

Positive Parenting : Parents as Preventive Strategy

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UN Committee for Child Rights(UN CRC)

- General Comment 13 provide guideline for implementation of Article 19 of UNCRC
- Family is the first system of child protection
- Parenting as critical to prevention of violence

Prevention

- Support parents & caregivers to understand, embrace, good child rearing practice
- Based on knowledge of child rights, child development, positive discipline
- Safe environment

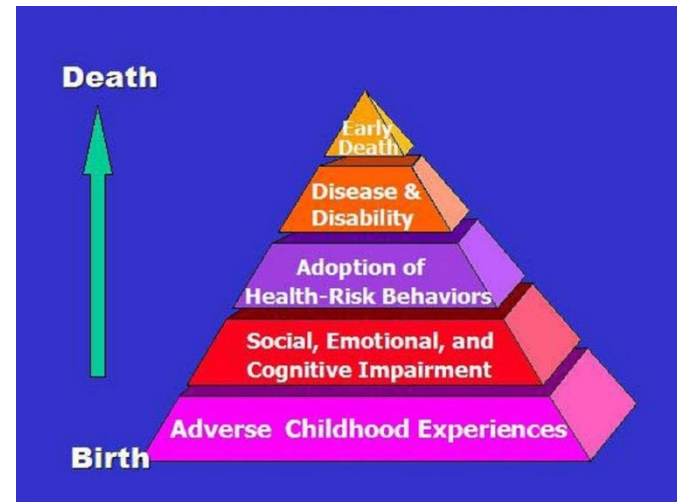
The Adverse Childhood Experiences (ACE) Study.

- **Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults.**

Felitti VJ, Anda RF

Am J Prev Med. 1998

May;14(4):245-58



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**Early Childhood Adversity, Toxic Stress, and the Role of the Pediatrician:
Translating Developmental Science Into Lifelong Health**

Committee on Psychosocial Aspects of Child and Family Health, Committee on Early Childhood, Adoption, and Dependent Care, and Section on Developmental and Behavioral Pediatrics, Jack P. Shonkoff, Benjamin S. Siegel, Mary I. Dobbins, Marian F. Earls, Andrew S. Garner, Laura McGuinn, John Pascoe and David L. Wood
Pediatrics; originally published online December 26, 2011;
DOI: 10.1542/peds.2011-2662

TOXIC STRESS is the missing link between ACE exposure and poor adult outcomes

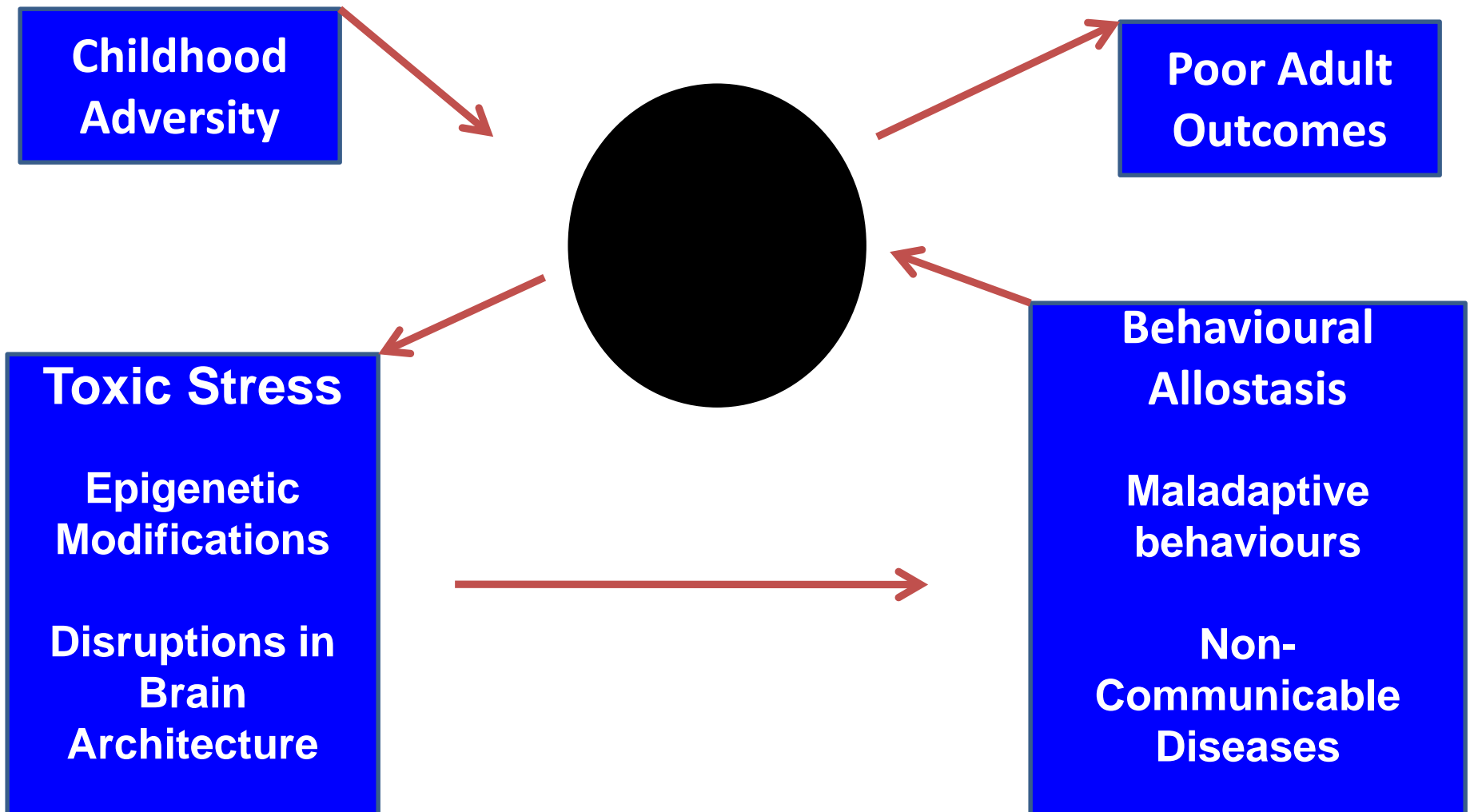
It raises the following BIG questions:

