



The “stool model” for positive parenting

Think of good parenting as a three-legged stool. It needs all 3 legs; otherwise, it begins to wobble.

Your child needs 3 things for a healthy development:

- ✓ **affection**, to feel loved.
- ✓ **structure** through clear rules to develop a sense of orientation in this world.
- ✓ **support with dealing with emotions** to cope in this world.



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physical intimacy (e. g. hugs, cuddles)

Affection/love



different ways to show affection and love



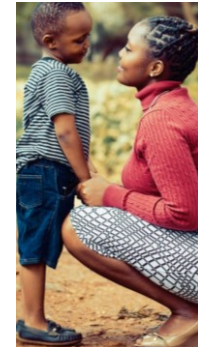
offer support (e. g. help with new challenges...)



small gestures and gifts (e. g. put kind notes in the lunchbox)



spend time together (e. g. playtime or reading time)



express love verbally (e. g. by saying „I love you“)



Tip: Use many ways to let your child feel loved. Observe which ways of showing affection come to you naturally and consciously try to use different ways the following week.



Structure and orientation

Support your child by giving structures and orientation:

Daily routines, e. g.:

- ✓ consistent morning routine
- ✓ designated time for doing homework
- ✓ consistent evening routine (e. g. reading a story)



Tip: Create a poster together with your child about a typical daily routine. So your child will know what will happen next and will look forward to its free time.

Clear and predictable behaviour:

- ✓ introduce family rules
- ✓ assign tasks
- ✓ praise your child for small achievements



Tip: Think together about why rules are important and what happens, if family members are not following the rules.

Despite a consistent daily routine conflicts typically come up in family life again and again. This video explains what usually happens in conflict situations:
<https://www.hf.uni-koeln.de/41541>





Support in dealing with emotions



All emotions occur for a reason and have a right to be. They are part of life.

But it's important to learn:

- ✓ to understand one's current emotion
- ✓ to not always immediately act according to one's emotions

e. g.:

Don't run and hide immediately when you are scared.



Don't start breaking things or hurt other people when you are angry.



- The goal is to learn how to handle difficult emotions, such as anger, fear and sadness.



Tip: Help your child find the right words for its emotions.

Observe your child and its emotions and express them e. g.:

"I can see that you are scared, aren't you?"


"I think you are angry right now. Correct?"

For more ideas on how to talk to your child about dealing with difficult emotions, take a look at this video:

<https://www.hf.uni-koeln.de/41541>

Important: Pay attention to your own feelings! That way you can learn more about them and be a role model to your child.



 Tip: Put up the following “weather cards” on your refrigerator. Ask your child after school to think about how it feels and let it put a magnet on the matching symbol.

You can also use your own symbols or draw some together with your child, of course.

Meaning of the symbols:



=angry/irritated/grumpy/unhappy



=sad/worried/fearful



=happy/cheerful



=vague/unclear/I don't really know what I feel right now



