

PARENTING BELIEFS TO TOSS IN THE TRASH

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KSL Studio 5 Interview
November 10, 2017



How's my parenting?

We've been handed down a lot of beliefs about parenting that aren't necessarily accurate or real.

"TODAY'S MISTAKES ARE TOMORROW'S PROBLEMS"

If I don't fix my child's mistakes today they're bound for failure. Don't panic & don't act like it is going to be permanent.

"ONE SIZE FITS ALL"

Kids are not the same so to some degree you need to figure out what each one needs.

"MOM & DAD KNOW BEST"

The child may know best what they like or what their needs are.

"KIDS CAN BE GOOD OR BAD"

Kids can't be good or bad. They're awesome! Use other words like "not healthy, helpful, kind thing to do". Kid who think they're bad, believe it and begin to self-fulfill. Correct behavior but don't judge them.

"YOU CAN RELIVE YOUR LIFE THROUGH YOUR KIDS"

Stop it! This is their world. Let the child live their life.

reflections:

What is the purpose of parenting?

How is your relationship with your child?

How do you view your child?

What parenting beliefs can you toss?

How will you know if your parenting strategy is working?

Notes: