

Strategies for Effective Parenting

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Objectives:

- ▣ Learn about what parenting styles work best.
- ▣ Identify mental health trends in children and teens today
- ▣ How to avoid common mistakes as a parent
- ▣ Learn communication tools
- ▣ Considerations for Digital Parenting

What are the biggest
parenting challenges you
face?

Work-Life Balance as a Parent



Trends I'm seeing among Muslim Clients...

- ▣ Crisis of Identity/Spirituality
- ▣ ADD/ADHD
- ▣ Digital Addictions (Video games, Porn)
- ▣ Pre-Marital Relationships
- ▣ Alcohol and Drug Usage
- ▣ Mood Disorders (BPD/Depression/Suicidal Ideation)

U.S. Mental Health Trends Among Children and Teens

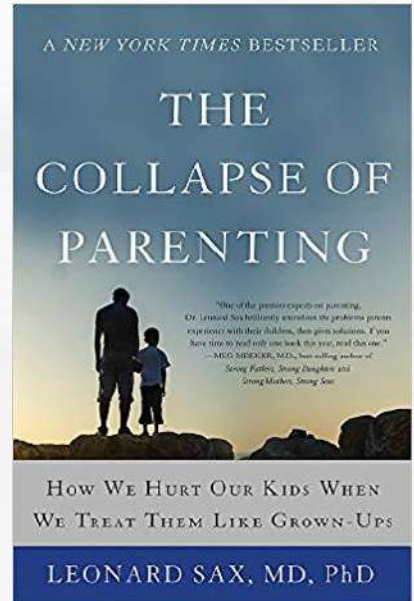
Mental Health Surveillance Among Children – United States, 2005-2011

- ▣ ADHD, ODD and Conduct Disorders
- ▣ Mood Disorders
- ▣ Autism Spectrum Disorders
- ▣ Suicide

Center for Disease Control

A Culture of Disrespect

- ▣ Peers raised by Peers
- ▣ Impact of the Media
- ▣ Shifting Parenting Styles (more permissive)
- ▣ Technology and Googling Answers rather than seeking parental advice

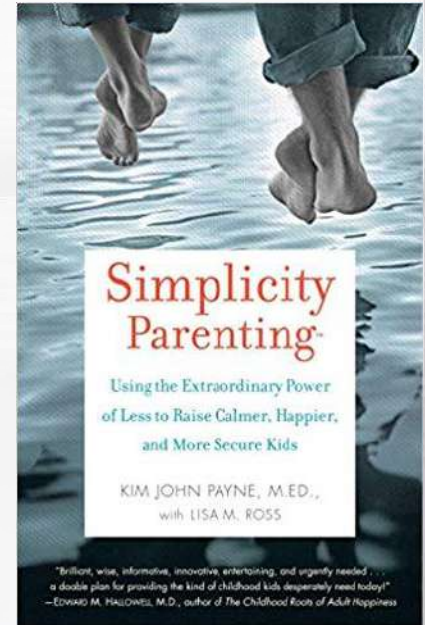


Attention Deficit Disorder (ADD) Criteria

- ▣ Fails to give close attention to detail and makes careless mistakes.
- ▣ Difficulty remaining focused in lengthy conversations.
- ▣ Often doesn't seem to listen when spoken to directly
- Starts a task but quickly loses focus
- Fails to meet deadlines; poor time management.
- Often losing things.
- Forgetful of doing chores, running errands, paying bills

Current Findings about ADD

- Most adults don't just have ADD, but also anxiety and major depression (BMC Medicine, 2011).
- American Elementary and Middle School children are 7.5 times > treated with medication compared with children in UK.
- For teenagers in U.S. getting diagnosed with ADD is 14 times higher than UK Teens.



Child-Rearing Practices

Practice	Description
Authoritarian	Parents impose rules and expect obedience.
Permissive	Parents submit to children's demands.
Authoritative	Parents are demanding but responsive to their children.

Connecting with Children

- ▣ Listen, don't lecture.
- ▣ Watch your body language
- ▣ Use encouragers
- ▣ Validate
- ▣ Label behavior not person
- ▣ Strength-based feedback
- ▣ Spending on-on-one time

Close-Ended Questions

- ▣ Starting questions with, “Why, When, or Who”
- ▣ Direct Communicators often use close-ended questions.
- ▣ Good for getting specific information.
- ▣ Answer usually will lack depth and lead to one-answer responses.

Open-Ended Questions

- ▣ Starting questions with, “How, What, or Tell me more about.”
- ▣ “Why did you do that? versus “Help me understand what you were thinking.”
- ▣ “Tell me more about what’s going on at school.”

Communication with Children & Teens

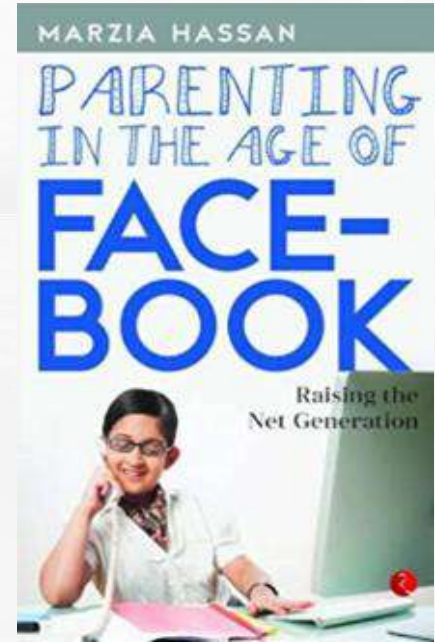
- ▣ Religion (halal/haram) is not a replacement for good parenting skills.
- ▣ Masjid/religious leaders not a replacement for teaching children about their faith.
- ▣ **Appropriate** self-disclosure as a form of encouraging growth

