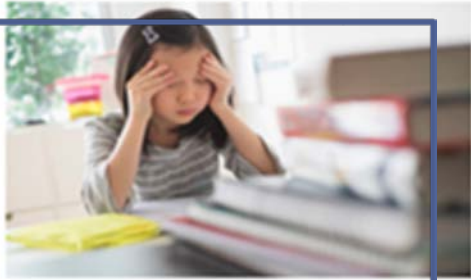


Anxiety/
worries



Lack of effective
parenting

Negative impacts of comparison



Stress/anxiety



Negative parent-child relationships



Negative sibling/peer relationships



Excessive emphasis on competition



Withdrawal behaviors



Negative self-concept

Self-concept

- Attributes, abilities and attitudes of him/herself
- E.g., I read fast/ I have many friends/ I love singing



Influenced by: Parents' love and care, others' comments, opportunities for experiencing success

Positive self-concept: Facilitate social-emotional and other aspects of development

Extrinsic motivation vs Intrinsic motivation

Extrinsic motivation

Avoid punishment

Gain
rewards/praises

Intrinsic motivation

Enjoyment

Knowledge/skills

Intrinsic motivation → Long-term and sustainable behavioral change

How to stop comparing



Notice the thought
of comparison in
your mind

Understand that
each child is
unique



Four parenting styles

Responsiveness and Warmth

Control and
Demandingness

	High	Low
High	Authoritative	Authoritarian
Low	Indulgent	Neglectful

What is positive parenting ?



Love and
care

Respect
and trust

Effective
communi-
cation

Supporting
development

Using positive parenting to support children's development

Train child's ability to self-regulate

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graph TD; A[Train child's ability to self-regulate] --- B[Self-evaluation]; A --- C[Behavioral self-regulation];
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Self-evaluation

Behavioral self-regulation

Parenting strategies

Support and love

- Spending time together
- Expressing love and care
- Active listening

Express the thoughts

- No labeling
- No blaming
- Reframing
- "I" message

Realistic expectations

- Respect each other
- Supporting development
- 6-step plan

Reinforcing the behaviors

- Praise sincerely
- Praise immediately
- Natural consequences
- Logical consequences

Active listening

Listening

Empathy

Non-
judgmental

Responses

- Paraphrasing
- Reflection of feelings

Active listening

- Dad: Why aren't you playing with the other kids?
- Son: No one wants to play with me (lower head).

(Reflecting the meaning and the emotions)

- **Dad: You feel that no one wants to play with you and that makes you feel bad.**
- Son: Yeah. I hate them and particularly Issac, He makes fun of me because I don't always play basketball well.

(Reflecting the meaning and the emotion)

- **Dad: You are angry because they, especially Issac, make fun of you.**
- Son: Yes. Issac calls me names. He shouldn't do that to me. I'm his friend, but I don't like that. I don't do that to him.

(End the discussion by indicating that it is the child's responsibility to solve the problem)

- **Dad: You think that friends should not tease each others. Then how can you help Issac understand your thoughts?**
- Son: I think I need to tell Issac how I don't want him to call me names. Maybe I can ask him to show me how to play basketball better. Then he won't call me names!

Reframing & “I” message

Aim: Make the child more receptive to the assessment and recommendation of parents

Reframing: Avoid using comparison/negative labeling (e.g.: lazy, stupid, annoying, steals)

*Take the sting out of the negative comments

“I” message: Avoid blaming, judging or threatening the child

*Begin your sentences with “what I think” and “what I feel”



Reframing and “I” message

Avoid

“If you can stop being lazy, you would be more successful at school.....”

- Suggest using sentence patterns below to construct the message:
 - “When (describe the behavior that is bothering you)”
 - “I feel (state how you feel about the concern)”
 - “Because (describe what you think may happen)”

Example

“When you don’t finish your homework, I feel upset because I am afraid that you will fall behind and not be able to catch up...”

