



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

## UTTC Lifeskills Lessons – Relationships & Family

### Lesson 21: Parenting

LS00021

#### **A parent by any other name is still a parent!**

DEFINITION - A parent is a caretaker of the offspring in their own species.

Mother • Father

Grandmother • Grandfather

Aunt • Uncle

Biological Parent • Adoptive Parent

Foster Parent • CO-Parent

Step-Parent

If we are to consider seven generations – we are the middle – and we think about three generations before us and three generations after us. What care, what thought, what blessing, what evil, what plan is in place for the middle of 7 generations.



#### **RESOURCES**

- [www.parentsforevernd.org/online-sign-up](http://www.parentsforevernd.org/online-sign-up)
- <http://articles.extension.org/parenting>
- <http://cru.cahe.wsu.edu/CEPublications/FS108E/FS108E.pdf>
- Dawd,T, Teaching Social Skills to Youth. A Step by Step Guide to 182 Basic Complex Skills
- Parenting Live – Smart Phone App

#### **How to Be a Good Parent**

##### **1. Love**

- Cuddle, touch, encourage, and give smiles.
- Tell children you love them every day. Love unconditionally, no matter how angry at them you may be.
- Give hugs and kisses to make them comfortable about giving affection.

##### **2. Praise**

- Make a habit of praising verbally.
- Applaud.
- Be specific and say thanks!

##### **3. Unique Connection**

- Celebrate their difference.
- Avoid favoritism.
- Give individual time.

##### **4. Listen**

- Set aside a time to talk everyday – mealtimes work well.
- Be serious about their stories.
- Don't underestimate a child's intelligence.

##### **5. Be there for the milestones.**

- Attend activities.
- Be present (no smart phone or TV when they are talking or during meals).

#### **How to Be a Good Disciplinarian**

##### **1. Reasonable rules**

- Communicate your rules clearly.
- Be clear on consequences.
- Avoid physical punishment or ridicule. Control your temper.

##### **2. Be consistent**

- If your child feels like your rules are breakable, he'll have no incentive to stick to them.
- Use same rules and consequences as other adults in the home.

##### **3. Provide order.**

- Encourage responsibility by giving them jobs or "chores" that fit age and ability.
- Don't fight with other adults in their presence and avoid public scolding's (scolding is a private matter).
- Criticize your child's behavior, not your child. Be assertive yet kind when pointing out what they have done wrong. Be stern and serious.



- Being a parent is not easy!
- Being a parent is perhaps the most rewarding and fulfilling experiences of your life!
- Being a parent is a job where your work is never done!
- Being a parent may be the toughest job you ever loved!



## How to Build a Child's Character

### 1. Teach independence

- Children are not an extension of us. They are unique.
- When your child is old enough, help them make decisions about dress, school activities, and friends.
- Children need to learn that their own actions have consequences (good and bad).
- Don't routinely do things for your children that they can learn to do for themselves.
- Tell children to be themselves and try to not want to imitate others.

### 2. Be a role model

- It's perfectly okay to make mistakes, but you should apologize for bad behavior, even to our children.
- Teach kids about charity? Get involved and take your kids with you go to a soup kitchen or homeless shelter and help serve up meals. Explain to them why you do acts of charity so they understand why they should.
- Think about your behavior – lying, stealing, gossiping, use of addictive substances, missing work – children learn what they see not what they hear.
- If you want children to share, set a good example and share your things with them and others.

### 3. Encourage a healthy lifestyle

- Grow a family garden, take walks together, and eat meals together.
- While they are young, start them out with healthier snacks. Have them help in food shopping.
- Emphasize small portions of food at a time.
- Use moderation in alcohol use and avoid tobacco use.
- Teach money management and how to not be owned by electronics.
- Teach right and wrong and share your spiritual beliefs and values.

### 4. Allow mistakes – but, be the parent

- Promote problem-solving and coping skills with guidance.
- Know their friends. Discuss the influence others have on them.



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# PARENTING

#### **OBJECTIVES:**

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1. To discuss the role of parents, in general, and the many types of parents.
2. To discuss the skills needed to be a good parent.
3. To recognize the characteristics necessary to practice good discipline in parenting.
4. To discuss how parenting can impact character in children.
5. To provide opportunity to share stories relating to parents of the past, present and future.

#### **PROCEDURE:**

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1. Write the Objectives on the board
2. Distribute Lesson 21 Talking Sheet - Parenting
3. Ask for a volunteer to open session with a prayer, offer a prayer thanking the creator of all parents and care providers of the little ones, or open session with a minute of silence
4. Introduce the idea of the many people who can parent based on definition
5. Allow participants to read and share ideas and good parenting examples
6. Facilitate discussion relating to good disciplinary skills for parents
7. Facilitate discussion connecting parenting skills and character building in children
8. Guide conversation relating to parenting observations of poor or good parenting as shared by participants
9. Distribute and collect Lesson 21 Evaluation

#### **RESOURCES FOR INSTRUCTION SUPPORT:**

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1. NDSU or other State Extension Program handouts
2. Parenting Resource Centers available in the community
3. [www.parentsforevernd.org/online-sign-up](http://www.parentsforevernd.org/online-sign-up)
4. <http://articles.extension.org/parenting>
5. <http://cru.cahe.wsu.edu/CEPublications/FS108E/FS108E.pdf>
6. Dawd, T, Teaching Social Skills to Youth A Step by Step Guide to 182 Basic Complex Skills
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#### **TIME:**

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50 minutes



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**EVALUATION**

***On a scale of 1 to 5, with 1 being least confident and 5 being most confident, please circle one per question.***

***Not Confident***

***Very Confident***

Please rate how confident you are in sharing the various types of parents and each type fits the definition of a "Parent".

1                      2                      3                      4                      5

Please rate how confident you are in listing skills that support good parenting.

1                      2                      3                      4                      5

Please rate how confident you are in recognizing good disciplinary skills needed to parent.

1                      2                      3                      4                      5

Please rate how confident you are in recognizing the connection between parenting and character building in children.

1                      2                      3                      4                      5

Please rate how comfortable you were in sharing stories relating to your parenting memories, experiences, or plans .

1                      2                      3                      4                      5

***New things I learned or understand better because of the lesson***

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***Comments***

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