



Reach out
take a step

find hope

Care to change

Counseling to help you move forward.

Parenting Different Stages

Presenters

- Teresa Haskins, Licensed Marriage and Family Therapist, Adults and Families
- Mac Zambrano, Pastoral Counselor, Church Leaders and Marriage



60 Seconds of Focus



Sixty seconds of focused attention in 15 second segments on your body, breath, gratitude, and prayer helps reset the nervous system, quiet mental noise, and re-center the mind and heart on what matters most. ❤️

Parenting Different Stages

Objectives

- Learn strategies to parent with wisdom, grace and hope.
- Differentiate the developmental need of children across various life stages including adulthood.
- Practice grace-based responses to performance pressure and perfectionism in parenting.



Parenting Different Stages

Introduction

- What is parenting like for you?
- Proverbs 22:6
- The Call of Parenting



Parenting Different Stages

Developmental Stages

- Erik Erikson's developmental stages theory
 - Each stage, the child experiences a psychosocial crisis
 - This crisis can negatively or positively affect personality development.



Parenting Different Stages

Psychosocial Stage 0-1, Infant

- Crisis: Trust vs. Mistrust
- Question: Can I trust the world?
- Developmental Highlights



Parenting Different Stages

Psychosocial Stage 0-1, Infant

- Strategies
 - Face to face interactions
 - Respond to their moods
 - Invent and play games
 - Attune to them



Parenting Different Stages

Psychosocial Stage 1-3, Toddler

- Crisis: Autonomy vs. Shame/Doubt
- Question: Can I do things myself?
- Developmental Highlights
 - Toilet Training
 - Need to control
 - Parallel Play
 - Anger and Frustration



Parenting Different Stages

Psychosocial Stage 1-3, Toddler

- Strategies
 - Do not be overly controlling or critical
 - In play and other experiences, coach them by labeling frustrations.
 - Help them problem solve



Parenting Different Stages

Psychosocial Stage 1-3, Toddler

- Strategies
 - Teach them to take turns
 - Encourage curiosity about God
 - Participate in a church



Parenting Different Stages

Psychosocial Stage 3-6, Preschooler

- Crisis: Initiative vs. Guilt
- Question: Is it ok for me to initiate things?
- Developmental Highlights
 - Ask a lot of questions
 - Asserting control and power
 - More anxieties and fears
 - One-on-one time with peers



Parenting Different Stages

Psychosocial Stage 3-6, Preschooler

- Strategies:
 - Be attentive to their questions
 - Help them work out their fears
 - Do not threaten that you will leave them in any way



Parenting Different Stages

Psychosocial Stage 3-6, Preschooler

- Strategies:
 - Do not dismiss their fears
 - Help them solve conflicts
 - Bring God up in the answers to their questions



Parenting Different Stages

Psychosocial Stage 7-11, Early School Age

- Crisis: Industry vs. Inferiority
- Question: What am I good at doing?
- Developmental Highlights
 - Social comparisons
 - Building life skills
 - Coping with failure
 - Peer Influence



Parenting Different Stages

Psychosocial Stage 7-11, Early School Age

- Strategies
 - Provide consistent, constructive feedback
 - Encourage effort
 - Help them cope with feeling left out



Parenting Different Stages

Psychosocial Stage 7-11, Early School Age

- Strategies
 - Help them brainstorm solutions
 - Do not take their emotional difficulties personally
 - Encourage Bible reading, and prayer



Parenting Different Stages

Psychosocial Stage 12-18, Later School Age

- Crisis: Identity vs. Confusion
- Question: Who am I and who can I be?
- Developmental Highlights
 - Experiment with different activities and behaviors
 - Social relationships are important
 - Conflict and resolution
 - Self-absorbed



Parenting Different Stages

Psychosocial Stage 12-18, Later School Age

- Strategies
 - Provide them with a community
 - Express confidence in their judgement
 - Allow them to make unwise but not unsafe decisions



Parenting Different Stages

Psychosocial Stage 12-18, Later School Age

- Strategies
 - Be aware of what's going on
 - Change your role as a parent
 - Encourage them to schedule a daily time with God



