

PARENTING PROCESS FOR YOUR CHILD'S SUCCESS

ParentingMontana.org has tools to address common parenting issues. The tools use this 5-step process to build the skills our kids need to be confident, respectful, and make healthy choices.

Here is a quick reminder of what each step is, why each step is important, and how you can engage in each step with your child.

Visit ParentingMontana.org to learn more about the tools that use this process to address issues like chores, stress, peer pressure, homework, and family rules and expectations for children at every age.

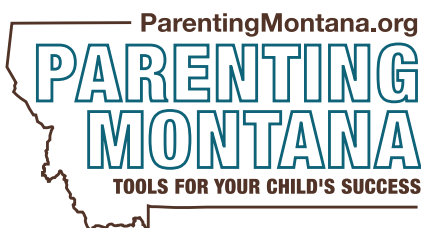
5-Step Process

Step 1: Get Input

- Get your child engaged in a conversation with you.
- Create ownership.
- Build skills to be successful.
 - *"What are chores that should/could be done in our family?"*
 - *"Considering all of the activities that typically take place after school, when is the best time for you to do homework?"*
 - *"Let's talk about times when your friends might be doing things you don't want to."*

Step 2: Teach

- Demonstrate how to do a task successfully.
- Convey the purpose of doing a task.
- Equip your child with knowledge and skills.
 - *"I would love to show you how to do this. Now, can you tell me what you saw me do?"*
 - *"Whenever approaching a task like this, there are a few things to do and a few things to avoid. What do you think they are?"*



Step 3: Practice

- Learn by doing (experiential learning).
- Apply what they learn.
- Grow habits and self-confidence.
- Support a growth mindset.
- Provide opportunities to handle failure/mistakes.
 - *"So, before you try that, what are the two things you will need to remember?"*
 - *"Let's try that together."*
 - *"What's your plan for checking in tonight while you are out?"*

Step 4: Support

- Monitor, provide feedback, reteach.
- Grow cause and effect thinking.
- Reinforce your child's ability to be successful.
- Grow responsibility.
- Apply logical consequences when needed.
 - *"I love how you just slowed down right then and thought through your response. What made you do that?"*
 - *"If you had to redo that, what would you do differently?"*
 - *"Tell me how things went last night."*

Step 5: Recognize

- Recognize your child's effort and success.
- Grow motivation.
- Build self-confidence and self-esteem.
 - *"I am so impressed with your problem solving on this issue!"*
 - *"I love that you went back and tried it again."*
 - *"I know this is tough, and I appreciate how hard you are trying right now."*
 - *"I could tell that you thought through that well."*

**Learn about all this and
more by visiting
ParentingMontana.org**