



The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



REFLECTION TOOL: THE IMPACT OF MY PARENTING PRACTICES ON MY CHILDREN'S BEHAVIOUR

TOOL: Prevention | Intervention

TARGET AUDIENCE: Parents

TOOL INTENDED FOR: Parents

DESIGN

Nancy Gaudreau
Marie-Pier Duchaine



REFLECTION TOOL: THE IMPACT OF MY PARENTING PRACTICES ON MY CHILDREN'S BEHAVIOUR

TOOL: Prevention | Intervention

TOOL INTENDED FOR: Parents

TARGET AUDIENCE:

- All parents with one or more school-age children.

NEEDS AND BEHAVIOURAL MANIFESTATIONS

- Prevent and manage undesirable behaviours.

SPECIFIC GOALS

- To understand the impact of your parenting practices on your children's behaviour.
- To identify intervention techniques and strategies that can prevent and effectively manage the emergence of children's behaviour problems at home.
- To analyze parenting practices in order to identify development targets.

CONTENT

- Reflection tool on the impact of your parenting practices on your children's behaviour.

DESIGN

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PREVENTING THE EMERGENCE OF BEHAVIOUR PROBLEMS DURING THE PANDEMIC

GOALS:

- To understand the impact of your parenting practices on your children's behaviour.
- To analyze your parenting practices in order to identify development targets.

INSTRUCTIONS:

To do this exercise, we suggest that you take a critical look at your parenting practices. The questions in this reflection tool will help you identify practices to use with your children and which ones to avoid.

1. Review the statements on your **Parenting Practices Self-Assessment Sheet**.
2. Identify statements that refer to strategies you don't use often enough when dealing with your children.

REFLECTION ON A TEACHING PERIOD

What are your strengths?
What are your challenges?
What are your children's problem behaviours?
What is the frequency of these behaviours?
How long have you been observing these behaviours?
What happens just before and right after these behaviours?
What is the negative impact of these behaviours on your children and the rest of your family?
What do you think has the greatest impact on your children's misbehaviour (e.g. time of day, people present, activities, incidents, your children's emotional state or physical condition)? Take a few minutes to determine the influential factors that affect your children, family context, social status and school context. Now, how can you have a positive impact on these factors? What's your responsibility?
What problem behaviours do you consider to be a priority for the intervention?
How could your "development targets" (identified after completing the self-assessment sheets on your practices) have a positive impact on your children's behaviour?
What new strategies could you use?
What means of observation, evaluation and follow-up could you implement to better support your children (e.g. self-observation sheet, behaviour self-assessment or co-assessment)?
Which resources could help you adjust your practices (e.g. school professionals, teachers)?



USEFUL RESOURCES

Ben Amor, L., Morin, D., L'Abbé, Y., Labbé, É., Ouellet-Plamondon, C. (2019). *Comportements difficiles... Que faire?* Québec : Éditions CHU Sainte-Justine.

<https://www.editions-chu-sainte-justine.org/livres/comportements-difficiles-que-faire-370.html>

Delagrave, M. (2020). *Ados : mode d'emploi* (2^e éd.). Québec : Éditions CHU Sainte-Justine.

<https://www.editions-chu-sainte-justine.org/livres/ados-mode-emploi-cpp-373.html>

Massé, L., Verreault, M. & Verret, C. (2011). *Mieux vivre avec le TDA/H à la maison*. Québec : Chenelière Éducation.

<https://m.cheneliere.ca/6584-livre-mieux-vivre-avec-le-tdah-a-la-maison.html>