Parenting Different Stages

Psychosocial Stage 18-40, Young Adults

- Crisis: Intimacy vs. Isolation
- Question: Can I love?
- Developmental Highlights
 - Forming longer term commitments outside the family
 - Process of settling into a profession



Parenting Different Stages

Psychosocial Stage 18-40, Young Adults

- Strategies
 - Role is not consulting
 - Unsolicited advice is criticism
 - Provide boundaries and allow for natural consequences



Parenting Different Stages

Psychosocial Stage 18-40, Young Adults

- Strategies
 - Don't fix things for them
 - Create a plan to determine when they will be completely independent



Parenting Different Stages

Psychosocial Stage 18-40, Young Adults

- What if things go wrong and they become estranged?
 - Allow yourself to grieve.
 - Make room to hope.
 - Strengthen your support circle.
 - Lean into prayer and your relationship with God.



The Evolution of Becoming "That Mom"



You Before Kids



Six Years Later

nickmom
Every night at 10pm ET



Care
to change

Parenting Different Stages

You and Parenting

- What makes parenting hard right now?



Parenting Different Stages

You and Parenting

- When you picture a great parent what do you see?



Parenting Different Stages

You and Parenting

- When you picture a great parent what do you see?
- What does social media say a great parent is?



Parenting Different Stages

You and Parenting

- When you picture a great parent what do you see?
- What does social media say a great parent is?
- What does God say a great parent looks like?



Parenting Different Stages

You and Parenting

- Parent with connection and compassion (Psalms 103:13)
- Parent without provoking- (Eph 6:4)
- Parent with training and intentionality (Proverbs 22:6)
- Parent with discipline (Proverbs 29:17)



Parenting Different Stages

You and Parenting

- Parenting as stewardship and provision (Psalm 127:3)
- Parenting with purpose and perspective (Psalm 127:3)
- Parenting makes space for Jesus (Matt 19:14)



Parenting Different Stages

Four Essential Needs of Children

- Structure: Creating a safe and predictable environment.
- Engagement: Staying present and using emotional attunement to connect.



Parenting Different Stages

Four Essential Needs of Children

- Nurture: Providing soothing and comforting experiences to reinforce the child's sense of safety and self-worth.
- Challenge: Encouraging the child to take small risks within a supportive environment.



Parenting Different Stages

Parenting with Grace

Why do we need to be perfect at parenting?

What do you fear if you are not doing parenting perfectly?

How do you respond to a friend when they criticize their own parenting?



Parenting Different Stages

Parenting with Grace

2 Corinthians 12:9-11

"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."

Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.



