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Parenting 101: Parenting Styles and If, When and How to Parent Lesson Objective

Time: Two 40 minute lessons

New York State Parenting Standard: **Standard 1: Roles and Responsibilities**

Aim: To assist students to begin exploring the role of parenting, including parenting styles and if, when, who (with) and how they will choose to parent.

Objectives: Students Will:

- 1. Explore the different styles of parenting;**
- 2. Understand the roles and responsibilities of parenting;**
- 3. Identify, social, economic and behavioral factors that enable one to be a “good enough” parent; and**
- 4. Work individually or in groups to create a “Parent Wanted” ad.**

Materials Needed:

Lesson outline, overhead slides, fine-tipped dry-erase marker, brick, jelly/gummy candy or “Airheads”, Copies of “Parent Wanted” worksheet.

Parenting 101: Parenting Styles and If, When and How to Parent

Lesson Outline

I. Parenting Styles: Brick; jelly worms (1 per participant); newsprint/chalkboard or overhead

A. Introduce the activity by explaining that all people have their own beliefs about “how to” parent. While there is no one “right” way, research has helped us to understand that there is one “parenting style” that is best for most children (and makes the parent’s job easier too!) Let’s look at three common styles of parenting, and talk about which one might be considered “best.” (slides)

B. Pass around the brick; after everyone has seen it ask: “What are some words that you would use to describe this object?” Note these down in writing; clarify or expand on a description as you need to.

C. Now, pass out the jelly worms or stretchy candy (1 per person). Let them know that they can keep/eat the worm after they describe it! Again, note these descriptions down in writing.

D. Last, ask for a volunteer to come in front of the class. Have them reach to the sky, then slowly, touch their toes. Ask them to bend from side to side, and stretch in any other way they’d like. Thank them, and ask for descriptions of what participants saw. Write these down.

E. Tape all three lists near each other and label them:

Brick = “brickwall”

Jelly worm = “jellyfish”

Stretching = “backbone”

F. Ask participants to read the list (or ask for one volunteer to read each list) and talk about why those traits may or may not be helpful in raising children.

1. Bricks are strong, but heavy and unyielding; they don’t change easily, and sometimes break in half or crack.
2. Jellyfish are stretchy, but can easily be stretched too thin; they can change very quickly and you don’t always know what you’ll be left with.
3. Backbones are flexible, yet strong. They can give stretch and change as needed. They are supportive and changeable as needed.

(You may choose to use an example of each style responding to a typical question, like: Dad, can you help me with my homework? Or Mom, can I borrow the car?)

G. Now ask for a show of hands to vote on the “best” style. If time allows, you can reinforce, or ask why people chose their style. Point out that only you can decide which style of parent you are, or would like to become.

II. Parenting 101 (Slide)

A. If... When... Who (With)... How... We want to parent!

1. Parenting is a skill that takes time and practice and is important to the well-being of all children.
2. There are many decisions and choices that need to be carefully considered before one decides to parent

B. Parenting is a Verb. Parenting Requires Choices (Slide)

1. This may be the hardest work for our lifetime.
2. Information and skills can help each person make their own personal choices about if, when, who with and how to parent.

- C. Where do we get our ideas from about... How to Parent (Slide)
 - 1. Our parents, friends, school, media, etc
 - 2. Ideas we see, hear, read can be both positive or negative (Slide) we need to take in this information and decide how to use it.

- D. What does it take to be a “good enough” parent? (Slide)
 - 1. Define “good enough” parent –ex. One who does the best they can to raise a child with all the resources they have available to them.
 - 2. Brainstorm ideas with students

III. Help Wanted - Parent!

- A. Have you ever looked for a job in the help wanted ads?
 - 1. Would you want to get paid? Receive other benefits?
 - 2. What qualifications would you need?
- B. Review some examples of Ads looking for childcare found in the newspaper (slide)
 - 1. Use local newspaper or sample slides
- C. Practice
 - 1. If you were a child looking for new parent(s) and you were going to place an ad in the newspaper what would your ad say? Please include specifics as follows:
 - a. Would you get paid? If I quit my job today to become a mother how much money would I make?
 - b. What hours would a parent have to work?
 - Even if parents have jobs away from the home, when they go to work are they still a parent? (if they answer no or they don't understand give them the following question) If your husband goes off to work is he still your husband while he is at work?
 - c. What skills should they have?
 - d. What education do they need to prepare them?
 - 2. Working in small groups, have students create a Parent Wanted Ad following the outline. (Slide and Handout)
- D. Have the students share their ads with the class reiterating some of their points.
 - 1. Was any one ad the most comprehensive? Is anything still left to add?
 - 2. Now ask them if they want to answer one of these ads at this point in time. Why or why not?
- E. It is your choice whether or not to become a parent. If you do become a parent, what type of parent you will be/what style of parenting you will use? The best way to avoid becoming a parent before you are truly ready is to abstain from sex. Each one of us can make our own positive Life Choice!
- F. Question and answers.

Parenting

101:

PARENTING

STYLES

***If, When and How
to Parent***



PARENT WANTED

HOURS:

SKILLS:

EDUCATION:

PAY:

OTHER:

JELLYFISH

BACKBONE

Brick-wall

Parenting "101"

IF....

WHEN...

WHO (*WITH*)...

HOW...

We want to parent!

Parenting is a

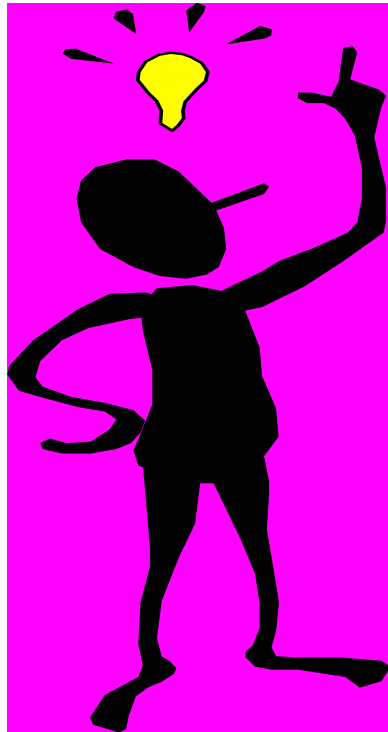
VERB.

Parenting requires

CHOICES.

WHERE do we get
our ideas from
about ...

HOW TO parent?



Positive

Negative

WHAT does it take
to be a

~~Perfect~~

"good enough"

parent?

Child Care

3/5/02

**Child Care Needed For Our 5
year old & 1 ½ year old in our
Middletown home.**

**Responsible, reliable, caring &
nonsmoker. 7-5, 2 days. Call**

Child Care/PCA

3/5/02

**For 7yr old, in my Goshen home
before school, M-F, 6:30am-
8:30am, 2 evenings a week, 5-7,
hrs flexible. Must have own
transportation and be reliable.
Excellent Pay. Call**