

Peeking Under the Hood...

How to give our kids what they need at each stage

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Like every parent...

I want nothing so much as my children's well-being. I want it so badly I may actually succeed in turning myself into a contented and well-adjusted person, if only for my children's sake.

— Joyce Maynard



My
little
squirt
now...



Objectives

- ▶ Identify chief developmental tasks for 4-7 year olds and 8-12 year olds
- ▶ Specify the typical behaviors of each stage
- ▶ Pinpoint the key affirmations for each stage
- ▶ Clarify the helpful and unhelpful parent behaviors of that stage
- ▶ Identify the “Take 2” adult tasks of that stage
- ▶ Identify the “Take 2” adult triggers of that stage
- ▶ Identify the “Take 2” adult activities that support growth in parents

Four Through Seven Year Olds

Batman & the Paper Bag Princess ...

Identity and Power



Paper Bag Princess by Robert Munsch and art: Michael Martchenko

- ▶ Developmental tasks
 - ▶ Identity is separate from other
 - ▶ Acquire info about the world, self, body, and gender role
 - ▶ Understand consequences
 - ▶ Discover effect on others and place in groups
 - ▶ To exert power to affect relationships
 - ▶ To learn and practice socially appropriate behaviors
 - ▶ To discover fantasy and slowly learn to separate fantasy from reality
 - ▶ To learn the extent of personal power
 - ▶ To continue learning tasks from previous stages



Batman

Four Through Seven Year Olds

Batman & the Paper Bag Princess ...

Identity and Power

- ▶ Typical Behaviors of Batman & the Paper Bag Princess
 - ▶ Engages in fantasy play; may have imaginary companions
 - ▶ Gathers information: how, why, when, how long, etc., etc.
 - ▶ Tries on different identity roles through role play
 - ▶ Starts learning about power relationships by watching and setting up power struggles
 - ▶ Practices behaviors for sex-role identification
 - ▶ Starts cooperative play
 - ▶ Practices socially appropriate behavior
 - ▶ Begins interest in games and rules



Key Affirmations for Batman & the Paper Bag Princess *Identity and Power*

You can
explore who
you are &
find out who
other people
are

You can be
powerful & ask
for help at the
same time

You can try
out different
roles and ways
of being
powerful

You can
learn the
rules of your
behavior

All of your
feelings
are ok
with me

You can
learn what is
pretend and
what is real

I love who
you are

Four Through Seven Year Olds

Batman & the Paper Bag Princess ...

Identity and Power

► Helpful Parent Behaviors

- Affirm your child for doing developmental tasks
- Continue to offer love, safety, and protection
- Be supportive as child continues to explore world of things, people, ideas and feelings
- Encourage child to enjoy being a whatever gender feels most comfortable; teach that all are ok
- Expect child to express feelings and to connect feelings and thinking
- Provide information about child's environment and correct misinformation (incl. body/sex ed!)
- Provide appropriate positive and negative consequences for actions
- Use clear language about who is responsible for what
- Encourage child's fantasy/imagination and their separation of reality from fantasy
- Maintain contact w supportive people who help nurture self

Four Through Seven Year Olds

Batman & the Paper Bag Princess ...

Identity and Power

- ▶ UN-Helpful Parent Behaviors
 - ▶ Teases
 - ▶ Is inconsistent
 - ▶ Not expecting child to think for them self
 - ▶ Unwilling to answer questions
 - ▶ Ridicules role play or fantasy
 - ▶ Responds to child's fantasy as if real
 - ▶ Uses fantasy to frighten or confuse child
 - ▶ Engages in judgments or arguments over who is right or wrong or who/what is better or worse - power struggle
 - ▶ Discounts



Four Through Seven Year Olds

Batman & the Paper Bag Princess ...

Identity and Power

- ▶ 'Take 2' Adult Tasks
 - ▶ Maintain your own identity as separate from others
 - ▶ Update your information about the world, self, body, sex role & sexuality
 - ▶ Choose behaviors based on the consideration that all behaviors have consequences, positive or negative or both
 - ▶ Examine socially appropriate behavior for new roles and situations
 - ▶ Examine own personal and cultural frame of reference or archaic prejudices
 - ▶ Access accurately what you have power over and what you do not have power over and exercise your power to enhance self and others
 - ▶ Remain curious about other developmental tasks that may be in process

Four Through Seven Year Olds

Batman & the Paper Bag Princess ...

