



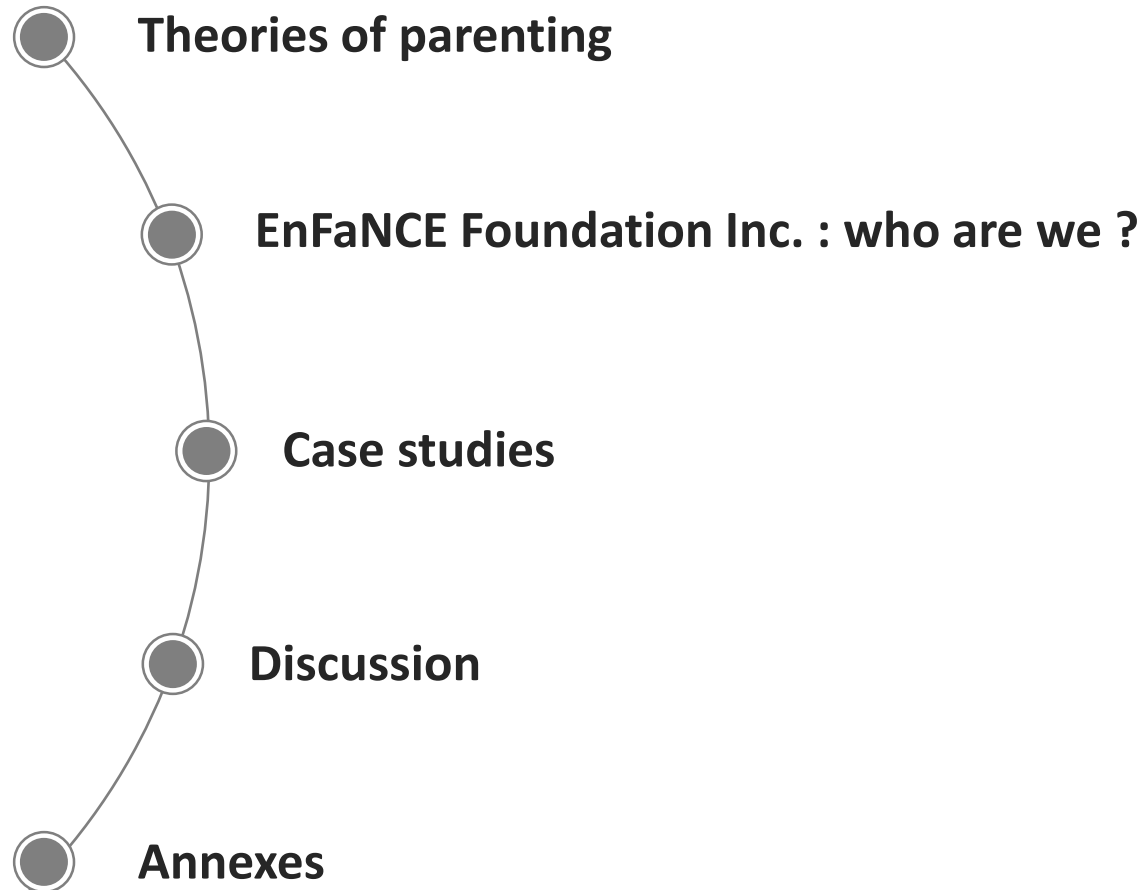
EnFaNCE Foundation Inc.

