

Real

IDEAS FOR PARENTING



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**A. Sophie Rogers School
for Early Learning**
in the Schoenbaum Family Center at OSU



Ohio Statewide
**Family
Engagement
Center**

— at The Ohio State University —

in the Center on Education and Training
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OVERVIEW

OUTLINE OF TODAY'S DISCUSSION

- Routines
- Appropriate expectations
- Consistency
- Recovery
- Script out your plan
- You are not alone!
- Q & A







LOVING WITH LIMITS



Loving with Limits

Routines



- Children thrive on predictability and routine
- Children have very little control over what they do and when they do it, it helps to know what to expect and when to expect it
- More important to have an order (first bath, next books, then bed) than a time (bath is at 7:30 pm, books are at 7:45 pm, bed is at 8:00 pm)
 - "When-then" language
 - Helps children learn cause and effect and that their behavior impacts what they do and do not get to go
- Routine is unavoidably changed? Prepare and discuss with your child!



Appropriate Expectations

- **Set you and your child up for success with attainable limits and avoid power struggles**
 - Toileting, sleeping, eating, etc.
 - Direct vs Indirect commands
 - Reduce NO, DON'T and STOP, tell your child what to do
- **Waiting time for children approximates their age**
 - 2 year old, two minutes
- **By the time they are 5, most children can follow 3 step directions**
- **Offer choices within your expectations**
 - "Here are your clean masks, do you want the shark or alligator mask?"



Loving with Limits

Consistency

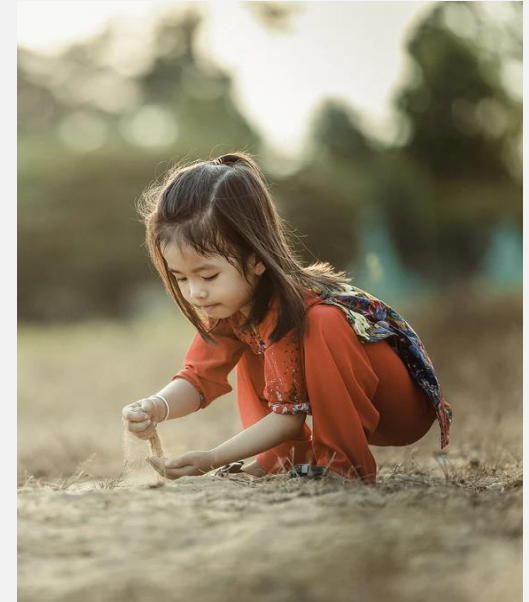
- Once you set a limit, follow through
- Children will learn that limits can be tested if you do not consistently follow through with limits you have set
- Make sure you are not giving a lot of attention during challenges, but positive attention when they are compliant
- Limit need reconsidered? Work with the child prior to the expectation time to rework the expectation
 - Don't wait until the child is in full tantrum mode to reason (fight, flight, or freeze)



Loving with Limits

Recovery

- **Give your child time and space to calm down**
 - Survival brain vs Thinking brain
- **Take care of basic needs**
 - Hug, tissue, drink of water, etc.
- **Give direct commands in a positive tone that tell your child exactly what you want from them**
 - "Put your shoes on and meet me by the door."
- **Revisit situation later on to talk through what happened and brainstorm a better solution**



Script it out!

- Challenging time in your day?
- Develop plan to be proactive
 - Include all adults involved- remember consistency and follow through matter!
 - Let children know of the plan ahead of time and involve them in decision-making if appropriate.
- Develop a plan to be reactive
 - Remain calm, state expectation, and take a deep breath!
 - Follow through, even if it's an hour later, follow through



You are not alone!



- **Build a support network**
 - Family, friends, and your child's teacher
 - Reach out to your pediatrician
- **All children display challenging behaviors, they are new in this world and learning how things work. Testing limits and exerting power is part of being a kid!**



Q&A Time!



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Real Talk

IDEAS FOR PARENTING YOUNG CHILDREN

For more information and resources, visit:

- A. Sophie Rogers School for Early Learning
earlychildhood.ehe.osu.edu
- Ohio Statewide Family Engagement Center
OhioFamiliesEngage.osu.edu
- Or email S FCCCEC@osu.edu

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THANK YOU!



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THANK YOU

PLEASE TAKE OUR SURVEY

Use the link in the chat box to take the survey.



Next RealTalk Session

July 28, 2021

12:30-1:00 pm

Navigating Sibling Rivalry and Conflict Resolution with Kids