Identity and Power

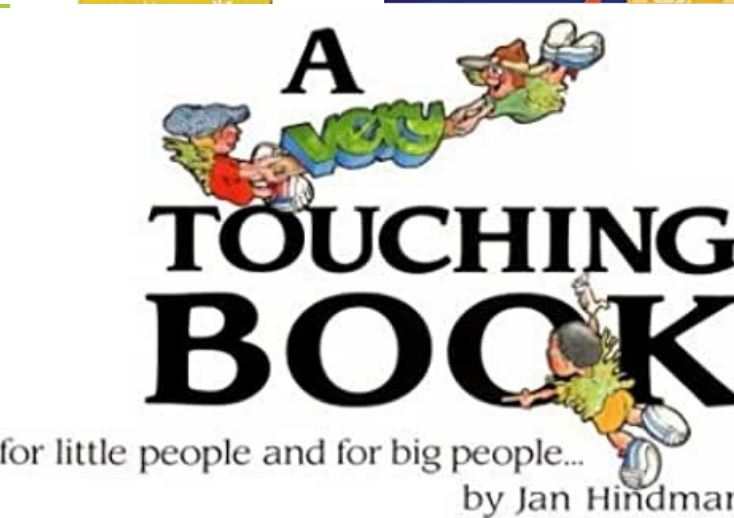
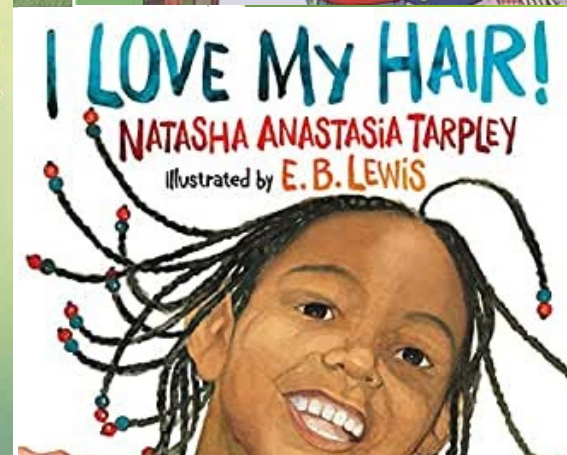
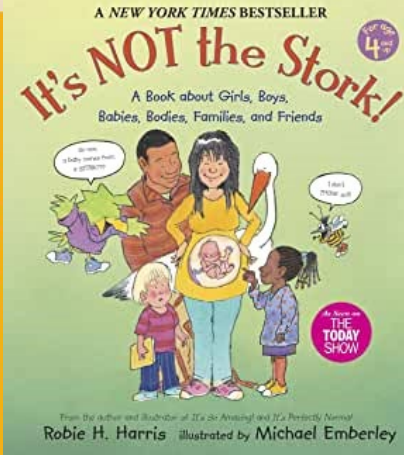
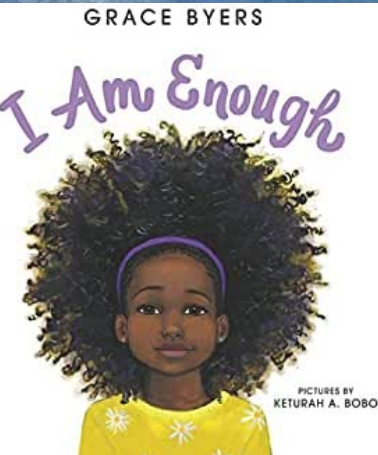
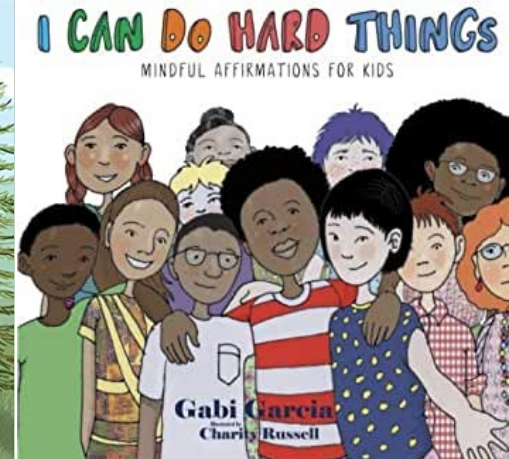
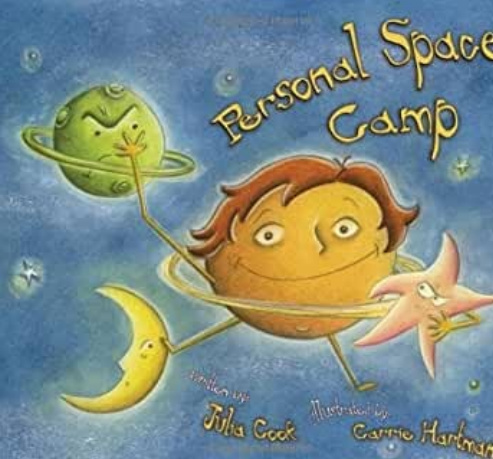
- ▶ 'Take 2' Adult Triggers of the Batman & Paper Bag Princess Stage
 - ▶ Having to be in a position of power
 - ▶ Afraid of, or reluctant to use, power
 - ▶ Unsure of personal adequacy
 - ▶ Identity confusion - needing to define self by job or relationship
 - ▶ Feeling driven to achieve
 - ▶ Overuse of outlandish dress or behavior
 - ▶ Frequently comparing self to others, and needing to come off better
 - ▶ Wanting or expecting magical solutions or effects

