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**Parenting Presentation Notes from “Updating Your Parenting Software”**

**Friendships for Girls…**

Are a **totally super really** big deal for girls…

Are highly valued by girls who place a higher emphasis on other’s opinions & choices.

Best indicator of psychosocial adjustment, fairly consistent through school.

Is often highly riddled with conflict

All you need is *one*! (OK, maybe 2)

Growing pains

Girls are “nice”…Direct Conflict BAD – “Frienemies”

**Friendships for Boys…**

Tend to be activity based

Tend to contain more overt competition

Best indicator of psychosocial adjustment, fairly consistent through school.

Are more clear cut: “Friend”… “Not friend”

Boys tend to aggress outside their relationships

Conflicts are based upon fairness of play, rules of game

Contain conflict but less drama

What’s normal?

* Lots and lots of chaos
* Hot and cold friendships (drama)
* For your boys to be in over their heads
* For girls to randomly break-up and make-up for invisible reasons (more drama)
* For stories not to match up
* Disappointment in your kids’ choices (we often don’t see the good ones)
* To think this is THAT much different from when you were a kid

Teasing Vs Bullying Vs Mean

**Teasing** can be fun, loving, playful and usually OK between friends….Nature of relationship determines

**Bullying**: systematic, power differential, can’t escape/avoid, no allies, INTENT is to harm

**Mean**: this terms refers to any and all behaviors that your kid didn’t like or felt hurt by

**Anxiety: Yours & theirs**

Change is uncomfortable

Anger hides fear during transitions

* Respond vs. React
	+ Separate your issues: who is upset here?
* The “Blender”: Don’t rush the parenting moment
* Helicopter Parenting: Over-involvement undermines their abilities

**When THEIR friends make YOU nervous**

* Soft control
	+ Your house or no house
	+ Sleep Ins vs. sleep OUTS
	+ Parent your CHILD according to their personality
* Pow-Wow with parents and kids
	+ “we noticed”; “you two seem to…” “Our girls seem to….”
* ONLY forbid friendship as a last resort

**Technology &Anxiety**

Kids *feel* as is “everyone” is talking about them… they might not be wrong

Kids *feel* quickly left out…they might not be wrong

Girls feel paranoid…

Girls can “stalk” & obsess about Face Book/Insta-gram images

Girls can *hide* in & on their technology

Info overload causes anxiety

Texting effects Impulsive control…immediate gratification

**Parenting Tips: WHAT DO I DO?**

* Truth island
* Ask, “What do YOU think?”
* Teach that “all you control is YOU”
* Self confidence is EARNED, not given

**What DO I SAY?**

Give an emotional vocabulary – esp. for BOYS!

* + Sounds like you were more interested in being cool than by doing right…
	+ What were you feeling when you decided to ditch her?
	+ It sounds like you were feeling \_\_\_\_\_?
	+ Sometimes when people do this they feel threatened…scared…embarrassed…
	+ “That sounds really confusing & annoying. Can we think of some reasons - even random ones - why that happened?”

**What ELSE do I Say and Do?**

* Talk less but say more
* Timing is everything “open window”
* VALIDATION “you are so upset!”
* **ROLE PLAY WITH YOUR KIDS**
* Sleep on it
* Ask yourself, “What do I want her to learn here?”
* Ask better questions… “Can you tell me what you think went wrong here?”
* State your experience w/o blame: “Can I tell you what happened for me?”
* Agree to disagree…that’s EMPOWERING

**Parenting PITFALLS**

* Don’t assume innocence – even your angel does this
* Don’t assume guilt
* Don’t take their bad choices so PERSONALLY! It will cause you to REACT not respond
* Don’t think this reflects upon you so much
* Don’t Intervene at every little squabble
* Don’t Call another parent without telling your kid first!!
* Don’t Get obsessed with your kids’ social life
* Don’t Miss the learning moment to discipline
* Don’t Act without open minded investigating
* Remember to be supportive & know you can’t “fix” all of it
	+ “Babe –I’m sorry that happened. You must have been really upset. Tell me all about it”

Shut up and listen!“

* Give your kids permission to “Break-up”

**Brave Talk**

When you are:

1.) Telling someone to stop doing something

2.) Asking them for something, or

3.) Politely saying “No” to a friend,

Brave Talk is…

* + Eye Contact
	+ Tone of Voice
	+ Facial Expression
	+ “I” Words
		- “I felt \_\_\_\_\_\_ when you \_\_\_\_\_\_\_\_”
		- “ I don’t agree”
		- “I asked you to *stop”*
		- I didn’t ask for your opinion

BRAVE TALK Example: (K-4th)

* I told you to stop.
* I don’t want to do that.
* No.
* No, thanks.
* Stop. If you don’t, I will tell.
* Don’t talk to me like that.
* I don’t like how you’re playing
* I think that is mean
* I’m done here ( then walk away)

BRAVE TALK (4-8th)

* Hey - I told you to stop.
* I don’t want to do that.
* I didn’t ask for your opinion
* Why do you care what I do?
* No, thanks.
* Hey - you think what you want, and I think what I want. OK?
* Don’t talk to me like that
* I think that is mean
* I don’t think that is cool
* Thanks for sharing!
* REALLY?!?

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