Parenting Different Stages

Parenting with Grace

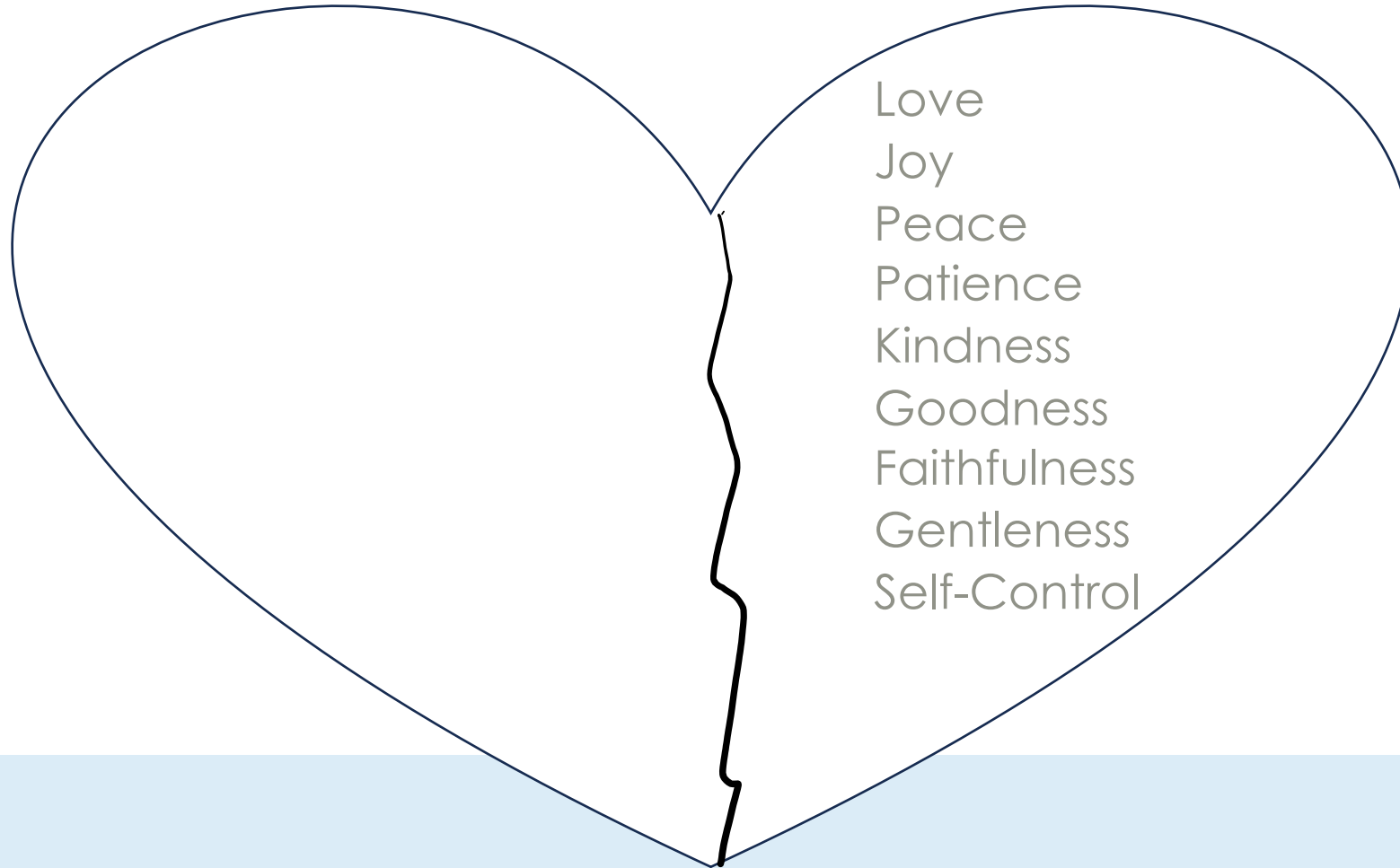
2 Corinthians 12:9-11

That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.



Parenting Different Stages

God's Direction is Holy Spirit Led



Resources

- Care to Change specific Podcast
- Care to Change website resource page
- Raising an Emotionally Intelligent Child by Dr John Gottman
- Parenting from the Inside Out by Dr. Daniel J. Siegel and Mary Hartzell



Resources

- Parenting: 14 Gospel Principles that Can Radically Change Your Family by Paul David Tripp
- Doing Life with Your Adult Children: Keep Your Mouth Shut and the Welcome Mat Out by Dr. Jim Burns
- The Connected Parent: Real-Life Strategies for Building Trust and Attachment by Lisa Qualls and Dr. Karyn Purvis



Q & A



Care
to change

SEND US YOUR QUESTIONS!



WWW.CARETOCHANGE.ORG



HELP@CARETOCHANGE.ORG



AVON, CARMEL, TELE



317-979-9133



@CARE_TO_CHANGE

Call to Action

Let's connect!

- Listen to our podcast
- Host a community forum or a lunch & learn for your staff/ small group leaders
- Sponsor families in need
- Email us at help@caretochange.org



Tell Us Your Thoughts on Today's Information



Answer 2 simple questions

Follow us on Social Media

Facebook • Twitter •
Instagram • YouTube
Podcasts • LinkedIn •
Pinterest





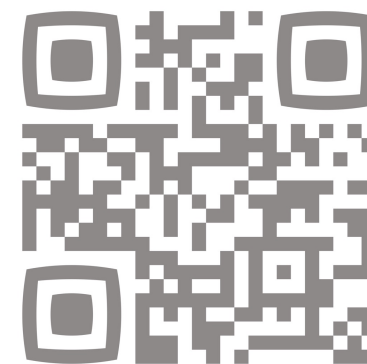
Schedule an
appointment



Our Services



Our Team



Contact Us



Reach out
take a step

find hope

Care to change

Counseling to help you move forward.