ASMAE Seminar Parenting

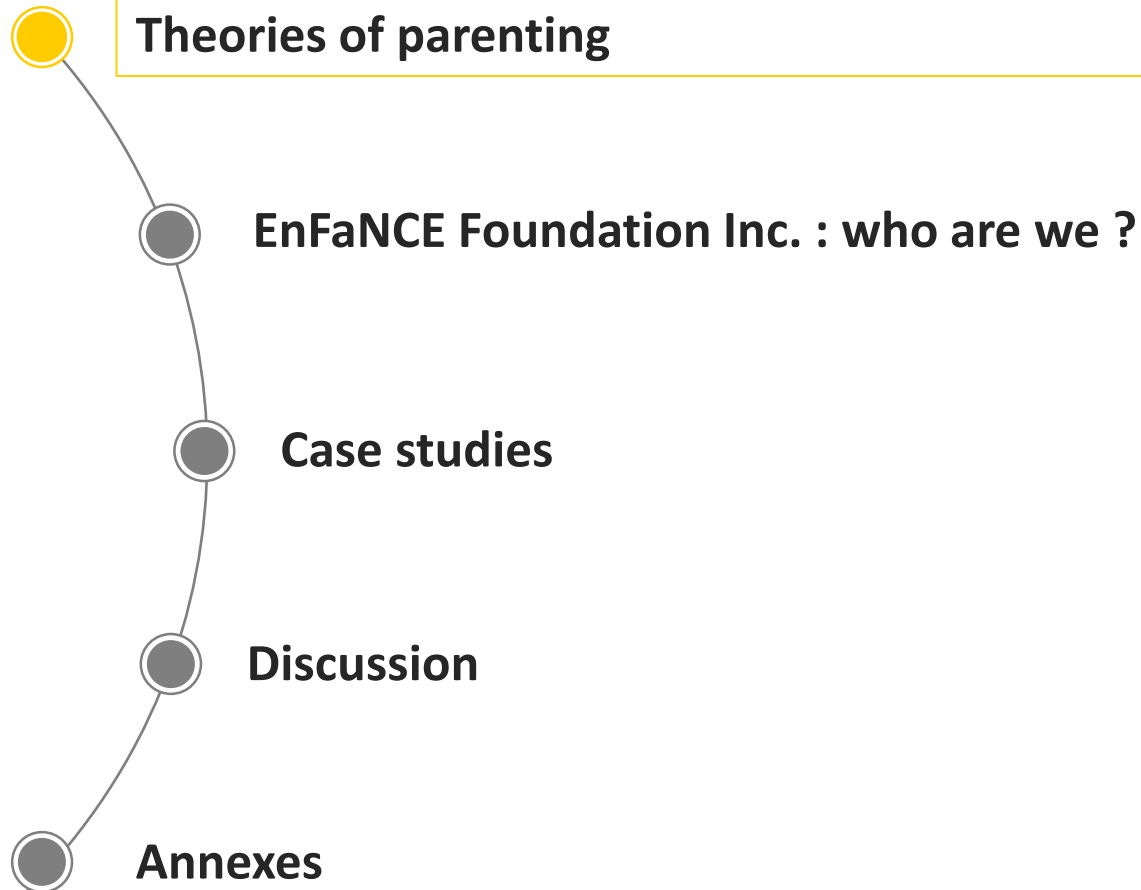
13 March 2014

Adrien Cascarino,
Executive Director of EnFaNCE

Presentation



Presentation



Families

L *Body language*

- In group of 5, discuss quickly about what is a family for you
 - ▶ What are the differences between a family and an individual ?
 - ▶ What are the specific characteristics of a family ?
- Together, with your body, make a symbol of a family reflecting of your discussions.
- Sharing the symbol : common points and differences



- Family is a system
 - ▶ Everybody has a role in the system
 - ▶ Individual are acting differently whether they are or not in the system
 - ▶ System dislikes changes
 - ▶ System have rules

- We have to consider not only the individual but also the interactions between individuals



- Same group as before, each group will role play a quick scenario that will emphasis the most important aspect of parenting
 - ▶ Only one aspect
 - ▶ No talk 😊, only gestures
- Sharing the role play : common points and differences



- Parenting (or child rearing) is the process of promoting and supporting the
 - ▶ physical,
 - ▶ emotional,
 - ▶ social,
 - ▶ intellectualdevelopment of a child from infancy to adulthood.
- Psychosocial issues are raised when individual parenting approaches and styles debilitates, limits, or damages the development of the child.



