

# Creating a Family Atmosphere that Promotes Wellness

Facilitated By:

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# Family and Wellness

- ◆ Home is not where you live but where they understand you.

**Christian Morgenstern**

- ◆ Happiness keeps you sweet. Trials keep you strong. Sorrows keep you human. Failures keep you humble. Family keeps you going.

**Author Unknown**

# Agenda

- 💧 Why is this important now?
- 💧 The two critical life skills for wellness
- 💧 Parenting styles and implications
- 💧 Tips for promoting wellness in your home
- 💧 Conclusions

# Are American kids becoming less “well”?

**A national, representative, face-to-face survey of more than 10,000 teens ages 13 to 18 found:**

- About 20 percent reported that they suffered from a mental disorder with symptoms severe enough to impair their daily lives.
- 11 percent reported being severely impaired by a mood disorder (e.g., depression or bipolar disorder).
- 10 percent reported being severely impaired by a behavior disorder such as attention deficit hyperactivity disorder or conduct disorder.
- 8 percent reported being severely impaired by at least one type of anxiety disorder.

• *NIMH, 2010*

# What is going on?

- 💧 **Technological Changes**

- ❑ Constantly connected - Facebook, Instagram, Snapchat, Twitter, ...

- ❑ The barrage of stimuli

- 💧 **“The Hurried Child” – Dr. David Elkind**

- 💧 **“The Overscheduled Child” – Dr. Alvin Rosenfeld**



# The Atlantic

IS STOP-AND-FRISK  
WORTH IT?

THE CASE FOR  
EMPIRE

THE BEST FICTIONAL  
CHARACTERS  
OF ALL TIME

## THE OVER- PROTECTED KID

New research shows  
he'll grow up to  
be more fearful and  
less creative

BY HANNA ROSIN

ALSO

**Stop Helping  
Your Kids With  
Their Homework**

p. 84



**The  
Monogamy  
Trap**  
p. 40

**When  
Small-City  
Mayors  
Think Big**  
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**How LBJ  
Saved the  
Civil Rights Act**  
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PLUS

**Matthew Weiner  
previews  
the final season  
of *Mad Men***  
p. 24

# Overprotective Parenting?

- 💧 *A Sanitized World*
  - 💧 The Hygiene Hypothesis
- 💧 *The Psychological Immune System*
  - 💧 Genetic component
  - 💧 Hard-wired to bounce back
  - 💧 Environmental
  - 💧 Can be learned and developed
- 💧 *“Smooth Seas Do Not Make Skillful Sailors”*

# The Foundations of Wellness

- ◆ **Resilience**: *The human capacity to face, overcome and ultimately be strengthened by life's adversities and challenges.*
- ◆ *"Bouncing back from problems and stuff with more power and more smarts."*
- ◆ **Self Control**: *The ability to control oneself, particularly one's emotions and desires, or the expression of them in one's behaviors*



# THE MARSHMALLOW TEST



# Boosting Resilience and Self Control in our Children: It Begins with Us!

- 💧 “If there is anything that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves.” – Carl Jung
- 💧 “Who we are and how we engage with the world are much stronger predictors of how our children will do than what we know about parenting.” –Brene Brown
- 💧 “Let me *be* the change I wish to see in the world”  
Gandhi

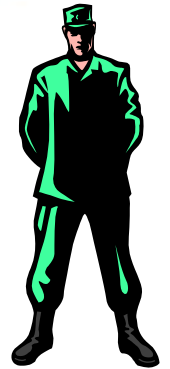
# What is your “parenting style”?

- 💧 “Brick wall” or Authoritarian
- 💧 “Jelly Fish” or Permissive
- 💧 “Backbone” or Authoritative

*Diana Baumrind, 1967*

# Authoritarian or “Brick Wall” Parenting Styles

- Inflexible rules
- Detached - lacking in warmth/connection/empathy
  - Power/control
  - Critical and demanding
  - No support for autonomy
  - “Because I said so...”