Four Through Seven Year Olds

Batman & the Paper Bag Princess ...

Identity and Power

- ▶ ‘Take 2’ Adult Activities to Support Growth
 - ▶ Apply helpful parenting tips to care for your inner-child
 - ▶ Make a list of 10 things you would like to do
 - ▶ Give or go to a costume party
 - ▶ Join a support group. Think/talk about your ideas of how gender roles have informed you
 - ▶ Find out about a different job or career
 - ▶ Write a story starting with “In my next life I will ...”
 - ▶ Learn about appropriate manners to use in another culture
 - ▶ Get therapy if you need it.



Eight Through Twelve Year Olds

Batman & the Paper Bag Princess ...

Build Internal Structure & External Skills

► Developmental tasks

- Learn from mistakes, learn skills and decide to be adequate
- Learn to listen to collect information and to think, practice and do
- Reason about wants and needs
- Check out family rules and learn about structures outside their family
- Learn the relevancy of rules
- Experience the consequence of breaking the rules
- To disagree with others and still be loved
- To test ideas and values and learn options beyond the family
- Develop internal controls
- Learn what is one's responsibility and what is the responsibility of others
- To Learn when to flee, when to flow and when to stand firm
- To develop the capacity to cooperate
- To identify with one's own sense of gender identity



Eight Through Twelve Year Olds

Batman & the Paper Bag Princess ...

Build Internal Structure & External Skills

- ▶ Typical Behaviors of the 8 - 12 Batman & the Paper Bag Princess
 - ▶ Asks questions and gathers information
 - ▶ Practices and learns skills
 - ▶ Belongs to same-sex groups or clubs
 - ▶ Compares, tests, disagrees with, sets, breaks, and experiences consequences or rules
 - ▶ Challenges parental values, argues and hassles
 - ▶ May be open and affectionate, cantankerous, or self-contained, or may alternate among these.



Eight Through Twelve Year Olds

Batman & the Paper Bag Princess ...

Build Internal Structure & External Skills

You can think
before you
say yes or no
and learn
from your
mistakes

You can trust
your intuition
to help you
decide what to
do

You can find a
way of doing
things that
works for you

You can think
for yourself
and get help
instead of
staying in
distress

You can
learn
when and
how to
disagree

You can learn
the rules that
help you live
with others

I love
you even
when we
differ; I
love
growing
with you

Eight Through Twelve Year Olds

Batman & the Paper Bag Princess ...

