

# Parenting is OUT of This World!

Greeting,  
Caretakers!





**Meridian Counseling Page**

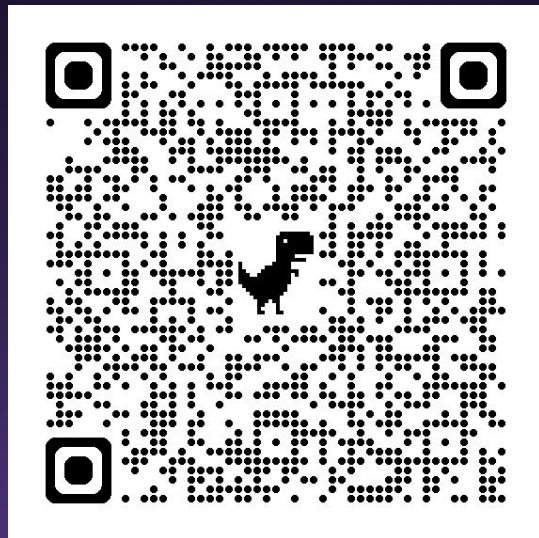
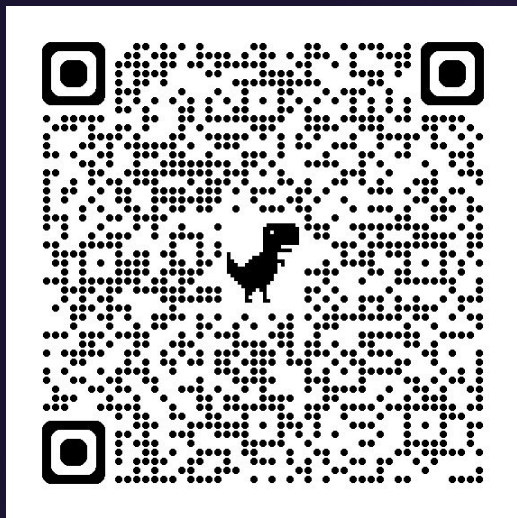




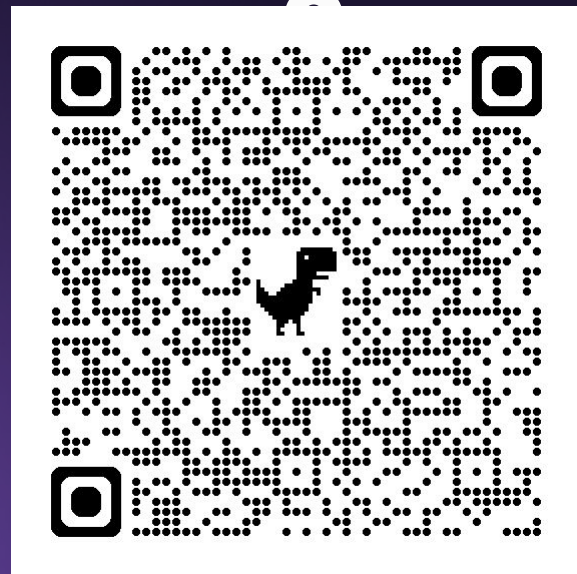
# TRANSLATION

## Farsi

Spanish

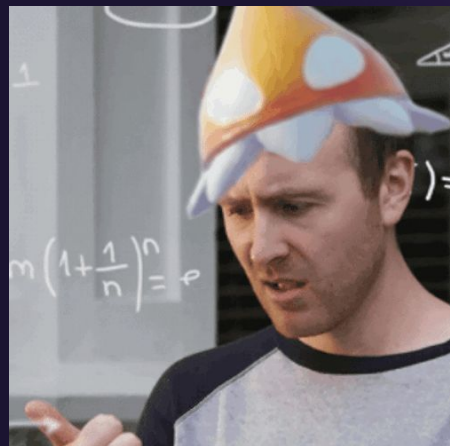


Pasht





# GREETINGS Families



**Parenting is like piloting a  
spaceship through an  
uncharted galaxy.**

Welcome aboard!







