



In sickness and in health™

Purposeful Parenting

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Purposeful Parenting vs. Emotional Reactive Parenting

- Goals for parenting that are aligned with family values
- Proactive vs. reactive
- Self-awareness
- Healthy and unhealthy patterns of communication

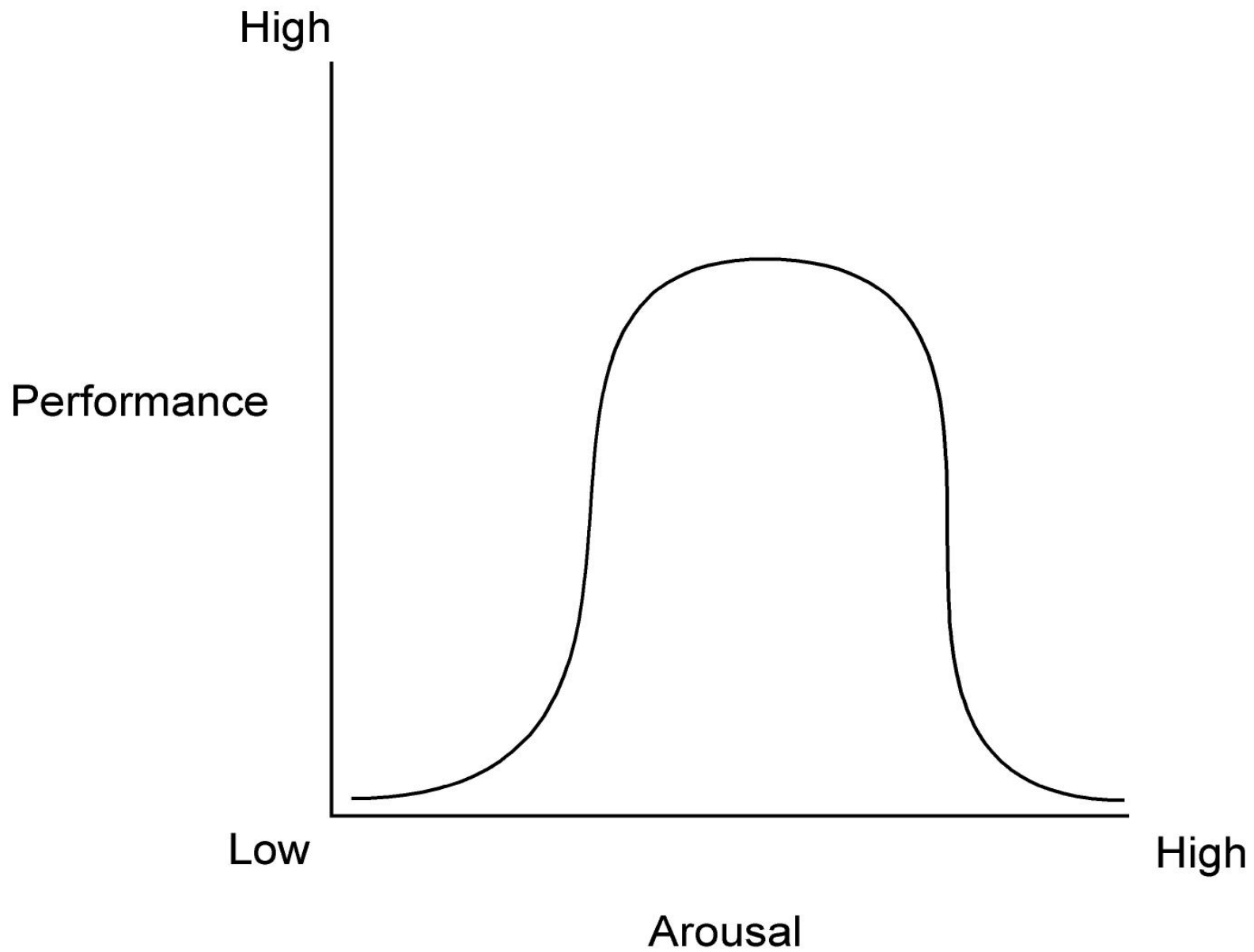
What is Anxiety?

Normal, natural, built in through evolutionary processes

Response to the perception of future threat or danger

We need this to prepare for future potential difficulties

Some anxiety is actually good for performance
(Yerkees-Dobson)



When we are Uncomfortable or Anxious

- Our Fight – or – Flight system gets activated by the perception of threat/danger
- The perceived fear is greater than the actual threat/danger
- Everyday occurrences become overwhelming
- Behaviors interfere with daily functioning

Maladaptive Coping (Avoidance)

- Based on misappraisal of the threat
- Intention is to avoid fear stimulus or the danger it signals
- Coping patterns develop as a way to create immediate relief and avoid experience of discomfort

Distress Tolerance

- Lack of crisis survival strategies
- Underdeveloped skills to manage feelings such as disappointment, anger, and sadness
- Difficulty applying coping strategies to stressors

Factors that Contribute to School Anxiety

Difficulties with...

- Managing feelings of discomfort
- Experiencing disappointment
- Applying conflict resolution skills
- Communicating needs effectively to school staff

Emotional Regulation

- Difficulty managing emotions
- Lack of self soothing techniques
- Poor impulse control

What Heightens Anxiety

- Avoidance
- Reassurance seeking
- Distraction

Emotional and Cognitive Development

- Assessing discrepancy between emotional and cognitive levels of development
- Understanding different stages of emotional development
- Considering emotional development when formulating expectations
- Fostering emotional maturity

Demands on Adolescents

- Academic/Achievement
- Time constraints
- Competition (internal and external)
- Social Media
- Extracurricular
- Financial
- Appearance

Demands on Parents

- Time constraints
- Financial
- Social (lack of)
- Career
- Family responsibilities
- Self Demands

Parenting Strategies

- Identify goals to be achieved as a result of parenting (what is non-negotiable?)
- Identify patterns of behavior
- Be clear and consistent (written contract may help)
- Identify and strategize obstacles to following family contract or meeting goals
- Evaluate progress and obstacles regularly
- Aligned parenting creates expectations that increase consistency and structure

Parenting Strategies

- Avoid enabling your child
- Create home environment that fosters structure and consistency
- Communicate effectively (LISTEN-keep it short and simple!)
- Increase self-awareness
- Learn how to allow your child to be uncomfortable-foster self-soothing skills
- The goal is a healthy child!

Sample Family Contract

<u>Expectations</u>	<u>Privileges</u>
<ul style="list-style-type: none">• Attend School• Be ready at 7:00• Chores• Homework• Extracurricular Activities	<ul style="list-style-type: none">• 2 hours of screen time• Go out on Friday night• Allowance• Cell phone privilege• Video games, lap top

Setting a Family Behavior Contract

- Work to set goals for child based on family values
- Goals should be both long- and short-term
- Goals should be specific, measurable, achievable, realistic and timely (SMART)
- The expectations should be clear and consistent
- Avoid power struggles

How Do I Communicate Effectively?

- Provide child with choices
- Language such as “It is your choice” vs. “You have to”
- “What do you think you could do” vs. “You’ll be ok”
- Look for teaching opportunities that work towards goal attainment
- Timing is important
- Less is more

Understanding Your Family Dynamics

- Stressors in the family
- Boundaries and limits
- Communication patterns
- Spoken and unspoken rules
- Family values and/or religious/cultural beliefs
- History of family mental illness
- Therapy may be necessary

Contact

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