Build Internal Structure & External Skills

- ▶ Helpful Parent Behaviors
 - ▶ Affirm your child for doing developmental tasks
 - ▶ Continue to offer love, safety, and protection
 - ▶ Make an accurate assessment of the safety of child's world and teach conflict-resolution skills
 - ▶ Affirm your child's efforts to learn to do things in their own way
 - ▶ Give lots of love and lots of positive strokes for learning skills
 - ▶ Be a reliable source of info about people, the world, bodies and S.E.X. - help them critically think
 - ▶ Challenge negative behavior and decisions; encourage cause/effect thinking
 - ▶ Confront discounting
 - ▶ Affirm ability to think logically, resourcefully and creatively

Eight Through Twelve Year Olds

Batman & the Paper Bag Princess ...

Build Internal Structure & External Skills

► Helpful Parent Behaviors

- Allow child to experience nonhazardous natural consequences for actions and ways of doing things
- Discuss when and how to flee, flow or fight
- Set and enforce needed non-negotiable and negotiable rules
- Point out that you continue to care for your child even when your child disagrees with you
- Promote the separation of reality from fantasy by encouraging child to report accurately
- Be alert to teenage-type behaviors and discourage child from growing up too fast
- Be responsible *yourself* and encourage child to be responsible for their own decisions, words, thinking and feeling
- Encourage skill development by helping child find mentors in their area(s) of interest

Eight Through Twelve Year Olds

Batman & the Paper Bag Princess ...

Build Internal Structure & External Skills

- ▶ UN-Helpful Parent Behaviors
 - ▶ Uneven enforcement of rules
 - ▶ Insisting on perfection
 - ▶ Expecting child to learn needed skills without instructions, help or standards
 - ▶ Filling all of child's time with lessons, teams, and activities so child lacks the unstructured time to explore interests, be creative, and learn the relevancy of rules
 - ▶ Overindulging child by not insisting on completion of household chores
 - ▶ Unwillingness to allow child to feel miserable for brief times
 - ▶ Rules and values too rigid or lacking
 - ▶ Unwillingness or lack of ability to discuss beliefs and values, to reevaluate rules and to expect child to develop skills for personal responsibility
 - ▶ Discounting

Eight Through Twelve Year Olds

Batman & the Paper Bag Princess ...

Build Internal Structure & External Skills

► 'Take 2' Adult Tasks

- Become adequate at new skills and continue to learn from mistakes
- Expand ability to listen, look and experiment in order to collect information and think
- Expand intuitive abilities
- Become clearer about the difference between wants and needs
- Evaluate family rules and learn about structures inside and outside the family
- Examine the relevancy of old personal and family rules
- Be willing to accept the consequences of breaking rules without blaming or whining
- Improve skills for disagreeing with others and still being able to stay connected
- Examine your internal controls and be sure they are helping you accomplish what you want for your life

Eight Through Twelve Year Olds

Batman & the Paper Bag Princess ...

