Shifting From Control And Conflict To Structure And Nurture To Raise: The Key to Raising Happy and Independent Children

Parenting is a journey filled with challenges and rewards. In the quest to raise well-rounded individuals, many parents have found themselves struggling with control and conflict. However, there is a paradigm shift that is gaining traction in the parenting world - moving from control and conflict to structure and nurture. This approach is proving to be more effective in raising happy and independent children.

Understanding the Control and Conflict Approach

In traditional parenting, control and conflict play a significant role. Parents often exert control over their children's lives, setting strict rules and imposing consequences for non-compliance. Conflict arises when children rebel against this control, leading to power struggles and strained relationships within the family unit.
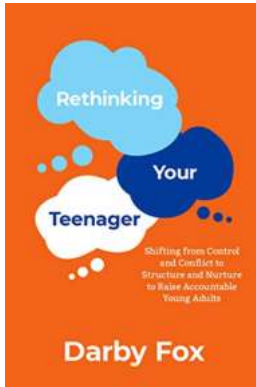
The control and conflict approach often revolves around punishment and reward systems. Children are disciplined for their mistakes, and rewards are used as incentives for desired behaviors. While this approach may yield short-term compliance, it doesn't foster long-term growth or independence.

Rethinking Your Teenager: Shifting from Control and Conflict to Structure and Nurture to Raise Accountable Young Adults by Bret W. Davis (Kindle Edition)

★★★★☆ 4.4 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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The Shift to Structure and Nurture

Recognizing the limitations of the control and conflict approach, many parents are embracing a new method focused on structure and nurture. This approach seeks to provide children with a secure and loving environment while establishing clear boundaries and expectations.

Structure involves setting up routines and consistent guidelines, allowing children to develop a sense of stability and predictability. This structure offers a framework within which children can explore their individuality and make choices while still adhering to necessary boundaries.

Nurture, on the other hand, emphasizes the importance of parents providing emotional support and understanding. It involves active listening, empathy, and effective communication, creating a safe space for children to express their thoughts and feelings. By nurturing their emotional well-being, parents help build their self-esteem and resilience.

The Benefits of Structure and Nurture

Shifting to a structure and nurture parenting approach offers numerous benefits for both children and parents. When children grow up with clear boundaries and consistent routines, they develop a sense of security and confidence.

This approach also promotes independence and critical thinking. By allowing children to make choices within the established structure, parents empower them to develop decision-making skills and problem-solving abilities.

The structure and nurture approach also fosters open and positive communication. Parents who prioritize empathy and active listening create an environment where children feel comfortable sharing their concerns and experiences.

Moreover, this approach encourages the development of healthy relationships. When children feel understood and supported, they are more likely to build strong connections with their parents and others.

## Implementing Structure and Nurture in Everyday Parenting

To shift from a control and conflict approach to structure and nurture, parents can implement several strategies in their everyday parenting:

- **Establish Clear Expectations:** Clearly communicate your expectations to your children and reinforce them regularly. This provides a sense of structure and helps children understand the boundaries.

- **Create Consistent Routines:** Develop routines for daily activities such as meals, bedtime, and homework. Consistency provides a sense of security and helps children feel more in control of their lives.

- **Practice Active Listening:** Take the time to listen to your children's thoughts and feelings without interrupting or judging. Show empathy and validate their

emotions.

- **Model Positive Behavior:** Children learn by example, so ensure that you exhibit the behaviors you want them to adopt. Be respectful, patient, and understanding.

- **Encourage Decision-making:** Allow your children to make age-appropriate choices within the established boundaries. This helps them develop critical thinking skills and promotes independence.

The shift from control and conflict to structure and nurture is a valuable approach in raising happy and independent children. By providing a secure and nurturing environment and establishing clear boundaries, parents can foster their children's overall well-being and promote their independence. Through this approach, children develop the skills and resilience necessary to thrive in life, building a solid foundation for their future success.
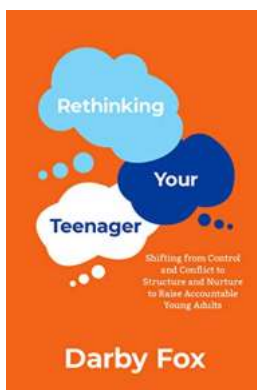
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FREE DOWNLOAD E-BOOK

The teenage years. . . parents fear this stage, dreading it even while watching their adorable toddlers explore the world. When it arrives, they try to control their teenager, in turn causing their teenager to push back more intensely. It's a natural instinct on both sides: teenagers are changing in every way while trying to assert their independence, and parents are faced with the challenge of coming up with rules, expectations, and standards for behavior without a genuine understanding of what is happening. But the result of this pattern is a parent-child relationship defined by conflict and reactivity--a breeding ground for stress, anger, and anxiety, all of which reinforcing those same cultural stereotypes and worst fears.