Parenting

L *Becoming a parent...*

- Becoming a parent is a process and giving birth to a child is not enough to become completely a parent.
- Indeed, besides biological reality, other aspects have to be considered :
 - ▶ The **alliance** between the 2 parents : why did they chose to get together ? (love, families interests, economical reasons, desire to extend their lineage, ...). What is binding them ? (marriage, common house, financial support, ...). This will depend of course on the individuals but also on their own families and finally on the community in which they live.
 - ▶ Social and inter-personal **acknowledgement** : society has to recognize the genitor/caregiver as a parent ; parents and children have to “adopt” and recognize each other
 - ▶ Parents and institutions has to provide the child a **place inside society**.



Parenting

L *Becoming a parent : representation of others*

- The way we are considering parents will affect their behavior. It is therefore crucial to be aware of the representation of parents inside a specific society.
- Same group, 5 minutes, brainstorming : what are the responsibilities expected of parent and child in Pilipino society ?
 - ▶ Regarding the law ?
 - ▶ Regarding the community ?
 - ▶ Inside the family ?
- And what are the responsibilities YOU are expecting of parent and child ?
 - ▶ Homework for tomorrow (birolang)



Parenting styles

L 4 dimensions of parenting (Baumrind 1972)

■ **Communication:**

- ▶ Are parents truly listening to their children?
- ▶ Is communication reciprocal and transactional, or is it a one-way street?

■ **Warmth and nurturance:**

- ▶ Are parents present in a reassuring, warming, caring way?
- ▶ Are they successful in providing their children with a sense of security and caring?

■ **Expectations and maturity demands:**

- ▶ Are parents expecting their children to grow, to perform?
- ▶ Are they pushing their children to do better? Are their expectations realistic?