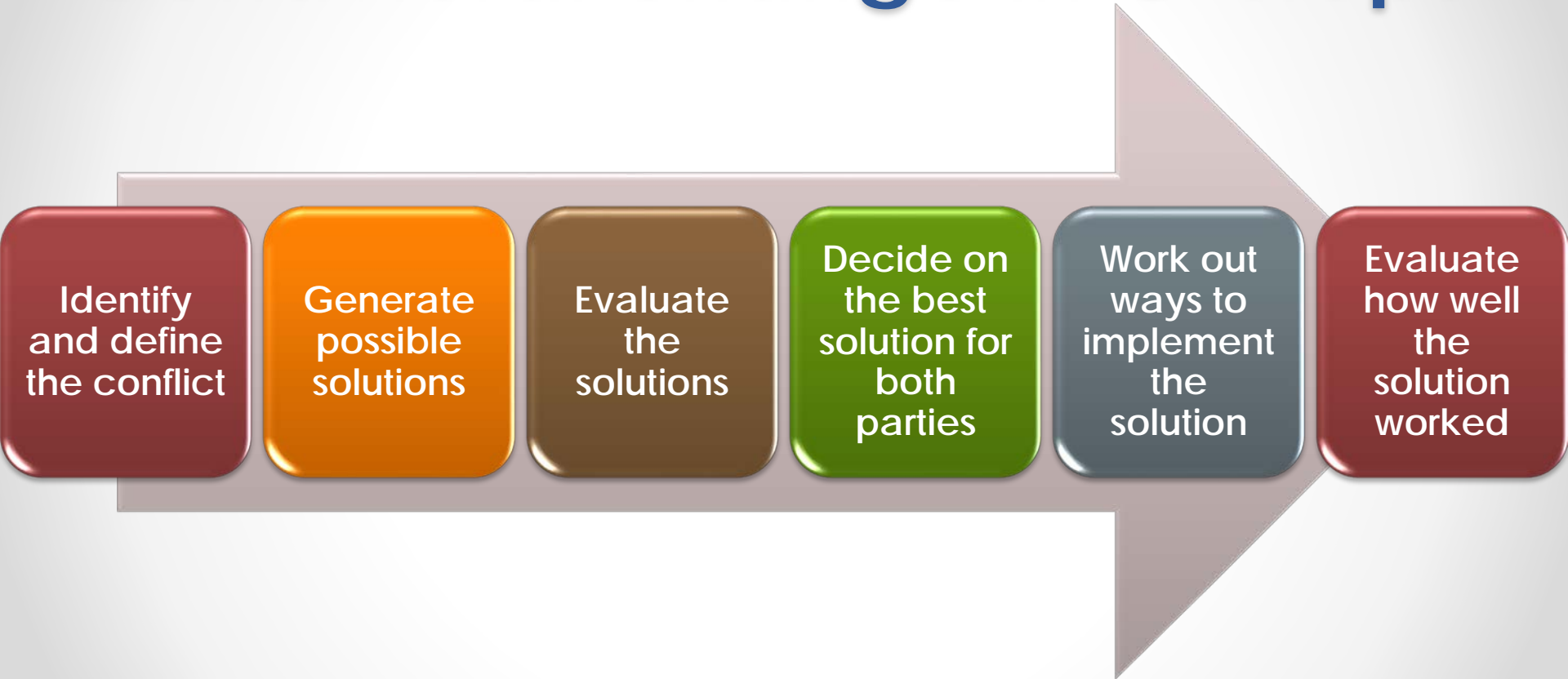
Reframing and “I” message

Avoid

“If you can be as smart as your elder brother, you don’t need to spend so much time attending tutorial classes”

- Suggest using sentence patterns below to construct the message:
 - “When, I feel because”

Behavioral change in 6 steps





Behavioral change in 6 steps

Identify and define the conflict

Parents: You've been coming home late from school. I worry so much about you, so I can't concentrate on my work.

Generate possible solutions

Parents: Maybe you should ride the bus home instead of staying after school to play.

Child: If you bought me a watch, I could set an alarm to remind myself when to leave for home.

Evaluate the solutions

Parent: How much does a watch cost?

Children: Some are not very expensive. I just need a simple watch to remind me when to start home.

Decide on the best solution for both parties

Parents: OK, if we find a watch with right price, I will buy it for you.

Work out ways to implement the solution

Parents: We can go to buy a watch after dinner. I'll help you learn how to set the alarm.

Evaluate how well the solution worked

Parents: You've been doing a great job at being home on time after you got the watch. I am proud of your change.



Behavioral change in 6 steps

Identify and define the conflict

Parents: You often stay up late at night and are late for school. I worry that you may miss some important school activities.

Generate possible solutions

Parents: Maybe you should sleep immediately after dinner, without playing toys.

Child: I like playing. I can finish my dinner more quickly.

Evaluate the solutions

Parents: You can have 20 minutes to play if you can finish dinner before 8pm.

Child: Maybe I need a reminder to alert me how much time I have left while I eat.

Decide on the best solution for both parties

Parents: Ok, I can remind you of the time you have left.

Work out ways to implement the solution

Parents: We can try to finish dinner before 8 o'clock tonight, and then go to bed after playing toys for 20 minutes.

Evaluate how well the solution worked

Parents: You have not been late for school since we tried out the new solution. I am proud of you being able to manage your time well.

Praising children



Acknowledge the child's attributes and abilities; show your trust

Express thanks for their actions/contributions

Praise their efforts and strategies

Be explicit about the child's improvement

Convey a message of acceptance and approval

Should parents avoid punishing children?



Natural consequence: When a child does not finish the meal, he/she will feel hungry

Logical consequence: If a child cannot finish meal before a certain time, he/she will not be able to leave home together

Key points on parenting



Teach children to behave in ways considered appropriate

Help children develop self-regulation

Parents should understand the reasons behind child's behavioral problems

Parents should be warm and consistent

Methods and strategies of parenting should be adjusted according to the child's age and development

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Thank you!
Q & A