

**Ignacio Socias Piarnau**  
International Federation for Family Development

# **Positive parenting Concept and applications**

United Nations Expert Group Meeting

**Families in development**  
**Assessing progress, challenges and emerging issues**  
Focus on modalities for IYF+30 & parenting education

16-18 June 2020

## Definitions · Foundations · Effects · Applications · Conclusions · Recommendations

1. Guides, leads, teaches.
2. Cares, empowers, nurtures.
3. Sensitive, consistent, non-violent.
4. Affective, emotionally secure and warm.
5. Loves unconditionally, recognizes the positive.
6. Respects the child's developmental stage.
7. Sets boundaries, rewards accomplishments.
8. Shows empathy for feelings and best interests.

*Quality relationships make a tremendous difference for children*



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1. Positive discipline:
  - Families perceived as kind / firm are more likely to thrive.
  - Promotes a sense of connection.
  - Opposite to permissive or punitive.
  - Teaches life skills and build respectful relationships.
2. Attachment theory.
3. Child guidance.
4. Behaviorism > positive reinforcement.
5. Child development.

*With child development knowledge, parents are more effective*



1. Less socially risky behaviors:
  - Aligned with long-lasting authoritative-parenting effects.
  - Emotional health / material hardship / coping with illness.
  - Mitigates negative effects of vulnerable situations.
2. Improved academic performance:
  - Better results.
  - Relevant impact on schools.
3. Greater emotional resilience.
4. More social success.

*Young people do better when they perceive firmness and kindness*

1. Creativity.
2. Belief in the future.
3. Ability to get along with others.
4. Sense of mastery over the environment.
5. Self-reliance.
6. Decision-making skills.
7. Stronger parent-child relationships.
8. Increased trust in parents.

*Making communication possible is an essential part of parenting*



1. Enhancing emotion regulation > effortful control.
2. Avoiding punishment and dysfunctional discipline styles.
  - Lower childhood depression.
  - Better adolescence personality traits.
  - Improving parenting sense of competence.
  - Increasing marital relationship.
  - Personal well-being across the life course.

*Parents who experienced harsh discipline have more mental issues*

1. Backed by empirical evidence.
2. Backed by the UN General Assembly resolutions.
3. Applies to all developmental periods.
4. Begins with the decision to become a parent.
5. It is effective, joyful, neither punitive nor permissive.
6. Involves rules, expectations, consequences, follow-through.
7. Parenting education, critical for achieving and optimizing it.

*Parenting education enhances children well-being, prevents violence*



1. Invest in the design and execution of parenting education programmes.
2. Focus on all developmental periods, starting by early childhood development.
3. Prevent punitive or permissive behavior through strengthening parent knowledge about how their actions affect child development.
4. Teach parents skills to help their child's healthy development.

*Positive Discipline model shows parents the effects of their actions*

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