Parenting: Quality Time Counts

Making the most of your time spent together
Where do I come from?
Who are we?

- Western Youth Services
- Leading expert in children’s mental health and wellness solutions.
- Provide services and programs in Orange county for over 45 years.
- Outreach and Engagement
- Medi-Cal Outpatient clinics
- School based programs
- Family Resource Centers
Who am I:
Goals for Today

► Knowledge of parental engagement and the importance of it.
► Learn the skills necessary to create positive family communication.
► Identify the 9 facets of parental engagement.
► Learn ways of making family time count.
► Discussion Time
The Importance of Quality Time

- On average parents spend 38.5 minutes per week in meaningful conversation with their children.
- That is a little over 5 minutes a day!
Parental Engagement (PE)

Parental engagement is one of the most effective ways to help children improve their

- Self esteem
- Better grades
- Substance free
Parental Engagement

- Has a long lasting effect on your kids.
- It can be simple and incorporated into your daily activities.
  - Family Meals
  - Homework and reading time
  - School events
Parental Engagement Discussion (5 min)

- What are some ways you engage your child?
- What has worked for you?
- What has not worked for you?
Parental Engagement

Top 10 Facets of Parental Engagement
Be there:
Get involved in your children’s life and activities

How do we do this?
Open the Lines of Communication

- Prepare yourself
- Calmly share emotions and feelings
- Choose words carefully
- Open ended questions (Tell me more)
- Help your child problem solve
Set a good example:

Do as I say and as I do.
Set Boundaries

- Be consistent
- Be a team
- Clear expectations (simple/short)
- Follow thru on the consequences
- Make consequences simple and short
- Monitor whereabouts (Apps)
Empower them

- Teach them basic life skills
- Washing their own clothes
- Having a chore & allowance
- Walk them through the process
- Help them think through the process
Maintain Family Rituals

- Eat dinner together at least twice a week.
- Schedule family time
- Unplug – No electronics rule.
- Engage in positive conversations
- Have fun and don’t sweat the small stuff.
Incorporate religious/spiritual/cultural/traditional values and practices

- Model and practice the behaviors.
- Connect with others that share the same beliefs.
- Learn more about your own values and share it with your child.
One to one time

• Make time for each of your kids individually
• No interruptions
• Do what they want to do.
  • Nail salon, paint nails
  • Beach
  • Throw the ball
  • Hike
• Take time to listen.
Ask for Help

- Engage the larger family
- Find people that support your beliefs or ways of thinking and ask for their help.
- Seek outside support for smaller and greater needs.
Love your family unconditionally

- You can love your child and not the behavior.
- Tell them you love them
- Hug them
- Be Patient with them
- Be there for them.
Discussion

• Name a facet of parental engagement that spoke to you.

• Why is it important to you.

• Name a facet that you want to work on with your family.
• All services are FREE!
• We assist all ages!
• Educational workshops
• Skills Groups
• Individual Case Management
• Residents of South Orange County
• What if I don’t live in South County?
Questions?

Thank you for coming