



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

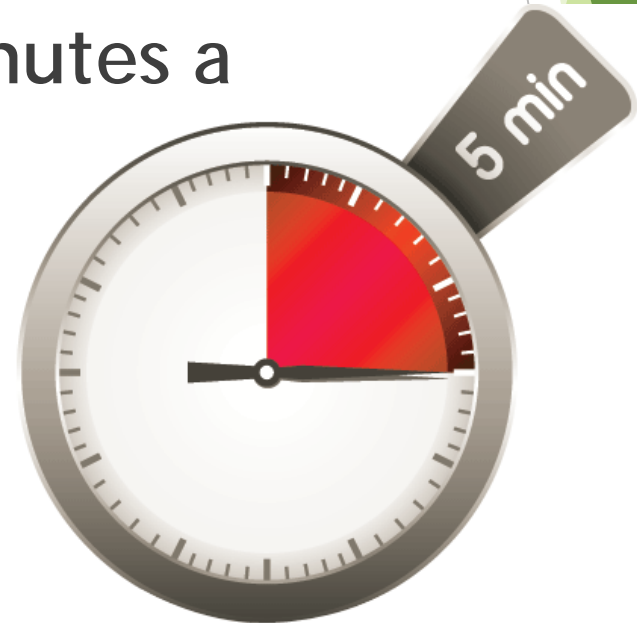
Who am I:

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.

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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.



WESTERN
YOUTH
SERVICES

- 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?

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic look.

Questions?

Thank you for coming