



Be the Best that You can Be

Cedarwood School

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Reflective Parenting

Being a parent offers some of the most joyous and fulfilling experiences of your life - but it can lead to conflict, confusion and some of the most stressful, even life changing encounters. Almost every day parents can be overwhelmed with intense emotions that are related to their children, many of these emotions are positive and fulfilling, but others more negative.



Within these often contradicting and confusing experiences, parents frequently wonder whether what they are doing with their children is the right thing - whether the ways in which they interact, discipline and motivate their children are really working.

Have you ever wondered what's going on inside your child's mind? What the inside story behind your child's behavior might be?

Children who have been parented in a reflective way experience a feeling of security and resiliency is developed, these children are then able to navigate their way through the joys and difficulties encountered in life and relationships.

- Reflective parents can frequently see their child doing things for reasons that are linked to how he is feeling or thinking – there is an inside story. Parents can then respond to the inside story of thoughts and feelings, rather than reacting to the behaviour.
- Reflective parents do not focus solely on the external behaviour of their child, but also keep a focus on their child as an individual with his own mind. They see their child as having a mind that is a rich tapestry of interwoven thoughts, ideas and motivations, and wish to understand the workings of his mind.



CEDARWOODSCHOOL
(Association incorporated under Section 21 - not for gain)
Fundraising Number: 01 101753 000 2
Co registration number 1997/018168/08
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- At the same time, they also realise that their child's experience can be very different from their own - that their interpretation of an event could be quite different from the child's experience of it.
- Reflective parents are also more likely to be in touch with their own thoughts and feelings when interacting with their child, and have some understanding of how their own emotions might affect interactions and the actual outcome of situations.

Relationships become more harmonious, leading to more positive changes in the child's behavior and less stress for parents.

(Reference: Reflective Parenting, A guide to understanding what's going on in your child's mind. Alistair Cooper and Sheila Redfern; 2016)

NB: A weekly Parenting Group will begin on Reflective and Positive Parenting. All parents welcome.

Venue: Cedarwood School

Date: 12 February 2018

Time: 14h00-15h00

Facilitated: Mrs Heidi Lathy.

Parenting Tips!

*A child who is **respected**, will become **Respectful**.*

*A child who is **loved**, will become **Loving**.*

*A child who is treated with **fairness**, will become **Just**.*

*A child who is **listened to**, will become a **Great Listener**.*

*A child who is given **choices**, will become **Responsible**.*

*A child who is treated with **kindness**, will become a **Great Friend**.*

*A child who is **nourished** in all these ways, will become a **Leader**.*

One Time Through
Lakh Sandhu



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