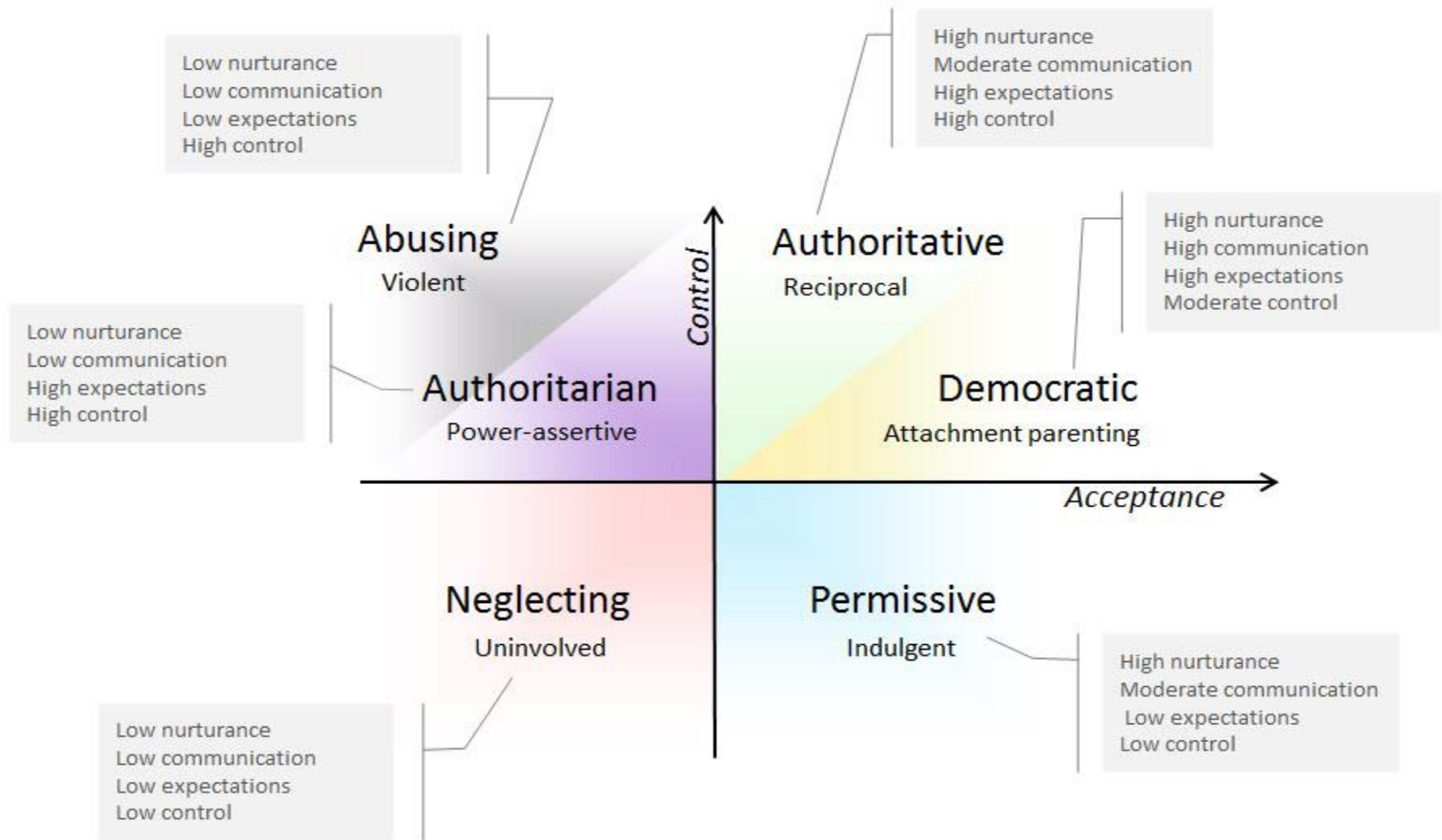
■ **Clarity and consistency of rules:**

- ▶ Are parents providing clear boundaries and a secure and controlled environment to their children?



Parenting styles

4 parenting styles



Parenting styles

4 parenting styles

Savage Chickens

by Doug Savage



www.savagechickens.com



Parenting styles

L *Parenting styles are coming from Beliefs*

- Observe the behavior
 - Ask questions to guess the belief behind this behavior
 - Offers other possible beliefs to the parent.
-
- IT IS ALWAYS MORE EFFICIENT TO TRY TO CHANGE THE BELIEF THAN TO TRY TO CHANGE THE BEHAVIOR.



“Good” parent

<u>Parent’s belief</u>	<u>Possible parents behaviors</u>	<u>Possible results for child</u>
I must control	<ul style="list-style-type: none"> •Demands obedience •Rewards and punishes •Tries to win •Insist parent is right and child is wrong 	<ul style="list-style-type: none"> •Rebels – must win or be right. •Hides true feelings, feels anxious •Seeks revenge, feels like life is unfair, gives up •Evades, lies, steals •Lack self-discipline
I am superior	<ul style="list-style-type: none"> •Pities child, overprotects •Takes responsibility •Acts self-righteous •Spoils/shames child 	<ul style="list-style-type: none"> •Learns to pity self and to blame others •Feels inadequate •Expects others to give •Feels need to be superior
I am entitled / You owe me	<ul style="list-style-type: none"> •Is overconcerned with fairness •Gives with strings attached 	<ul style="list-style-type: none"> •Doesn’t trust others •Feels life is unfair •Feels exploited, learns to exploit others
I must be perfect	<ul style="list-style-type: none"> •Demands perfection from all •Is overconcerned about what others think, pushes child to make self goof look 	<ul style="list-style-type: none"> •Believes he/she is never good enough •Becomes perfectionnistic •Feels discouraged •Worries about others’ opinions
I don’t count. Others are more important than I	<ul style="list-style-type: none"> •Overindulges child, becomes “slaves”, gives in to all demands •Feels guilty about saying no 	<ul style="list-style-type: none"> •Expects to receive, is selfish •Has poor social relationships •Does not respect rights of others

