Active Parenting in Oklahoma Cooperative Extension

Laura Hubbs-Tait, Ph.D.
FCS State Parenting Specialist
Certified Active Parenting Trainer of Trainers
  • First Five Years
  • Ages 5 to 12 - 4th Edition
  • Active Parenting of Teens
Registered Circle of Security Parenting Facilitator

Presentation for 2018 Joining Forces: Bringing Hope to Families in North Central Oklahoma
October 11, 2018
We bring parenting programs to you

For parents of children from birth to age 5:
  • Active Parenting First Five Years
  • OCES educators in all counties are trained

For parents of children ages 5 to 12:
  • Active Parenting – 4th Edition

For parents of adolescents:
  • Active Parenting of Teens
• Present essential concepts
  • Attachment
  • Parenting styles
  • Ages and stages (aka: developmentally and individually appropriate parenting)
• How to change from discouraging to encouraging children
• Routines (hugs and “I love you”)

First Five Years: Video Vignettes
SESSION 1  Video #1

Parenting: A Special Job

https://www.youtube.com/watch?v=xdAFzuZta08  1:45-2:00, 2:16 – 3:23
First Five Years: Brain-Building Activities

• Session 1: Mirroring – parents play roles of parent and child in which the parent acts as a mirror imitating (reflecting) every movement of the child

• Session 2: Freeze Dance

• Session 3: Panda and Frog – Do what Panda says and do not do what Frog says!
  • Change it up and use puppets!!!

• Session 4: Memory games
  • Matching and sorting games with cards
Present essential skills and methods

- ACT method
- When-then rule
- Either-or rule (aka: “choices and consequences”)
- Playing with your child (“every day a little play”)
- Method of choice
- Identifying and responding to feelings
- Soothing upset children
SESSION 2  Video #3

The A-C-T of Parenting

https://www.youtube.com/watch?v=aKp4XamSQdo
First Five Years: Mindful Moments

• For parents and children
  • Session 1: Mind jars (calming jars, sensory bottles)
  • Session 2: Relaxation and breathing techniques
    • Balloon breath (“blow yourself up like a balloon”)
    • Windy woods
  • Session 3: Loving kindness -- May you be happy, well, safe, peaceful and at ease.
  • Session 4: Mindful parenting – reflections on good and challenging things about self and child.
• Session 1: Basics
  • Not selfish
  • How much?
  • Techniques: body, mind, heart, time and space

• Session 3: Where to go for help

• Session 4: Mindful parenting – reflections on good things about self and about child.
First Five Years: Infant and Child Safety

- Chapter 1 (Parent’s Guide)
  - Responding to upset baby/child
- Chapter 2
  - Car seat safety
  - Sling safety (very brief)
  - Sleep safety
  - Home safety
- Chapter 3
  - Temperament tips
  - Can you discipline a baby?
  - Tantrums
  - Where to go for help
- Chapter 4
  - Helping to soothe an upset child
  
video from Active Parenting: First Five Years
For Parents of Older Children and Teens

• Check out our parenting resources: https://humansciences.okstate.edu/fcs/publications-resources/for-parents.html

• Links to videos on parenting teens
  • Preparing for the Teen and Emerging Adult Years
  • From Teens to Adults
  • Navigating the Teen Years: Support and Discipline
  • Using Logical Consequences
  • Family Meetings and Talking to your Teen
  • Positive I-Messages and Palms-Up Approach to Keep the Holidays Positive

• Links to videos on parenting older children
  • Healthy Ways to Cope with Disaster & Adversity with Kids
  • Filtering Disasters & Tragedies

• Find an educator teaching Active Parenting of Teens or Active Parenting of Children Ages 5 to 12: https://humansciences.okstate.edu/fcs/find-an-educator/find-an-educator.html
For Parents of Infants

• Check out some of our baby basics:
  • [https://humansciences.okstate.edu/fcs/ohce/site-files/resources/learning-session-resources/2017-learning-sessions/baby-basics-for-grandparents-handouts-full-page.pdf](https://humansciences.okstate.edu/fcs/ohce/site-files/resources/learning-session-resources/2017-learning-sessions/baby-basics-for-grandparents-handouts-full-page.pdf)
    • In collaboration with Dr. Gina Peek and initiated by Lesa Rauh, Garfield County.
  • Videos:
    • [Reading to a Baby](https://humansciences.okstate.edu/fcs/ohce/site-files/resources/learning-session-resources/2017-learning-sessions/baby-basics-for-grandparents-handouts-full-page.pdf)
    • [Infant Sling Safety](https://humansciences.okstate.edu/fcs/ohce/site-files/resources/learning-session-resources/2017-learning-sessions/baby-basics-for-grandparents-handouts-full-page.pdf)
    • [Welcoming a New Arrival](https://humansciences.okstate.edu/fcs/ohce/site-files/resources/learning-session-resources/2017-learning-sessions/baby-basics-for-grandparents-handouts-full-page.pdf)
    • [Helping Older Siblings get Used to a New Baby](https://humansciences.okstate.edu/fcs/ohce/site-files/resources/learning-session-resources/2017-learning-sessions/baby-basics-for-grandparents-handouts-full-page.pdf)
Questions?

Thank you!

Please email: laura.hubbs@okstate.edu