

Session #4

Buffering Toxic Stress with Purposeful Parenting

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The Six Principles of “Purposeful Parenting”

Purposeful - forming partnerships with parents and caregivers around shared long-term goals
- encouraging parents and caregivers to identify the purpose behind behaviors
- promoting parent and caregiver executive functioning

Protective - meeting the child's basic physiologic needs (water, food, sleep)
- allowing the child to feel safe
- but NOT being overprotective (by helping the child to feel safe on their own)

Personal - meeting the child's need to feel connected, loved, and accepted
- loving the child if not the behavior
- identifying the child's individual needs and strengths

Progressive - meeting the child's need for self-confidence and competence
- having developmentally appropriate expectations for the child
- noting and encouraging rudimentary and foundational skills as they emerge

Positive - being positive in regard (õIt's all about the relationshipö)
- being positive in outlook (õI know you can do a better job the next timeö)
- being positive in reward (õCatch them being goodö)
- but NOT being permissive (by setting a few but firm limits and consequences)

Playful - allowing children to direct the play, to share their thoughts, and to be creative
- nurturing the child's new skills as they emerge
- implementing the other principles of Purposeful Parenting in a tangible way