



Parenting Matters

Paul Dillon

- **authoritative parenting style** that combines strictness and warmth
 - authoritarian (strictness but not warmth)
 - **authoritative (strictness and warmth)**
 - indulgent (warmth but not strictness)
 - neglectful (neither warmth nor strictness)

Carrot + Stick. Unconditional love. Knowledgeable Rules with related consequences. Rules change to coaching with earned trust and capability - positive consequences reinforce good behaviours also.

- **appropriate parental monitoring** of a child's activities
 - Clear expectations /rules.
 - Knowing who, what, where. Knowing if the rules are broken.
 - Consequences, enforcing rules if broken.
 - Monitoring also to support (not just punish) Carrot & Stick.

Continues in teen years, changes to less directive more advisory, but still monitoring.

www.geoffwestlake.com/articles

1. Brad Huddleston: Digital Cocaine bradhuddleston.com
<https://www.youtube.com/watch?v=qsm8xLsJSs8>
2. Dr Archibald Hart, Thrilled to Death. (Anhedonia)
<https://www.amazon.com.au/Thrilled-Death-Dr-Archibald-Hart/dp/0849918529>
<http://blogs.christianpost.com/license-to-parent/how-to-make-sense-of-anhedonia-26189/>
3. Simon Sinek <https://www.youtube.com/watch?v=As8XkJNaHbs>
4. Dr Mary-Anne Layden. <https://vimeo.com/173067497/3192643c78>

Paul Dillon
<http://darta.net.au/factsheets/>. <http://darta.net.au/wordpress-content/uploads/2017/03/PARENTS-2017-PARENTING-STYLE.pdf>
<http://darta.net.au/presentations/>. <http://darta.net.au/wordpress-content/uploads/2017/03/PARENTS-2017-PARENTAL-MONITORING.pdf>

Dr Delaney Ruston: Screenagers: Growing Up in The Digital Age
<https://www.youtube.com/watch?v=QnYJqEJ7uYE>

<https://www.nytimes.com/2018/10/26/style/phones-children-silicon-valley.html>

| What happens: Information | What to do: Face | Erase | Replace |
|--|--|---|--|
| Hyper stimulation > dopamine resistance > impairs pleasure, memory, learning, relating, > addiction > anhedonia > | impaired real-life pleasure, memory, learning, relating, feeling.* 1Co10:14-23. Rom12:1-2. | Say Nope to the Dope. Limit hyper-stimulation: screen time. Never put baby in front of screen Or toddler. Remove temptations [Silicon Valley... Steiner/Waldorf schools] | [Tony Schneider: Nature, real colors, (not hyper-real) Brain rest - walk, swim, real life stimulation can reset chemistry. Aerobic exercise (heart-rate up, move muscles). Brain detox [Sth Korea] |
| Children <12 development of creativity . Development of spatial awareness and risk . [Silicon Valley Waldorf/Steiner schools] | Too much hyper stimulation, Too little creative development | Limit time [Candy/sugar. Limit Sites. Out of bedroom. Not when real life people engaging with you. No anonymous/hidden behaviour. | 7) Make Space for things that really matter! [Love God, Love people, Our Role (Mt6:33)] |
| Teens brains dopamine-charged. + pruning of pre-frontal cortex: > brain training - use it or lose it. | Hyper-charged emotions. Need brain training during pruning. | Limit dopamine stimulation Break Addictive cycle Dont switch-task (see next) | Develop natural living: nature, books, paper, play, pray, relate, face to face supports Develop patience & enjoyment of natural (healthy, more effective) pace. Train your brain: sequential, continuous flow, build schemas/associations. |
| Toggling > impaired learning: > lack of continuous flow > piece-meal memory > fail to create associations and schemas | Struggles with memory, creative connections, associations & big picture | Stop toggling. Eliminate distractions. Do one thing. | Do blocks of time for linear continuous flow. 6) Time to relax, meditate on the Word, Quiet times (Ps1) Build Godly schemas. Relate (love God) - No time is empty |
| Toggling > stress > adrenal system response > anxiety & depression ... | Toggling stresses the brain. > anxiety & depression | De-stress: Don't "multi-task" | Nature. Books. Paper. Whiteboard. Sleep 9.5 hrs. Exercise. Diet. Relate. Pray 1) Seek Right forms of pleasure [Delight yourself in the Lord, Ps37] - wisdom, joy, competence/skills, health, relationships, trust... all take time |
| Amygdala over-rides the prefrontal cortex. (rational thinking, risk assessment, learning, good decision-making) Adrenaline shuts down prefrontal cortex | Irrational, unreasonable emotional responses (esp anger.) | Don't assume you'll know what to do when the time comes. That just means you'll do what the amygdala wants. | Impose limits before amygdala over-rides prefrontal cortex. Eph4:14. Limit: Time. Place (not bedroom!) Presence of real people. Anonymity. Custodio, Covenant Eyes. etc. |
| Parents should protect, and teach. Takes effort. | It takes effort to learn what to do, and some conflict to do it. | Remove or limit exposure to hyper-stimulation & toggling. | Teach Deut 6:4-9 how to drive digital tech: Brain chemistry, hazards to avoid, work linearly to build schemas, meditate on God's word, Lead by example. Carrot & stick (Paul Dillon Parenting styles / Monitoring.) |
| Detox now! Restore brain chemistry. Rediscover: Nature. 2) Joy of Little Things. 4) Humour. 5) Appreciation Gratitude | | | |