



RAW News

A PUBLICATION OF ROOTS AND WINGS CONSULTING

STRONGER INDIVIDUALS~STRONGER FAMILIES~STRONGER COMMUNITIES

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Welcome to RAW News!

Welcome to the first issue of *RAW News*, the official newsletter of Roots And Wings Consulting! We'll be sending this newsletter out once a month and we hope you'll find it both informative and entertaining. From month to month you'll see different articles, interviews, commentaries, updates, and inspirational stories. We're also inviting you to email us questions you may have about Positive Discipline, parenting struggles, therapeutic issues, relational problems, etc. We'll do our best to answer them for you, and/or have them answered by people we know with specialties in the area of your question. Since many people struggle with similar issues, you may find your question answered here in our newsletter (without mentioning your name of course, unless you want us to). We'll always welcome feedback, as well as any requests you have for the content of the newsletter, so that we can tailor it to the interests of our readers. Send questions, comments, or feedback to RAWNews@contactraw.com. We look forward to this new project and hope you'll get as much out of reading it as we get out of writing it!

In this issue:

- WELCOME TO RAW NEWS
- UPCOMING EVENTS
- NEW YEARS REFLECTIONS (THE ANTI-RESOLUTION!)
- POSITIVE DISCIPLINE CAN NOW BE CALLED EVIDENCED BASED PRACTICE!
- SINGLE DAD BRAD: 52 PARENTING TOLL CARDS IN 52 WEEKS

Upcoming Events

Positive Discipline Family Education Centers

We've been talking about it for months now and it's finally here! Please join the San Diego Positive Discipline Mentor Group this month and early February as we host the very first of what will hopefully be many Positive Discipline Family Education Centers! These drop in centers hosted by local schools supporting the Positive Discipline philosophy are a great way for newcomers to get a taste of what Positive Discipline has to offer, and for those with some PD experience to brush up on their skills. With two locations (one in Central San Diego and one in North County) and two times (one on a Tuesday evening and the other on a Saturday morning), we're sure you'll find a time and place that works for you! To preregister, go to the FECs website at www.FamilyEducationCenters.com. We hope to see you there!!

For more info....

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New Year's Reflections Plan (my anti-resolution)

I've made New Year's resolutions every year since I was 2 years old. Okay maybe 12, but the point it is, I've been doing it as long as I can remember. I'm gonna get straight A's, do great at work, be the best mom ever, be the best wife ever, save more than I spend, and so on and so on. Of course there's also the one that me and 99% of the rest of the women in the world make every year, but we don't need to talk about that one. Every January (ok January 1-3) I'm at the top of my game. And then...

I'm tired of failing at resolving, so when my business coach shared a list of reflections that she got from famous life coach and author, Cheryl Richardson, I decided that this year I'd be doing reflections instead of resolutions. And not just January 1-3, but all year long. So here's the plan, whenever I find myself feeling discontent and not at peace in this next year, I'm going to ask myself the following questions, and work on adjusting my behavior and attitude so that I'm happy with my answers. The reflection questions suggested by Cheryl Richardson are as follows:

- 1) Am I pleased with how I'm spending my precious time on earth?
- 2) Am I spending enough quality time with the people who matter most to me?
- 3) How well am I listening to my soul – the part of me that knows what really matters, what I need most at this time in my life, and what needs to change in order to feel like I'm living a life of integrity?
- 4) Am I sharing, or working toward sharing, my God-given gifts and talents with others?
- 5) Are there any petty disagreements or differences that I need to settle or let go of once and for all?
- 6) Is there someone I need to forgive?

I know I won't be able at every moment in the next year to be 100% content in every one of these areas, but I'm going to work on trusting my gut to tell me which one is most important to me at any given time, and what I need to do so that I like my answer to the question. And, when my gut tells me what I need to do, I'm going to do my best to trust myself enough to do it despite all the top card mischief that I know will try to get in the way (those familiar with PD know what I'm talking about.)

So there's my anti-resolution plan...my New Year's Reflection plan. I invite anyone who's interested to try this reflection plan as well, and see if this will take you a little farther than your resolutions have in previous years.

Best wishes for a happy healthy and prosperous 2010 to all. Happy reflecting!

Yours, *Aisha*

Positive Discipline can now be called Evidence Based Practice!

We always knew it worked, but now we have proof! The following press release talks about the findings of a recently published study....

A new study released in late 2009 shows that parenting classes are helping parents create the kind of family that they want. The study, *The Impact of Adlerian-Based Parenting Classes on Self-Reported Parental Behavior*, was conducted over a 3-year period by Jody McVittie, M.D. and Al M Best, Ph.D. with the assistance of 69 parent educators across the US and Canada, utilizing data from 110 classes (1300 parent and care-givers). The parenting class curricula were experiential and primarily from the Positive Discipline or the Parent Encouragement Program.

By the end of the class, parents reported that they were more able to set clear limits, more able to connect with their children in positive ways. They also were able to decrease hitting and yelling. Many of the respondents added comments at the end of the post class survey that indicated that they were pleased with the changes in their families. Typical comments included: "My own anger level and frustration has decreased." "I have a better relationship with my children." "There is less yelling now." "Fewer power struggles now." "We have more fun as a family." "I enjoy parenting more." "I'm better at problem solving." "I have more confidence in my parenting skills." "I calm myself down instead of reacting." "I'm remaining firm in my limits." "I have more hope for who my child will become." "I respect myself more and my children more."

Previous research documents the long term benefits of parenting that is both firm and caring. This kind of parenting, called "authoritative," has been shown to reduce many social risks for children (smoking, early sexual debut, drinking, violence) and has been shown to be helpful for academic and social success. This large new study provides one missing link, showing that parents can change their parenting styles in ways that will be helpful to their children long term and that the parents were quite happy with the changes. Further research will be useful to establish that the changes that the parents report are long term.

For more information please contact:

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For copies of the Research:

McVittie, J. & Best, A., *The Impact of Adlerian-Based Parenting Classes on Self-Reported Parental Behavior*, *Journal of Individual Psychology*, Fall 2009, 65(3) 264-285.

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Single Dad Brad : 52 Parenting Tool Cards in 52 Weeks

Those of you who've had a chance to play with the new Positive Discipline tool cards know just how easy to use and convenient they are! If you haven't seen them yet, please order a set today at www.empoweringpeople.com! This deck of 52 cards summarizes many of the main points and tools from Positive Discipline into a handy, easy to use format. Blogger "Single Dad Brad" is about to take an adventure and has invited us to join him for the ride. He'll be working on one tool card a week with his kids and blogging about the experience. I can't wait to see what happens. Go along for the ride at: <http://www.singledadbrad.com/2009/12/52-parenting-tool-cards-in-52-weeks.html>.