Build Internal Structure & External Skills

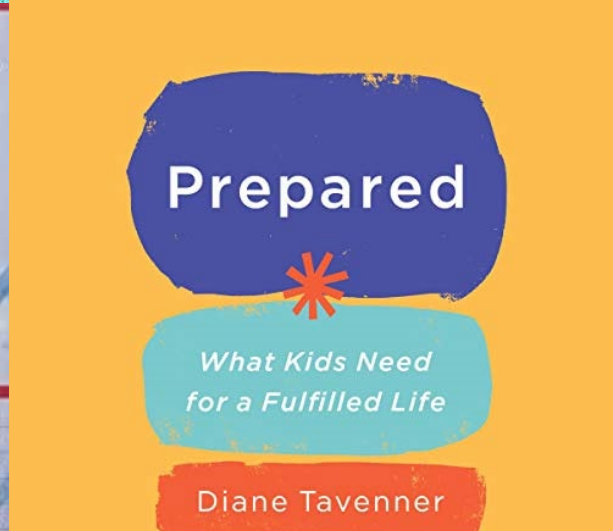
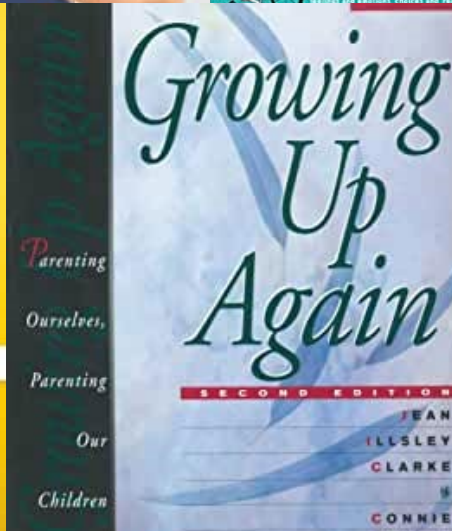
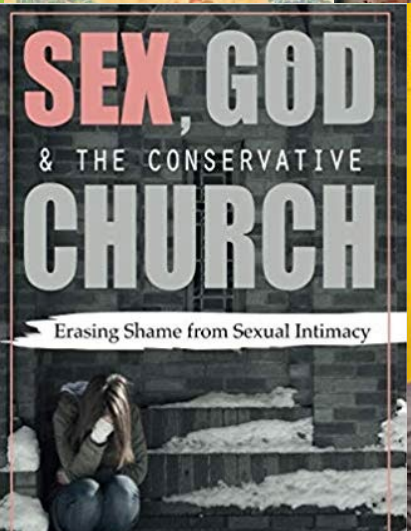
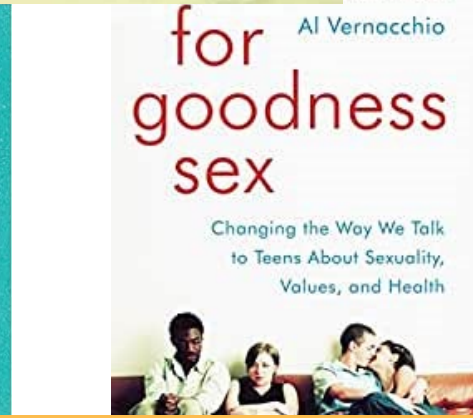
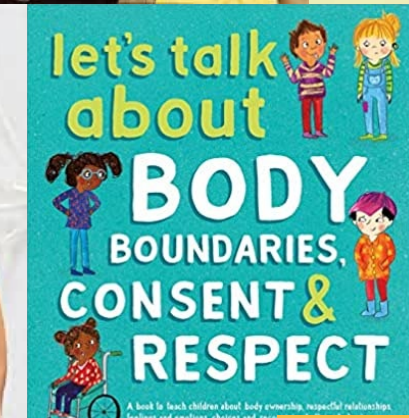
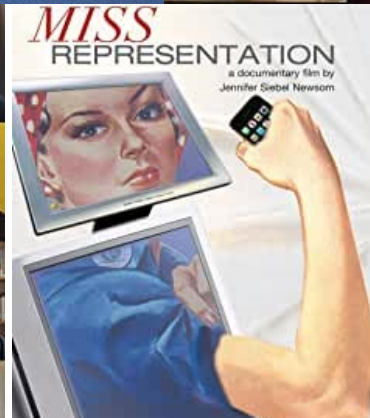
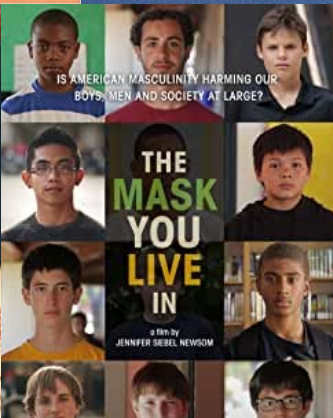
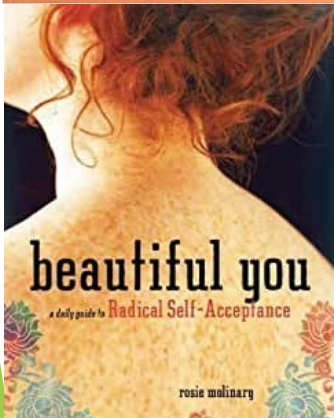
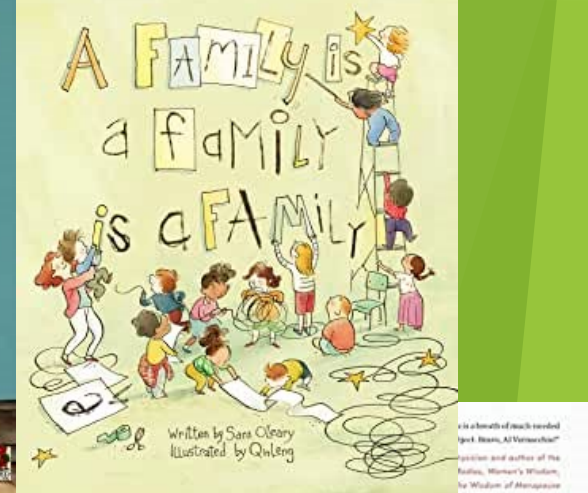
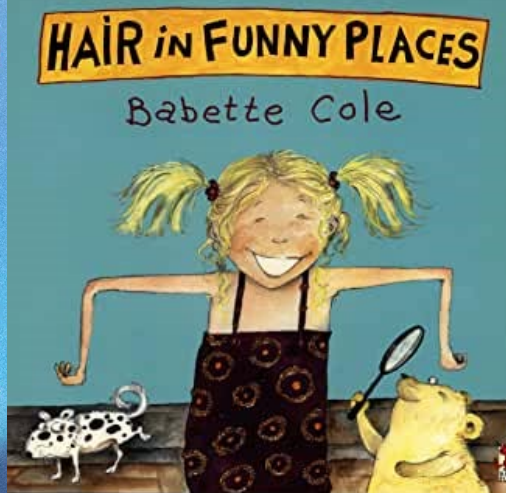
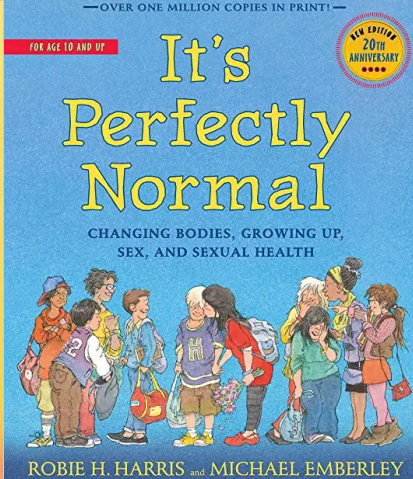
- ▶ ‘Take 2’ Adult Triggers of the Batman & Paper Bag Princess Stage
 - ▶ Having to be part of the ‘gang’ or only functioning well as a loner
 - ▶ Not understanding the relevance of rules
 - ▶ Not understanding the freedom that rules can give
 - ▶ Unwillingness to examine your own values or morals
 - ▶ Needing to be king or queen of the hill
 - ▶ Trusting the thinking of the group more than your own thinking and intuition
 - ▶ Expecting to have to do things without knowing how, finding out, or being taught how
 - ▶ Being reluctant to learn new things or be productive

Eight Through Twelve Year Olds

Batman & the Paper Bag Princess ...

Build Internal Structure & External Skills

- ▶ 'Take 2' Adult Activities to Support Growth
 - ▶ Apply helpful parenting tips to care for your inner-child
 - ▶ Join a club and figure out what the rules are
 - ▶ Watch TV for one evening and list the morals and values presented. Compare the number of alcoholic drinks versus cups of coffee or tea, soft drinks versus water, incidents of violence vs incidents of nurturing and so on.
 - ▶ Clean and organize something - closet, drawers, sewing kit, tool kit, garage.
 - ▶ Learn a new system of organization
 - ▶ Learn a new skill
 - ▶ Get therapy if you need it





Enjoy the chaos *... it goes fast*

Find Dr Tina here:

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