

Alex Valadkevich



My Positive Parenting
Story

Introduction



- Hi my name is Alex
- I moved to Ireland in 2001
- My wife Eugenia joined me in 2013
- We had our daughter Nina on 23rd September 2013.
- Nina is 3 ½ years old.



What does Positive Parenting mean to me and my Family?



- ❧ Creating loving environment in the family
- ❧ Working together in the same direction
- ❧ Building relationship based on trust and understanding
- ❧ Continuous and consistent support
- ❧ Noticing and praising efforts and achievements
- ❧ Emphasizing on good intentions, behavior or actions
- ❧ Discussing and explaining new and interesting things

How has Positive Parenting helped my family to be healthy and happy?



- ❧ It builds the team spirit in the family.
- ❧ Together is always stronger.
- ❧ Personal development.

My Positive Parenting message that I would like to share.....



Try to give your best.

Distinguish and concentrate on good.

It's OK not to know it all.

Asking for advice or help makes you stronger.

Playing together is the best way to bond and learn.

Have fun together.

The Beginning



Positive Parenting Supports



- Home visitor is coming once a month with
 - Information
 - Support
 - Reassurance

- Letting us know we were doing good as parents!!

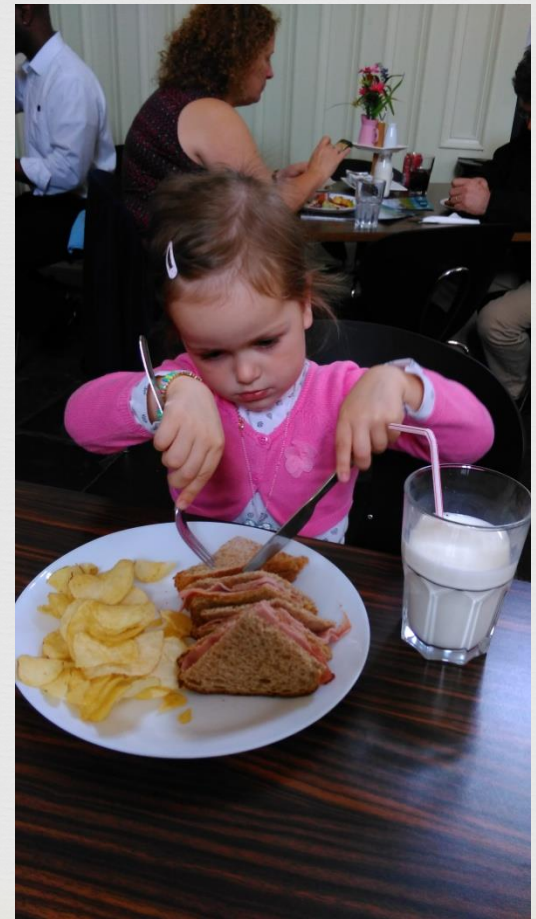
Positive Parenting Supports



We attended an 8 week parenting course “Parents together” community course.

- ❧ Tuning into child’s needs and emotions.
- ❧ Distraction technique.
- ❧ Preventing and dealing with temper tantrums.
- ❧ Child centered play and communication.
- ❧ Using rewards and picture charts.
- ❧ Learning through play and reading books.
- ❧ Dealing with misbehavior using consequences.

Playing, talking, reading



The Benefits of Positive Parenting



Everyone in your family benefits

As parents: Strong bond within family

- Met new people

- Gain confidence in parenting skills

As children: Learning through the play

- Gain confidence in herself

- Has high self-esteem

What we like to do



- ❧ We are trying to spend as much time together as we can.
- ❧ But at the same time there is a lot of personal activities for Nina.

Conclusion



“Being determines consciousness”

Let's spread the goodness and be contagious, infect the world with happiness, support and encouragement!