



Monthly Parenting Tip from the ACFC

NOVEMBER 2024

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FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:** For parents of children from birth to age 5
- **Active Parenting 4th ED:** For parents of children ages 5 to 12
- **Active Parenting of Teens:** For parents of preteens and teens
- **Crossroads of Parenting & Divorce:** For divorced and divorcing parents

Continue your experience as an "active" parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](https://www.acfccares.com) for more information and to start your Active Parenting journey today.

Active Parenting Tools for Combatting Parental Stress

On August 28th the US Surgeon General, Dr. Vivek Murthy issued an Advisory on the mental health and well-being of parents with emphasis on the urgent need for better support for parents, caregivers and families "to help our communities thrive." This prolonged or frequent stress has adverse effects on parents and the well-being of their children. While we can't control the world, we can control our response to it. Active Parenting principles can be a powerful tool in your mental health and well-being journey:

Active Parenting Tools for Combatting Parental Stress

- **Set Limits with Love:** Establish clear expectations and boundaries for your children while fostering a warm, supportive environment. This consistency reduces stress and promotes a sense of security for everyone. .
- **Practice Effective Communication:** Use active communication to hear your child's feelings and validate their experiences. This is key to healthy communication with your children. It is also important for parents to be clear and concise in their communications. This open dialogue creates a safe space for them to express concerns about violence, social pressures, and loneliness. .
- **Focus on Solutions, Not Blame:** When challenges arise, address them calmly and collaboratively. Active Parenting teaches parents how to help their children develop problem-solving skills. This means working with your child to find solutions to problems rather than simply telling them what to do.
- **Encouragement:** Active Parenting teaches parents to focus on their child's positive behavior rather than discipline alone. This means acknowledging your child for what they do right and offering encouragement when they are struggling.
- **Every Day a Little Play:** Make time every day to spend quality, fun time with your children, because T-I-M-E is how kids spell LOVE. Even just 15 minutes out of a busy day can go a long way to strengthen bonds and ease stress for both parents and children. This time spent can be a good gauge of how your children are doing.
- **Take Care of Yourself:** You can't pour from an empty cup. Prioritize getting enough sleep, healthy eating and activities you enjoy. Schedule time for self-care, even if it's just 15 minutes. This will make you a more patient and effective parent.

Addressing Specific Stressors:

- **Firearm Violence:** Talk to your children about gun safety openly and honestly according to their age. Advocate for gun violence prevention measures. Let them know you're working to keep them safe. Parents can help older children and teens take positive action.
- **Social Media:** Have open conversations about social media use, again, according to their age. Set limits on screen time and discuss online safety. Encourage and teach your children to be critical consumers of information online.
- **Loneliness & Isolation:** Seek out opportunities for social interaction. Many online groups and communities cater specifically to parents. Consider therapy as a source of support and guidance.

By prioritizing your own well-being, you can better support your children's mental health and well-being in this difficult world.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the [ACFC website](https://www.acfc.org), click on the Active Parenting tab, and follow the instructions on how to