Confident Parenting Program
PARENTING SKILLS

Parenting skills treatment is delivered in either a group or individual format lasting 12 weeks. Treatment to enhance parenting skills is directed at parents who are experiencing personal difficulties, are overwhelmed by these problems, and are finding it difficult to attend to the task of parenting. The treatment provides an opportunity for parents to achieve a sense of control over their own issues and maintain a calm, objective, and reasoned approach to parenting. It teaches clients to understand children’s developmental needs, help them acquire appropriate discipline techniques, and learn effective parenting skills. Newly acquired skills can be practiced and then reviewed with the group where feedback and adjustment of techniques can routinely occur.

In the group format, it can be devised as a twelve week (one hour per meeting) or a five week (three hours per meeting) group that combines didactic and experiential learning with psycho-educational and bibliotherapy components. Individual, couple, and family counseling are available as required.

I. The Dual Role of Parents
   1. Giving children love without strings attached
   2. Being in charge and involved
   3. What you can do to change the relationship

II. Your Child Can Change
   1. If only I knew the cause
   2. Basic reasons that children are difficult
   3. Don’t wait for children to change

III. Step One: Get Clear What You Want
   1. Inventory I: Things my child does that upset me
   2. Inventory II: Things I need to be clear about

IV. Step Two: Remain Calm & Confident
   1. Talking and behaving confidently
      a. Being Direct
      b. Watching body language
      c. Showing interest
   2. Dealing with children’s protests
a. Give reasons non-defensively
b. Enjoy the pause that refreshes
c. Don’t get side tracked
3. Showing confidence in your child

V. Step Three: Select a Plan of Action

1. Selecting a problem behavior
2. Experimenting with new approaches
3. The ten basic options in changing children’s behavior
4. Developing your plan

VI. Step Four: Obtain Support from Other Adults

1. How parents disqualify each other
   a. Allowing others to parent your children
   b. Keeping a rigid role division
   c. Acting impulsively
   d. Not standing on your own two feet
   e. Directly interfering with the other adult
2. Guidelines for team parenting
3. Team communication
   a. Sticking to an issue
   b. Avoiding the middleman
4. Parents and teachers as partners
5. Joining together with other parents

The Confident Parenting Program will generate higher self-esteem and confidence, offer personal gratification, and reduce the risk of child abuse and domestic violence. Resources include *The Confident Parenting Program* (Mel Silberman, Ph.D., Princeton, NJ, 1988); and *When Your Child Is Difficult: Solve Your Toughest Child-Raising Problems with a Four-Step Plan That Works* (Mel Silberman, Ph.D., Research Press, Champaign, IL, 1995).