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WHAT PARENTS CHOOSE FOR THEIR CHILDREN

Please look at yourself gently as you consider what to do next.

THERAPEUTIC PARENTING Parents choosing to learn how to show their children that the parents themselves are trying are heal from any wounds that limit them and that each family member can learn the same skills and accomplish great lives.	REGULAR GOOD PARENTING Parents choosing to show their children how to do basic developmental healing. (Children may not be able to accomplish everything they are capable of but when you build your self respect they will know that healing is possible for them too.)	PROBLEM PARENTING Parents choosing significant developmental consequences for their children. (Children likely to make poor relationship choices and have significant consequences from their own impulses.)	DANGEROUS PARENTING Parents choosing dangerous developmental consequences for their children. (Children likely to make poor relationship choices and have major consequences from their own impulses.)
In my family every problem is an opportunity to learn and grow.	Our family has problems.	My children have problems	My child is the problem.
I can create choice structures and invite ownership consequences. I can be sure I don't draw attention to myself when I provide consequences.	I want to parent without frightening or shaming or giving in to my kids but I know I do these impulses sometimes.	I have to get my kids to do things my way or I have no authority at all. I often feel hopeless about this.	I can get my child to do whatever I want.
When I choose to take a Self Time Out as a Parent I end up with better results and more authority.	Sometimes I remember to give myself a five step self time out when I provide a consequence. It works better.	Nothing seems to work when I need my kids to do what I tell them to do. Consequences don't work.	I can do whatever I want to do. My child better do as they are told now . I don't really care what they do.
I spend time with my children until they prove to themselves that they can handle a little more freedom. I want my kids to be able to say "NO" to their own impulses and to impulsive or dangerous adults. So...I don't change my mood when they have attitude. I try to choose to model ownership and offer them an ownership opportunity.	I try to supervise my children all the time.	My children shouldn't have to worry.	Life is not safe. Get used to it. Nobody is going to hurt them.
I try to consequence promptly for poor choices without anger, judgement or using my own attitude.	I try to consequence them but I know I let them get away with a lot. Too often I allow myself to get drawn in to power struggles.	I get frustrated and mad whenever my children don't mind. They know what will happen. It seems like they argue with me all the time and they don't care about how I feel.	My children better mind or they will get hit. OR I don't have time. They do OK on their own.
My spouse (partner or co-parent) and I try to work as a team with each other and the school staff. We don't let our children split us. On the other hand I don't impulsively trust what anyone says about my children. As a single parent I try to work closely with the people that are trying to help my child. Sometimes I need to challenge them but I know my child needs a team of trustworthy individuals with differing perspectives but who understand developmentally safe boundaries.	We usually keep things pretty clear but I know my kids manipulate us sometimes. I don't know how to stop it. (As a single parent I usually keep things pretty clear but I know my kids manipulate me sometimes. I don't know how to stop it.)	Nobody can tell me how to parent my child. OR I can't trust anything my child says. OR My spouse and I seldom agree on what to do. OR I don't know what my child is doing. The school is responsible.	I don't care what the school or my spouse says. I will do whatever I want. The school is out to get my child. I tell my child to do what they want. I don't care what my child does. Whatever happens is their fault. Nobody ever listens to me anyway.
Fair is important but we need to learn where fairness comes from. Learning how to voluntarily feel responsible for what I do in from of my kids is the root. The fact that I cannot make the whole world fair and safe does not mean I am a bad parent. My child can learn to make tough choices and accept consequences within an unfair world. Without mood & shame driven punishment, hope and ownership will try to bloom in a skeptical child. When my parent does not give up being fair to themselves the child will slowly begin to feel safety and hope increase within their body. This is where fairness comes from.	I get confused when my child says I am being unfair. I'm not sure what to do. My child says they feel better when I treat myself better. They say that is when they fell loved.	My child BETTER be treated fairly. OR If he/she is in trouble at school he/she is in trouble at home! OR I tell my kids "Do as I say not as I do."	The system is out to get you and you can't tell me any different. My child better be tough and smart or they don't have a chance. OR You have to fight for what you get. The smart ones get away with it.
When my child lies I can choose to take a time out so I don't take it personal, then I treat it like any other poor choice and provide a peaceful consequence.	I take it personal when my child lies. I feel like a bad parent. I feel like my child is being bad. I'm not sure what to do.	When my child lies its the worst mistake they can make. I ground them for a month. I just want to give up when my child lies.	My child better never lie to me. My child is a liar.