Responsible parent

<u>Parent's belief</u>	<u>Possible parents behaviors</u>	<u>Possible results for child</u>
I believe the child can make decision	<ul style="list-style-type: none"> •Permits choice •Encourages 	<ul style="list-style-type: none"> •Feels self-confident, tries •Solves problem, becomes resourceful
I am equal, not more or less worthwhile than others	<ul style="list-style-type: none"> •Believes in and respects child •Encourages independence •Gives choice and responsibility •Expects child to contribute 	<ul style="list-style-type: none"> •Develops self-reliance and responsibility •Learns to make decisions •Respect self and others •Believes in equality
I believe in mutual respect	<ul style="list-style-type: none"> •Promotes equality •Encourages mutual respect •Avoids making child feel guilty 	<ul style="list-style-type: none"> •Respects self and others •Has increased social feeling •Trusts others
I am human, I have "courage to be Imperfect"	<ul style="list-style-type: none"> •Sets realistic standards •Focuses on strenghts •Not concerned with its own image •Patient 	<ul style="list-style-type: none"> •Focuses on task at hand, not on self-elevation •Sees mistakes as challenge to keep trying •Has courage to try new experiences •Is tolerant of others
I believe all people are important, including myself	<ul style="list-style-type: none"> •Encourages mutual respect and contribution •Knows when to say no 	<ul style="list-style-type: none"> •Has good social relationship •Respect the rights of others •Is generous

Parenting

L *Coming of the child*

- Being a good parent is before all being a parent

There is
no such thing as a
perfect parent
So just be a
real one.
www.babycenter.com :: Sue Atkins

- When the child is becoming a member of the family ?
When adults became parents ?
- Parenting has to start before the birth and even before the conception ! The child has already a psychic existence in the mind of parents.
 - ▶ What is the dream of the parents regarding their child ?
 - ▶ What will be the place of the children in the family ?



Parenting

Back to systemic approach

- In order to adults becoming parents and babies becoming child, they must recognize themselves as a system, as a group.
- ➔ a “primary narcissistic contract” (Kaes, 2009) is linking members of the families together.
 - ▶ It is an asymmetric contract
 - ▶ It is created before the birth of the child
- Children do not choose their places inside this system but they need a place and a role to be able to grow up : they need to exist in the mind of somebody to think they exist in the reality.



- When the child will grow up and become a teenager, he will become aware of the term of this contract.
- Eventually, he will disagree with it and he will want to change it
- Family will have to “rewrite” the contract and signing a “secondary narcissistic contract”, so that the child will be able to become an adult.

"A LOT OF PARENTS
WILL DO ANYTHING
FOR THEIR KIDS
EXCEPT LET THEM
BE THEMSELVES."
BANKSY



Parenting

L *Key things to have in mind*

- A bad role is better than no role at all...
- ➔ children can cause trouble to get attention, to be something
- If you had no place as a child, it will be hard for you to create a place for your own child
- ➔ Parents who grew up with problematic parents can more easily repeat parenting mistakes and their decision making pertaining to issues of parenthood will can be impaired or be flawed by mistaken views and values that they saw from their parents... Happily, people can also change and are not entirely determined by their childhood ! 😊