**HI! I'M**  
**YOUR HOST**





# WHERE TO START?





# THE **PLAN** FOR TODAY

**01**

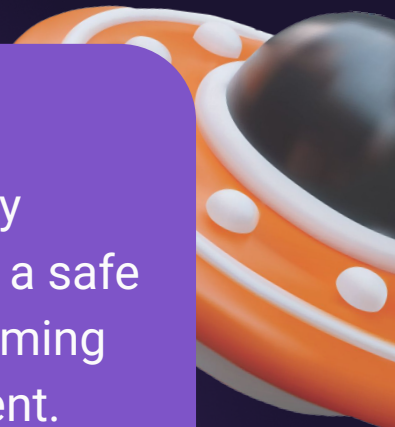
Help families develop positive parenting skills, and build confidence in navigating parenting.

**02**

Offer tools for modeling positive behavior, consistent routines and effective praise

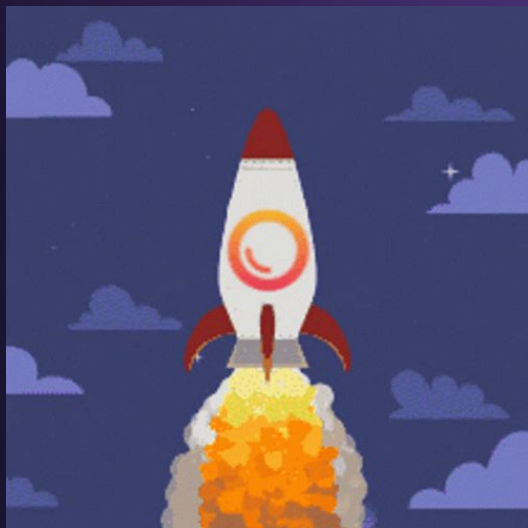
**03**

Provide community support in a safe and welcoming environment.



# Boosting Your Child's Self Esteem

Self-esteem is their **fuel** — the more they have, the farther they can go with confidence and resilience.



SMALL

EVERY DAY

- Praise and encouragement
- Specific praise



"You made  
your bed  
without being  
asked — that's  
terrific!"

"I was watching  
you play with  
your sister and  
you were very  
patient."



# Let's Practice

Their younger sister  
knocked down their tower  
and they stayed calm



They listened the first time  
you asked for electronics to  
be turned off



# Clear and Consistent



**Why? Reduces confusion and misbehavior**

“Get ready for bed” → “Brush your teeth and put on your pajamas”

“Clean Up This Mess” → “Put your leggos in the bin and your clothes go in the hamper”

“Be nice to your sister” → “Please keep your hands to yourself and take turns with the toy. I can set a timer for one minute each”

Number of Steps based  
on your student

If you say it-  
do it it



# MODELING Expected Behavior



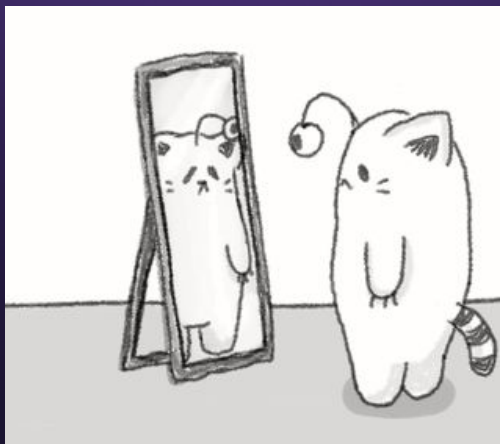


# MODELING Expected Behavior

Children Learn by Watching You



**Speak  
Calmly**



**Use Everyday  
Life to Model**



**Give Yourself Grace**



# THANK YOU



Until next time!