Are there ways to:

- **Treat**
- **Mitigate, and/or**
- **Immunize against the effects of toxic stress?**

Garner AS, et al. (2012) Early childhood adversity, toxic stress, and the role of the Pediatrician: translating developmental science into lifelong health. *Pediatrics* 129(1):e224-31

Linking childhood experiences and Adult outcomes



Address Toxic stress:

Primary / Universal Prevention

– Proactive, universal interventions to make stress positive, or tolerable instead of toxic

– **Actively building resiliency**

(immunizing through positive parenting, promoting optimism, formalized social-emotional learning)

Social Emotional skills Buffers

allow the physiologic stress response to return to baseline

Parenting/Caregiving skills for younger children

Developing countries & Cultural Perspectives

- There is no universality regarding child-rearing standards or parenting programs
- Cultural perspective
- Poverty, Socio-Economic adverse circumstances
- Large population size, illiteracy, ignorance

Prevention of Child Abuse & Neglect in Developing countries

- Given the large child population, particularly among the underprivileged rural and urban communities, socioeconomic constraints and lack of well developed child protection systems in developing countries,
- *It is of utmost importance to take all possible measures towards primary prevention of Child Abuse & Neglect.....positive parenting is the first step*

CANCL News 14(1), 2014

Positive Parenting

- **Parental Behavior based on the best interest of child**
- **Provides nurture, empower, recognize, setting of boundaries to enable full development of child**
- **Respect for child rights, non violent environment to resolve conflict, teach discipline and respect**

Positive Parenting

- **Approach to raise children which aims for healthy development**
- **Manage child Behavior in a non violent way**
- **Supported and sustained through UNCRC**
- **Research on child development and parenting**

Principles of Positive Parenting

- **Ensuring a safe, engaging environment**
- **A positive learning environment**
- **Using assertive discipline**
- **Having realistic expectations**
- **Taking care of yourself as a parent**

Delivering the message of PREVENTION through POSITIVE PARENTING

- Shift from acute care to one which now focuses provision of anticipatory guidance
- Even if we can't “**immunize**” every child against the possibility of abuse, We can likely help protect some from being abused !
- “Family life education”/Life Skills education is extremely important and must not be ignored

LIFE SKILLS

WHO definition

“Abilities for adaptive and positive behavior that enables individuals to deal effectively with the demands and challenges of everyday life”

Classification:

Self awareness and empathy

Communication and interpersonal

Decision making and problem solving

Creative and critical thinking

Coping with emotions and stress

Positive Discipline

Positive Discipline (or PD)

- Focuses on the positive points of behavior, based on the idea that there are no bad children, just good and bad behaviors.
- Handle situations more appropriately while remaining calm, friendly and respectful to the children themselves.

Triple P-Positive Parenting Program and the prevention of child maltreatment

Matthew R Sanders, Ph.D

Parenting and Family Support Centre

The University of Queensland, Australia,

September, 2009

Triple P system population trial to prevent child maltreatment

- *Sponsored by the US Centers for Disease Control and Prevention. Prinz, R. J., Sanders, M. : R., Shapiro, C. J., Whitaker, D. J., & Lutzker, J. R. (2009). Population--based prevention of child maltreatment: The U.S. Triple P System Population Trial. PreventionScience,10,1*

Prevention Effects of Triple P systems in US counties

Lower rates of child out-of-home placements

Lower rates of child maltreatment injuries

Slowed the growth of substantiated cases,
compared with the control counties

Parenting interventions help child parents interactions

- Benefits to Child

Child have less depression, disruptive behaviors, substance abuse and Delinquency

- Benefits to Parents

Parents have less depression & anger

Parents have less couple conflict, improved work functioning

Population based parenting programs

- Population based parenting programs can be effective
- They are very cost effective
- Principles of positive parenting appear to be cross culturally robust

References:

Re-evidence base and current research www.pfsc.uq.edu.au

Re -training and dissemination www.triplep.net

Recommendations

- **Public policy that supports good parenting remains essential to prevent maltreatment and improve the well being of children and young people**
- International trials of triple P and culturally sensitive protocols