

Eyes on

# Parents' practices

When responsiveness and beliefs enter the picture



ABORIGINAL PARENTS



CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING

Early Childhood Development



## What do we know?



- Encourage your child autonomy by evaluating his needs and responding right away (especially between ages 0 and 1) and later by giving him proper supervision (clear rules, encouragement).
- Loving parents who make an effort to understand what their child is trying to tell them make it easier for their child to respect rules, cooperate and get along with others.
- Sensitive parents pay attention to their child's distress. By reacting to the child's crying calmly and quickly, they reinforce the child's feelings of security and offer valuable comfort.
- Sensitive parents enthusiastically encourage their child's need to explore and make sure the child is safe by setting limits.
- Parents will behave positively or negatively toward their child based on the feelings they have when they are with their child, their memories of their own childhood, and their beliefs about education.
- Parents often behave toward their children the way their own parents behaved toward them.
- Parents who believe they are not effective are likely to abandon their own rules when their child is resistant (such as not applying the consequence when the child breaks a rule).
- It is easier for parents to resolve a conflict if they can clearly identify their child's emotions.
- The sources of information about child development that you consult will affect the strategies you use. Well-informed parents know more about the challenges they will face and are able to adapt when the time comes.

***“We can raise three kinds of children: a fragile egg, a hard stone, or a human being.”***

Rhoda Karetak, Inuit Elder.  
Showcase on Aboriginal  
child-rearing, NCCA 2009.

### Paying attention to...

### What can be done?

... the fact that your child's behaviour creates an emotional response in you.

- Identify the emotion felt when facing your child's behaviour (for example, anger, fear, disappointment, sadness, etc.).

... the challenges that your child faces as he grows up.

- Consult informative materials on child development (such as books, websites, etc.).

... figuring out the ways in which your child expresses his emotions.

- Name the emotion and the signs of the emotion observed in your child.
- Ask your child questions.

... what the situations experienced by yourself and your child have in common.

- Ask yourself what provoked this difficult behaviour and what are the consequences (for you, for your child, and for others).

***“Traditional Aboriginal parenting is defined by patience and kindness. Traditional ways of raising children are very rich in nurturance and love. There are proven practices that Aboriginal people have been drawing on for generations that help children along their path to healthy growth and development.”***

A Sense of Belonging: Supporting Healthy Child Development in Aboriginal Families,  
p. 28. Best Start 2006.





# Information

The Centre of Excellence for Early Childhood Development identifies and summarizes the best scientific work on the social and emotional development of young children. It disseminates this knowledge to a variety of audiences in formats and languages adapted to their needs.

For a more in-depth understanding of parents' practices, consult our experts' articles in the Encyclopedia on Early Childhood Development, available free of charge at [www.child-encyclopedia.com](http://www.child-encyclopedia.com).

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In this document, the masculine form is used to simplify the text. No discrimination is intended.

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