**When should my
child have a smart
phone?**

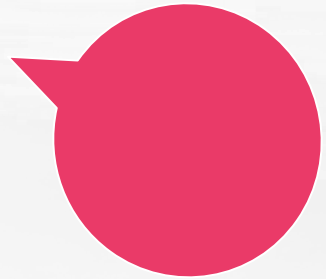


Statistics on Device Usage

- ▣ A child gets his/her first smartphone at 10 yrs.
- ▣ By age 12, 50% of children have social media accounts (FB & IG)
- ▣ The overuse of screens is associated with negative health outcomes, including depression, anxiety, and low self-esteem

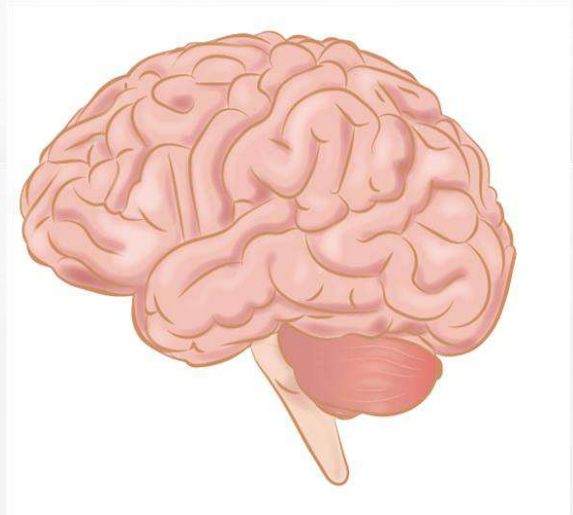


“I hate you!”



Impairment in Decision-Making

- ▣ The pre-frontal cortex has not developed the complete ability to reason.
- ▣ This process is not complete until age 25
- ▣ We harm our children when we treat them as adults



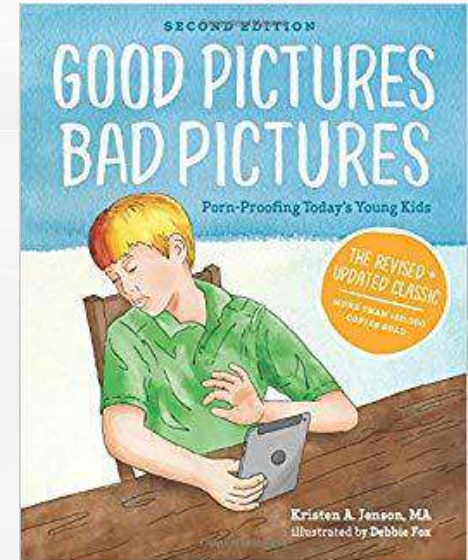


**You Stand Out.
Stand Proud.**

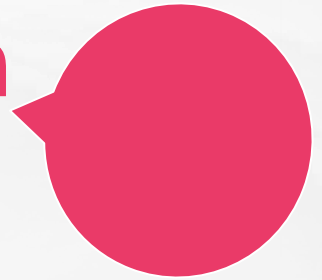
(Popularity is NOT the End-Goal)

Digital Parenting Tips

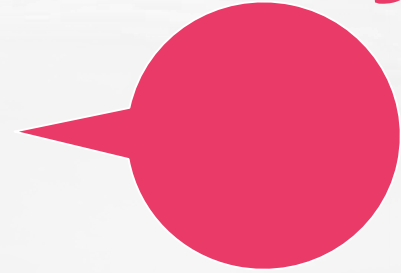
- ▣ TVs and Computer should be in shared space
- ▣ Have ongoing discussion about viewing appropriate content—beginning with sexual maturity especially.
- ▣ DO regularly check history viewings and use parental controls



**Won't I be putting the idea in
their head if I talk to them
about haram things?**



**Should I spy on my
kids?**



Lugman's Advice Towards his Children

And we have enjoined on man to be dutiful and good to his parents... (Quran 31:14)

And turn not your face away from men with pride... (31:18)

...O my son! Join not in worship others with God. Verily! Joining others in worship with God is a great wrong indeed. (Quran 31:13)

...enjoin on people all that is good and forbid them from all that is evil... (31:17)

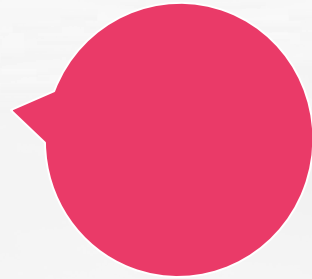
...nor walk in insolence through the earth. Verily, Allah likes not any arrogant boaster. (31:18)

And be moderate (or show no insolence) in your walking... (Quran 31:19)



Judging without Judging

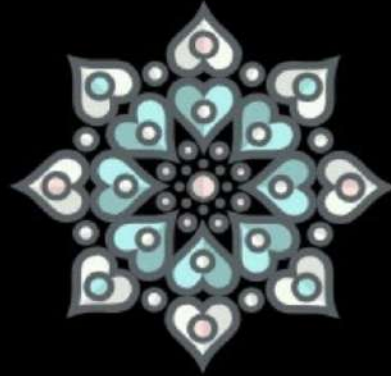
**I messed up. Now
what?**





"Do not raise your children the way your parents raised you, they were born for a different time."

-Imam Ali Ibn Abi Talib (as)



Schedule a free consult
today!

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