# Results of Authoritarian Style

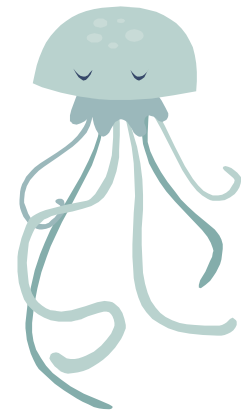
- Low self-esteem
- Poor social skills
- Withdrawn
- Distrustful
- Higher rates of depression
- Unassertive or rebellious
- More aggressive
- Connection with others: “might is right”
- Lack curiosity
- Overly dependent on others for guidance



# The Permissive Parent

(permissive indulgent and  
permissive neglectful)

- Friend role vs. parenting role
- Non-demanding, non-controlling, but warm
- Without expectation for appropriate behavior
- Excuses misbehavior/blames others
- No responsibilities for child
- Overprotection from consequences or disappointments
- Inconsistent rules
- Little sense that adults are in control



# Results of Permissive parenting

- High self-esteem but tend to be impulsive, immature, manipulative, and difficulty understanding consequences of actions
- “It’s all about me”
- Lower rate of academic achievement
- Higher rates of substance abuse

# Authoritative Parenting: The Middle Ground

- Healthy integration of most positive aspects of the two other styles
- Warmth/ acceptance *and* sets clearly defined limits and expectations that are developmentally appropriate
- Demanding *and* responsive
- Support/ encouragement vs. criticism and punishment
- High value on: *cooperation, social responsibility and self-control*
- Value high achievement and self-motivation and do not overemphasize competition.
- Promotes autonomy

# Results of Authoritative Parenting Style



- Best adjusted children
- Loving and firm = cooperation
- Balanced attitude about achievement
- Better social skills (more empathic)
- Higher grades
- Lower rates of substance abuse and depression

# Mindful Parenting

- What is your typical parenting style?
- What is your parenting style when stressed?
- How does your spouse/partner impact your parenting style?
- What are you modeling for your children?
  - Self-control
  - Taking responsibility
  - Relationships with teachers, neighbors, and world at large



# Positive Parenting Strategies

- Five critical messages
  - I believe in you
  - I trust you
  - I know you can handle life situations
  - You are listened to
  - You are cared for
- Balanced Lifestyle

# Strategies to Promote Self-control and Resilience

- Set Limits...Provide Consequences...Follow Through
- Consequences should be:
  - **Related**
  - **Respectful**
  - **Reasonable** - parking ticket vs. speeding ticket - mild vs. severe
- Positive reinforcement
- Give choices not commands
- “Final No”
- Experience consequences/make amends
- Help them understand the effect of their behavior on others

# Concluding Remarks

- **Development = Stress**
- **Stress: A normal and necessary part of growing up**
- **Focus on resilience and self control**
- **The Magic Formula: Guidance, support, understanding, and balance**

**THANK YOU**

**GRACIAS**  
**ARIGATO**  
**SHUKURIA**  
**JUSPAXAR**

**BIYAN**  
**SHUKRIA**

**TASHAKKUR ATU**  
**YAQHANYELAY**  
**SUKSAMA**  
**EKHMET**  
**MEHRBANI**  
**GRAZIE**  
**PALDIES**  
**BOLZİN**  
**MERCI**

**DANKSCHEEN**  
**SPASSIBO**  
**SNACHALHUYA**  
**NUHUN**  
**CHALTU**  
**WABEEJA**  
**MAITEKA**  
**HUI**  
**YUSPAGARATAM**  
**ATTO**  
**ANBIA**  
**DMHYYABAAD**  
**UNALCHÉESH**  
**SPASIBO**  
**DENKAUJA**  
**HEHACHALHYA**  
**MAAKE**  
**LAH**  
**KOMAPSUMNIDA**  
**SAWCO**  
**MERASTAWHY**  
**GAEJTHO**  
**GOZAIMASHITA**  
**EFCHARISTO**  
**AGUYJE**  
**FAKAAUE**  
**TAVTAPUCH**  
**MEDAWAGSE**  
**BAIKA**  
**TINGKI**  
**GUI**  
**EKOJU**  
**SIKOMO**  
**MAKETAI**  
**MINMONCHAR**