

Presentation Outline

Class: Family Support

Curriculum: Love and Limits

Time Frame: 1hr. and 30 min.

Facilitator: Lauren Davis

INTRODUCTION: When it comes to building a healthy family, raising children is perhaps the most difficult task parents face. And for most parents, the greatest challenge of all is providing love and security while at the same time, the correction and discipline necessary to raise their children into responsible adults. Simply put, finding a balance between love and limits is no easy job. Some parents tend to be harsh and overbearing, while others simply give in to the demands of their children as a quick fix for misbehavior. Our goal is to strike a balance between the two - to learn how to be firm but fair.

MAJOR PROBLEMS: Here are the two basic styles of unbalanced parenting.

- **Overbearing**
 1. The “Because I said so” syndrome - the parent is never at fault.
 2. Abuse of parental authority - the tendency to say no to every request.
 3. The “chip off the old block” syndrome - forcing the children into the parent’s image.
- **Hands-off**
 1. The “buddy” syndrome - trying to be the child’s friend at the expense of providing proper guidance and discipline.
 2. Going along to get along - giving in to selfish demands to avoid conflict.
 3. Placing primary responsibility for raising children on outside sources.

SOLUTIONS:

- **Discipline in love** - Love is the ultimate key to successful parenting. We must never abuse our parental authority by venting out frustrations at the expense of our children.
- **Be firm but fair** - Good behavior and proper living must be practiced by both parents and children alike. We must be consistent in providing correction and guidance, and willing to give our children sound reasons for our decisions.
- **Respect** - The real challenge in effective parenting is to help shape and draw out of our children their own unique gifts, talents and potential. We must be willing to allow our children to learn and grow from their own mistakes. And we must never attempt to relive our own lives through our children, or shape them into a carbon copy of ourselves.

INTERACTION:

- Role play among parents and children using both parenting styles.
- Have each family member respond.
- Open the floor for discussion.

CONCLUSION: In order to raise healthy children, we as parents must find the proper balance between nurturing and discipline in their lives. We must be consistent, and measure right and wrong by one yardstick - what’s wrong for our children must also be wrong for us. And above all, we must never attempt to relive our own lives through our children, but help them to find their own unique destiny and purpose in life.

