Positive Parenting Tools & Strategies

HeadStart Parent Workshop
Dr. Helene Laurent-Oliver, Clinical Psychologist

Intention-setting_____

Setting the Foundation

Healthy Nutrition

Balanced meals combining protein, complex carbohydrates, and healthy fats are associated with improved concentration and mood regulation.

Sleep Requirements

2–5 years: 11–13 hours
6–12 years: 9–12 hours
13–18 years: 8–10 hours
Adequate sleep is correlated with improved IQ, memory consolidation, and emotional stability.

Screen-Free Alternatives

- Replace prolonged screen use with physical activity, reading, or creative activities.
- Designate screen-free times and spaces.

Supporting Anxiety

Parents should refrain from immediate problem-solving. Instead, use evidence-based techniques:

- Notice
- Name
- Normalize
- Support

This approach reduces avoidance and fosters resilience.

Parenting Strategies

Self-Governance

Teach and reinforce the following skills:

- Follow instructions respectfully- 'Just s**ay OK**'
- Accept a '**no**' answer

- Accept **consequences** e.g. to complete a household chore
- Teach your child to **disagree appropriately**

Logical consequences

Logical consequences, as opposed to punitive measures will be most helpful and create a calmer environment at home:

- Authoritative parenting (warmth plus firm boundaries) is associated with positive developmental outcomes.
- Provide consistent feedback and maintain parental alignment.

Parental Separation: Evidence-Based Do's and Don'ts

Do: acknowledge grief, maintain consistent routines, support relationships with both parents.

Don't: involve children in adult disputes, criticise the other parent, or assign inappropriate decision-making responsibilities.

ADHD: Key Adaptations

- Break tasks into smaller steps
- Provide visual schedules and timers
- Offer immediate feedback and praise effort
- Ensure opportunities for physical activity AND rest

ASD & Sensory-Sensitive Children Adaptations

- Implement predictable routines
- Provide advance preparation for transitions
- Offer limited choices
- Validate and accommodate sensory sensitivities e.g. a calm area

More information

- If you wish to work with me in school please contact your class teacher or pastoral lead. My Head Start email is: hlaurentoliver@headstartphuket.com
- If you wish to work with me privately, my email address is Helene4Minds@gmail.com.