But it doesn't have to be this way. In this book, family therapist Darby Fox challenges parents to redefine the goals of adolescence by reorienting their focus from what they want their child to be to on who they want their child to be. Darby not only equips parents with the insight to understand the changes taking place in their child's brain and body and support their adolescent's bid for independence, but also offers an approach that allows parents to engage their adolescent in a relationship instead of struggling in an endless battle for control. The book is organized around a series of persistent myths about adolescence, each of which the author tears down with a combination of cutting edge neuroscience research, developmental psychology, and her own mix of clinical observations and experience raising four children.

Darby offers a new model for the parent-child relationship, encouraging parents to let go of the attempt to control their teenager and focus instead on creating mutual respect, providing structure and nurture, and encouraging independence in their developing teenager. She walks through the keys to combining structure and nurture and teaches parents how to connect with their teen while holding them accountable for their behavior. If parents approach teen years with the same thoughtful preparation, sense of awe and wonder, and responsibility that

they do the early childhood years, it can be an enjoyable and rewarding developmental stage that deepens, rather than damages, parent-child relationships.
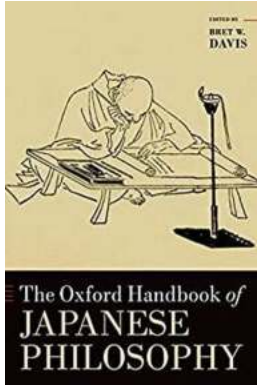
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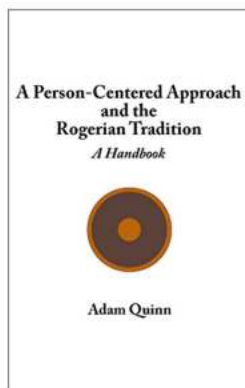
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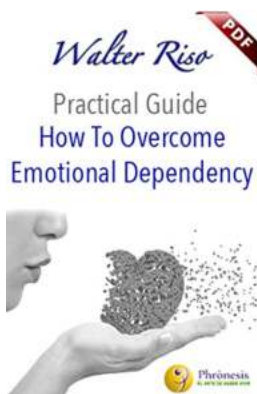
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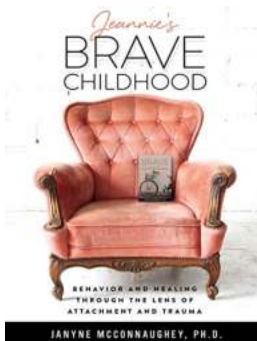
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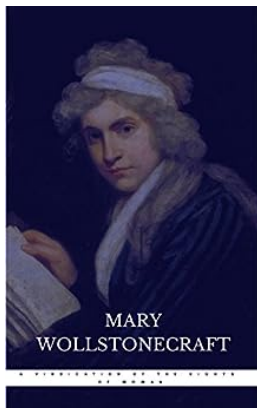
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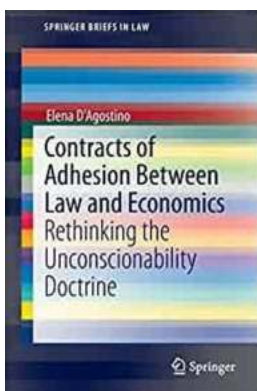
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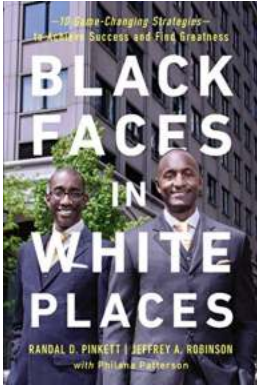
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