

Note: This training presentation is continually being evaluated and updated to reflect current needs and best practices. It should be viewed as work in progress.

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Learning to Work with Orphans and Vulnerable Children

**A Project of the Social Work HIV/AIDS
Partnership for Orphans Vulnerable
Children in Tanzania**

Day 8

Parenting

Supporting Families

Sources:

Henggeler, Scott W. et al (1998). Multisystemic treatment of antisocial behavior in children and adolescents. New York: Guildford Press.

Mattaini, Mark. (1999). Clinical Intervention with families. Washington, DC: NASW Press.

Parenting

- We have seen that the growth and development of children is best promoted within a family setting.
- Providing family settings for OVCs often means that caregiving families must be supported in their new roles.
- If these families are to be successful, they need information and support in effective parenting strategies, especially in parenting children not born to them.

Parenting

- Therefore, we are going to address parenting skills.
- This information applies to parenting all children – those born to the parent as well as children coming into the home after the loss of a parent.
- The information is especially useful in parenting children not born to the caregiver.

Two Dimensions of Parenting: *finding the right balance*

Warmth



Control

Warmth

- Warmth refers to verbal and nonverbal behaviors that are emotional in tone
 - This includes expressions of affection, acceptance, approval of the child.
- The emotional tone a parent communicates to a child may range from warmth to rejection.
- Warm parents are
 - Relatively accepting
 - Nurturing
 - Use frequent positive reinforcement

Absence of Warmth

- Children who experience **low levels of positive affection** and **high levels of negative affection** are at risk for
 - Interpersonal and behavioral difficulties
 - Difficulty trusting
 - Difficulty responding positively
 - Difficulty developing empathy for others

