

Secure Parenting Strategies

(with suggested demonstrations and ideas)

Below is a comprehensive list of the demonstrations and related ideas to support the core strategies discussed in Module 2, Lesson 3. This resource can be used as a reference as you process through your healing journey.

In the column entitled Target Area, you can place a “+” in the areas where you feel you are doing well, a “+/-” for those you are in the process of working on, and an “-” in the areas where you need to ask for help or look for support.

CORE STRATEGY #1: Promoting Growth and Development		
Demonstration	Make and pursue plans for self-improvement	Target Area
Ideas for building out demonstration	Set personal goals and commit to them by visualizing and talking about them	
	Evaluate ways to meet personal needs, generate alternatives for achieving plan, access available resources, i.e., library, service center	
	Make an intentional effort to set aside time and money to meet goals	
	Ask for support	
	Continue to practice lifelong learning	
Demonstration	Guide and mentor other family members	Target Area
Ideas for building out demonstration	Adjust expectations of other based on age, individual skills and abilities (challenge without overwhelming)	
	Guide decision making by other family members by encouraging critical thinking (learn to ask good questions)	
	Provide opportunities to expand knowledge and abilities by nurturing a sense of adventure (trip to the library or museum, research a common topic of interest together)	
	Remember, you can be a teacher and a learner at the same time	
Demonstration	Foster informal education of children	Target Area
Ideas for building out demonstration	Provide a wide variety of experiences to support learning,	
	Respect culture differences in communication as well as learning styles,	
	Encourage language development by reading, singing, telling stories, etc.,	

	Express pleasure and celebrate when children master a new tasks,	
	Learn to be a good listener, and	
	Watch for external influences such as TV, video games, and social media.	
Demonstration	Support children's formal education	Target Area
Ideas for building out demonstration	Stay involved in your child's education	
	Create a supportive and education-friendly environment at home	
	Advocate for better education by sharing ideas and opinions in a positive way	
	Find ways to contribute to your child's school and classroom	
	Build effective relationships	
Demonstration	Direct and discipline	Target Area
Ideas for building out demonstration	Practice a family code of conduct that affirms and supports all the members (communicate and enforce)	
	Provide consistent and loving supervision	
	Allow children to make mistakes within safe	
	Adjust consequences for age and understanding (reason and discuss rather than demand and shut down)	
	Model the behaviors you expect	
CORE STRATEGY #2: Meeting Needs and Responsibilities		
Demonstration	Provide for safety as well as physical needs	
Ideas for building out demonstration	Meet physical needs and provide a safe environment	
	Provide basic needs, i.e., clean clothes, nutritious meals	
	Ensure wellbeing – physical and emotionally	
	Monitor and guide child's behavior as to prevent injury to self or others	
	Protect all family members from abuse	
	Choose childcare providers carefully	
Demonstration	Manage family resources	
Ideas for building out demonstration	Manage personal, financial, and community resources	
	Strive to maintain consistent employment	
	Develop and use a financial plan with realistic goals	
	Recognize other family members as resources, as appropriate for age (you don't have to everything alone)	
Demonstration	Balance priorities to meet multiple needs	Target Area
	Maintain balance personal, family, and work	
	Reserve time for self-care and family time	

Ideas for building out demonstration	Establish routines and schedule that reflect your goals and priorities	
	Share responsibility to accomplish tasks with other family members	
	Practice organizational and time management	
Demonstration	Give and receive support outside the immediate family	Target Area
Ideas for building out demonstration	Create time for friends and connections (be watchful not to isolate)	
	When problems arise, identify the problem, and ask for help	
	Build a list of community resources that you can have on hand	
	Attend to others' needs and offer help, as appropriate	
CORE STRATEGY #3: Strengthen family unit		
Demonstration	Create a vision for the family and work to achieve it	Target Area
Ideas for building out demonstration	Develop, implement, and evaluate strategies to achieve the family vision	
	Take time to discuss and reflect on common family goals, and often	
	Consider the current realities that could influence your vision	
	Allocate time and resources consistent with the family vision	
Demonstration	Promote values, ethics, and cultural heritage within the family	Target Area
Ideas for building out demonstration	Establish, value, teach, and model family traditions	
	Identify and emphasize family strengths	
	Identify and communicate personal history and culture	
	Provide for spiritual needs	
	Draw upon the knowledge of others	
Demonstration	Form and maintain healthy family relationships	Target Area
Ideas for building out demonstration	Encourage, acknowledge, and consider the opinions, values, and beliefs of others (don't always be quick to make someone else wrong, listen with empathy to another person's perspective and experience, it doesn't have to be your own)	
	Demonstrate trust among family members	
	Demonstrate effective conflict resolution strategies	
Demonstration	Provide opportunities for each family member to experience success	Target Area



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Ideas for building out demonstration	Exhibit sensitivity and be respectful of family members social, emotional, and intellectual needs	
	Provide opportunities for family members to express feelings and experience success	
	Demonstrate enjoyment by supporting other family members interests and activities	
Demonstration	Encourage open communication among the generations	Target Area
Ideas for building out demonstration	Encourage family members to speak and listen	
	Name, own, and express feelings and allow others to do the same	
	Learn to recognize non-verbal messages (body language)	
	Allow others to tell their story without disapproval and judgment	
	Use reconciliation techniques such as offering apology, using problem-solving strategies	
