Parenting Skills and Relationships

Focus on Effective Communication, Marriage Preparation and Money Management

Child Development
Copyright

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Relationship Skills

- Appropriate communication skills
- Marriage preparation
- Money management
Communication Skills

• Binds relationships
• Forms connections
What are four ingredients to successful communication?
Good Communication
Four Ingredients to Successful Communication

Empathy
Keeping in touch
Sharing your ups and downs
Listening
Tips for Effective Listening

- Focus
- Show Interest
- Avoid Seeming Judgmental
- Avoid Interrupting
Marriage Preparation

How can you strengthen a relationship?
Marriage Preparation

Marriage preparation is the preparation for married life.
Marriage Preparation

- Involvement
- Getting through conflict
- Keeping outside relationships and interests alive
- Communicating
- Intimacy
- Have fun
- Be open to change
What Does Money Management Look Like?
Money Management

• Manage resources
• Financial plan
Take Charge America

Food Budget Obesity
(click on link)
Financial Responsibilities

Financial and career stability should be considered before deciding to have children.

- Housing
- Food
- Transportation
- Clothing
- Medical care
- Education
S.M.A.R.T. Goals

Goals should describe accomplishments, not activities.

- **S** = Specific
  - **M** = Measurable
    - **A** = Achievable
      - **R** = Relevant
        - **T** = Time-Bound
What is a S.M.A.R.T. Goal?

S.M.A.R.T. Goals
(click on link)
S.M.A.R.T. Goals

S = Specific

• Who
• What
• When
• Where
• Why
S.M.A.R.T. Goals

M = Measurable
S.M.A.R.T. Goals

A = Achievable
S.M.A.R.T. Goals

R = Relevant
S.M.A.R.T. Goals

T = Time-bound
How to Successfully Manage Your Money

How to Organize Tasks and Responsibilities

- Determine your needs and wants
- Establish your priorities

- Use a systematic process.
- A decision-making process can help you make the best financial approach

- Become your own personal “accountant”
- Keep accurate and current records of money
A Spending Plan

1. Track
2. Personalize
3. Allocate
4. Implement and Control
5. Evaluate and Make Adjustments

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# Money Management Plan

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<th>Balance</th>
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Tips to get Started

- Envelope System
- Cut-up credit cards
- Written budget
- Emergency fund
Parenting Skills and Responsibilities
What are some parenting skills and responsibilities?
Parenting Skills and Responsibilities

Some important responsibilities that affect health and happiness of parents and children include the following:

- child guidance
- legal and moral responsibilities
- financial responsibilities
- health and safety responsibilities
- social and emotional development
- cognitive development
Child Guidance

The guidance parents use should be appropriate for the child’s

• age
• abilities
• situation
Legal and Moral Responsibilities

- Seat restraints
- Economic security
- Education
- Respect of others
- Understanding rules
- Decision-making skills
Social and Emotional Development

• Affection
• Nurturing
• Positive self-esteem
• Self-concept
• Self-image
Health and Safety Responsibilities

- Food
- Water
- Clothing
- Shelter
- Safety
- Protection
- Medical checkups
Cognitive Development

• Intelligence and mental ability
• Provide educational opportunities
• Thinking skills
• Learning activities
Questions
References and Resources

Microsoft Clip Art: Used with permission from Microsoft.

Textbook:

Websites:
Calculators - Yes, You Can
Free Electronic Spending Plans
http://www.yesyoucanonline.info/Resources/Calculators

Mint.com
Free Electronic Control Systems
https://www.mint.com/

Parenting and Money
Financial tips that worked for couples.
http://www.parentingandmoney.com/2012/03/07/parenting-and-money/

PearBudget
PearBudget is a really simple budgeting and expense tracking service.
https://pearbudget.com/

Sense and Dollars
Spending Money- Budget Basics
http://senseanddollars.thinkport.org/games/checkitout/home.html
References and Resources

YouTube(tm):

S.M.A.R.T. Goals
Ever had a goal you couldn’t complete? Chances are it wasn’t a SMART Goal! We’ll show you what a SMART Goal is, how you can use them to improve both yours and your staff’s productivity, and how to set them up.
http://youtu.be/Uy6qGhki-K4

Take Charge America-Budget Doctor
The TCA Budget Doctor discusses food budgeting and why it is important to monitor your spending.
http://youtu.be/zN4l67BwnHk