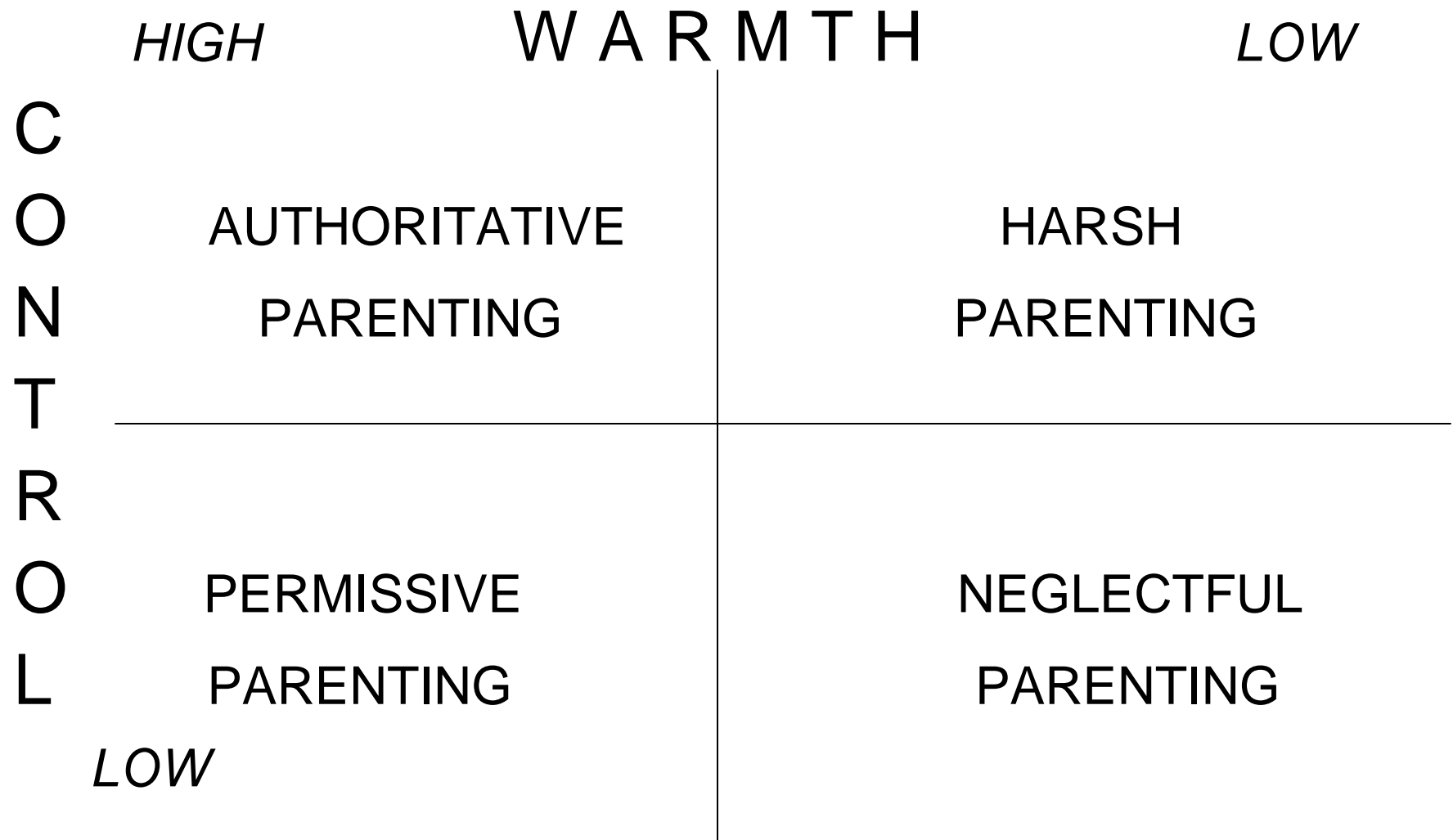
Control

- Control refers to actions the parent takes to provide guidance, structure, discipline to the child.
- Teaches frustration tolerance
- Teaches socially acceptable norms of behavior
 - Cooperation with others
 - Avoidance of aggression
 - Respect for authority

Absence of Appropriate Control

- Children who experience harsh control strategies, inconsistent discipline, and/or lack of monitoring are at high risk for:
 - behavior problems
 - delinquency
 - drug use

Types of Parenting



Parenting Styles

- Research has shown that the parenting style that achieves the best results in terms of outcomes for children is the authoritative style.
- Authoritative parents maintain
 - high levels of warmth in their relationships with their children (affection, acceptance, approval)
 - high levels of appropriate control (guidance, structure, monitoring of the child's behavior)

Authoritative Parenting Practices

- **Communication:**
 - listening to your child
 - communicating clearly with your child
- **Prosocial Involvement:**
 - play with your child
 - engage the child in positive activities with peers, etc.

Authoritative Parenting Practices

- Clarity of instructions and consequences
 - Expected behavior defined clearly
 - Stated in terms of positive behaviors
 - Privilege given or withheld when rule is broken or kept stated with rule
 - Posted in public place in home

Authoritative Parenting Practices

- Consequences: rewards and punishments
 - Privilege must be highly desirable by child
 - Younger the child – the more frequently the desired behavior must be rewarded
 - For youth of all ages, to see that good behavior pays off the desired behavior must be rewarded frequently
 - Privilege must be tied to a specifically stated rule about behavior that is desired

Authoritative Parenting Practices

- Reinforcement: the most basic law of behavior is that people do what works for them. Therefore, rules must be:
 - Enforced 100% of time
 - Enforced in unemotional manner
 - Privileges dispensed or withheld every time child complies with or breaks the rule
 - Praise accompany privilege
 - Mutually agreed upon by parents

Authoritative Parenting Practices

- Pinpointing: being clear about desirable and undesirable behaviors, especially those the parent wishes to change
- Record Keeping: while it is not necessary to keep track of everything, when a particular behavior has been pinpointed to increase or decrease, record keeping can be essential
 - Common strategies include posting the behavior in the home and awarding a smiling face or star every time the child performs the expected behavior

Authoritative Parenting Practices

- Give up highly coercive discipline:
 - Corporal punishment
 - Deprivation of food
 - Confinement
- Parental monitoring – keeping track of your child's whereabouts, activities, behaviors
- Advocacy – interacting with other to assure your child's needs are met and rights are respected

Three Most Powerful Positive Parenting Practices

- Prosocial involvement (playing with your children and involving them in positive activities)
- Clarity of instructions and consequences
- Reinforcement (following through on what you say)

Building a Base of Support for Caregivers

The Caregiving Future Challenge

Increasing numbers of people living with HIV



Increased numbers of Orphans & Vulnerable
Children



Increasing need for help and support



Increasing reliance on caregivers

Caregivers Often

- Focus on the care receiver to the exclusion of their own needs
- Neglect their own health
- Do not use supports or services

Caregivers Often

- Have unresolved grief and loss issues
- Are motivated by their spirituality to sustain caregiving
- Provide care in complex family situations

Caregivers are affected by

- Their own health (including HIV status)
- The care situation
- The needs and losses of the care receivers
- Grief and mourning related to their families, friends and clients

Caregiver responses

- Fulfilling the role of carer
- New meaning in life
- Stress and feeling overwhelmed
- Depression
- Anger/ Resentment
- Health changes due to care demands

Coping

- Dealing with and overcoming
 - stress
 - problems
 - difficulties

Coping may vary by:

- Culture
- Spirituality/
religion
- Community
- Family
- Personal
background
- Past experiences

Ways to Support Caregivers

- Listening and problem solving
- Linkage to resources
- Use of local government leaders
- Education, Information and Training Courses and Workshops

Ways to Support Caregivers

- Support Groups
- Family or Community Meetings
- Recognition
- Help provide resources for children and families (food, housing, medical, etc.)