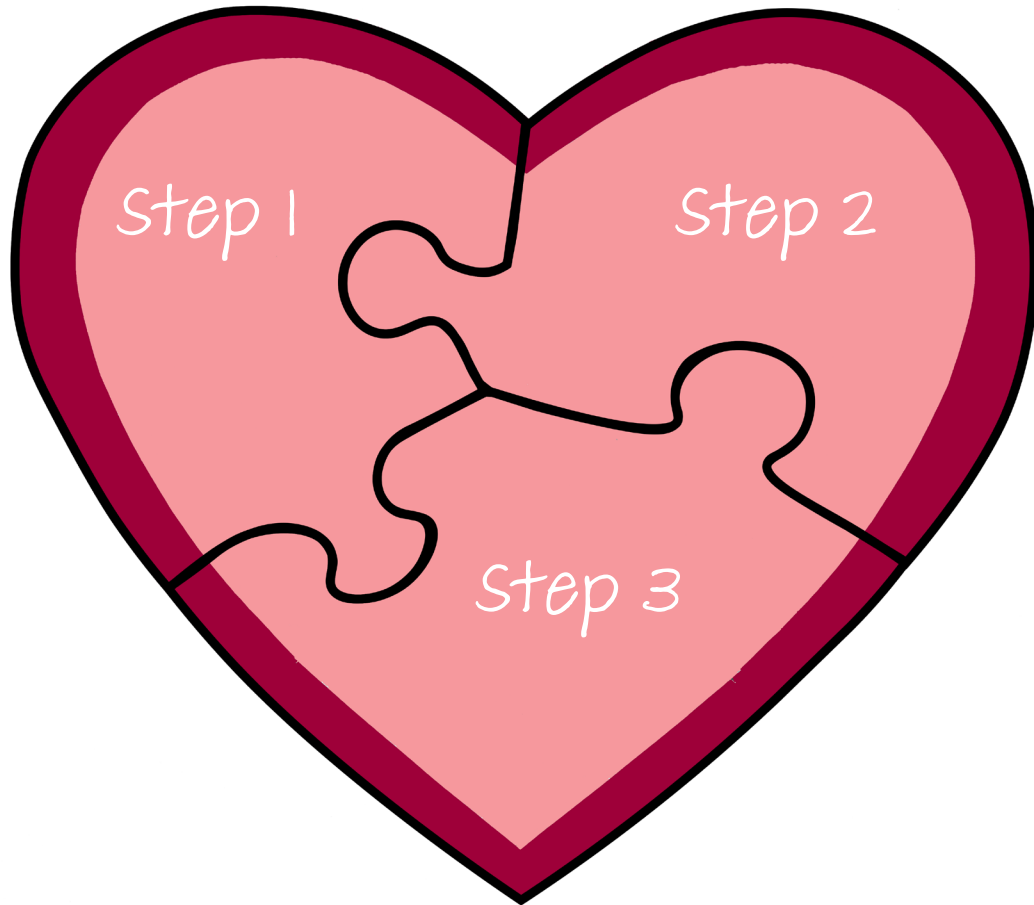




Daily Do...E-Parenting

Handout JS4



How to do *E-Parenting* many times a day:

Step 1: _____

Step 2: _____

Step 3: _____

Continued



The potential payoffs that are important to me are:

- ---

- ---

- ---

- ---

- ---

- ---

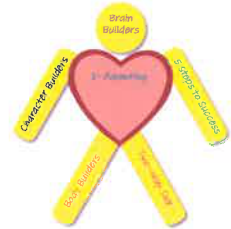


Growing Great Kids™

D A I L Y D O

E-ParentingGrowing Empathic Parenting Skills and
Self-Regulation in Children**Handout JS4***Step 1... Ask yourself what your child is experiencing.**Step 2... Put their feelings into words.*

- Use 2-to-3-word phrases.
- Repeat them several times.
- Mirror (copy) the intensity of your child's feelings.

*Step 3... Do something to help or support them.*

- Smile.
- Hold them.
- Clap for them.
- Remove them from the stressful situation.
- Hug them.
- Make them comfortable (change their diaper, feed them, add more clothes, etc.).
- Interact with them (describe what you're doing, introduce a new toy, etc.).
- Ask the other person to stop what they're doing.
- Take them for a walk.
- Hold their hand.
- Assure them that it will be okay.
- Apologize.
- Tell them everyone makes mistakes.
- Kiss them.
- Rub their back.
- Jump up and down with excitement.
- Tell them what a good job they're doing and how proud you are.



Continued



For a parent, empathy means letting your child know and feel that you understand what they're experiencing or feeling.

It means you can be depended on to:



- Share in their joy and excitement.
- Make them feel secure and protected.
- Help them manage their strong emotions such as anger, jealousy, and frustration in appropriate ways.

What are the potential payoffs for parents and children when parents use E-Parenting many times every day?

Children may:



- Have fewer temper tantrums.
- Have brains that are better “wired” to experience happiness and joy.
- Develop better coping skills.
- Be less likely to be drawn to drugs and alcohol when they're teens and adults because they're more emotionally healthy and have strong self-esteem.
- Develop “Feeling Word Vocabularies,” which may give them better skills to resolve conflicts.
- Be more “ready” to pay attention and learn in school.
- Feel more understood when they become teenagers.
- Be less likely to bully others.
- Be more sensitive to the feelings of others.
- Be more likely to show respect to their families, elders, and the community.
- Learn to manage their stress better when they're teens/adults.



Parents may:

- Develop a larger “Feeling Word Vocabulary” and be more sensitive to the feelings of their child.
- Feel more competent.
- Find that discipline is easier.
- Find that communities become “kinder” because children grow up having more empathy for others.
- Find that communities become stronger because children grow up with better self-discipline (self-regulation).
- Find that their family is happier and less stressed because parents and children have learned how to manage their difficult emotions.