Parenting

L Summary

Parents dream
of their child
and create a
place for him

Child come and
take the place
built by his
parents

Child grow up
and starts
defining his own
place



Creation of a
contract



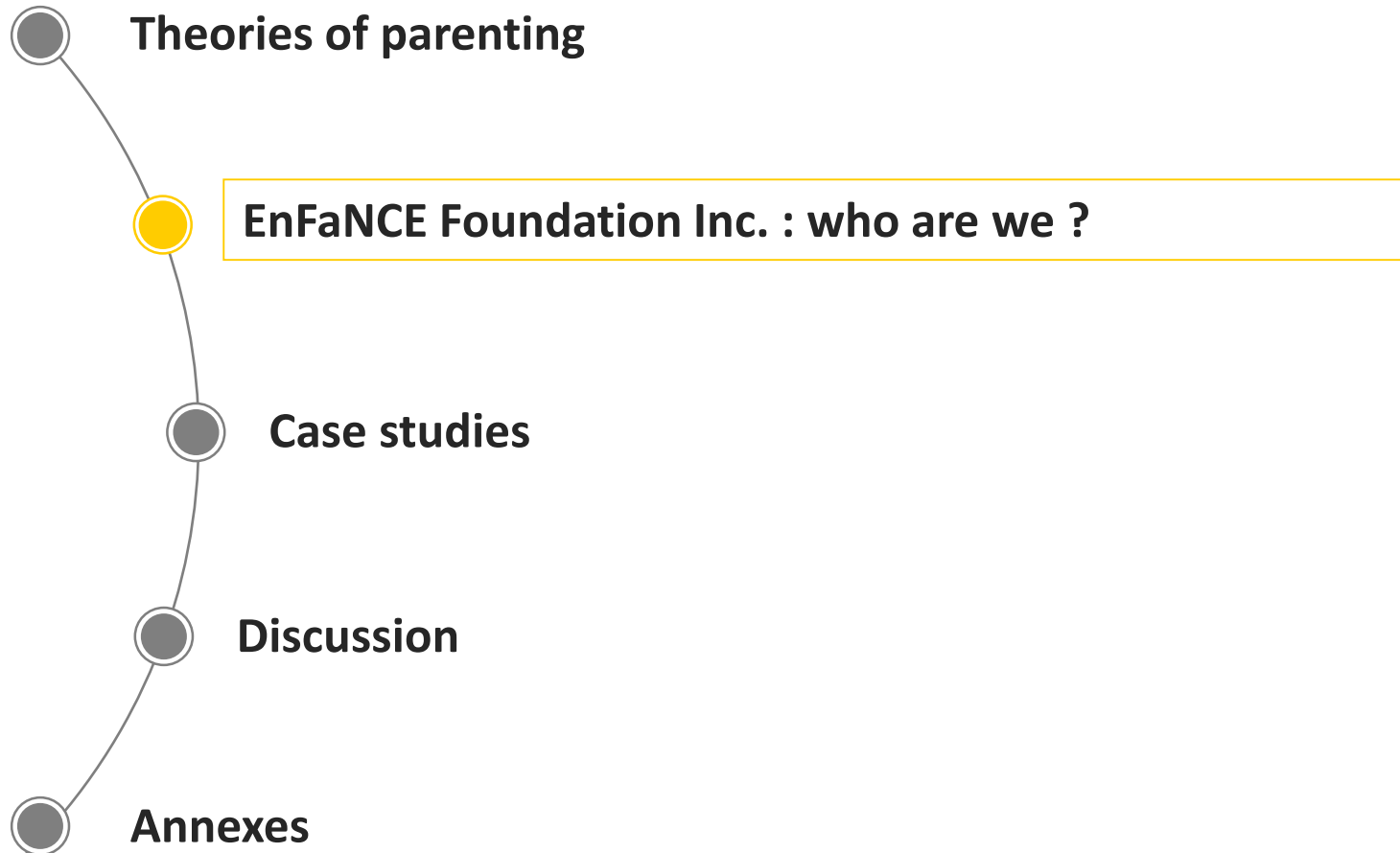
Child evolves
inside this contract



Child rewrites
the contract



Presentation



Who we are

- EnFaNCE Foundation (Encourage Families in Need and Care for Education) is a non-stock, non-profit, non-sectarian Filipino organization.
- Registered under the Security and Exchange Commission since August 2003.
- Recognized since November 2005 by the Department of Social Welfare and Development.



Vision and Mission

- General goal

- ▶ To bridge the gap between the poorest of the poor and the existing organisations providing health, education, social and economic services.

- Vision

- ▶ To encourage self-reliance and welfare among some of the most socially and economically depressed families through a community-based program that could improve their economic and social living conditions.

- Mission

- ▶ In a sustainable way, to work together for a dynamic family development towards self-reliance and community upliftment.

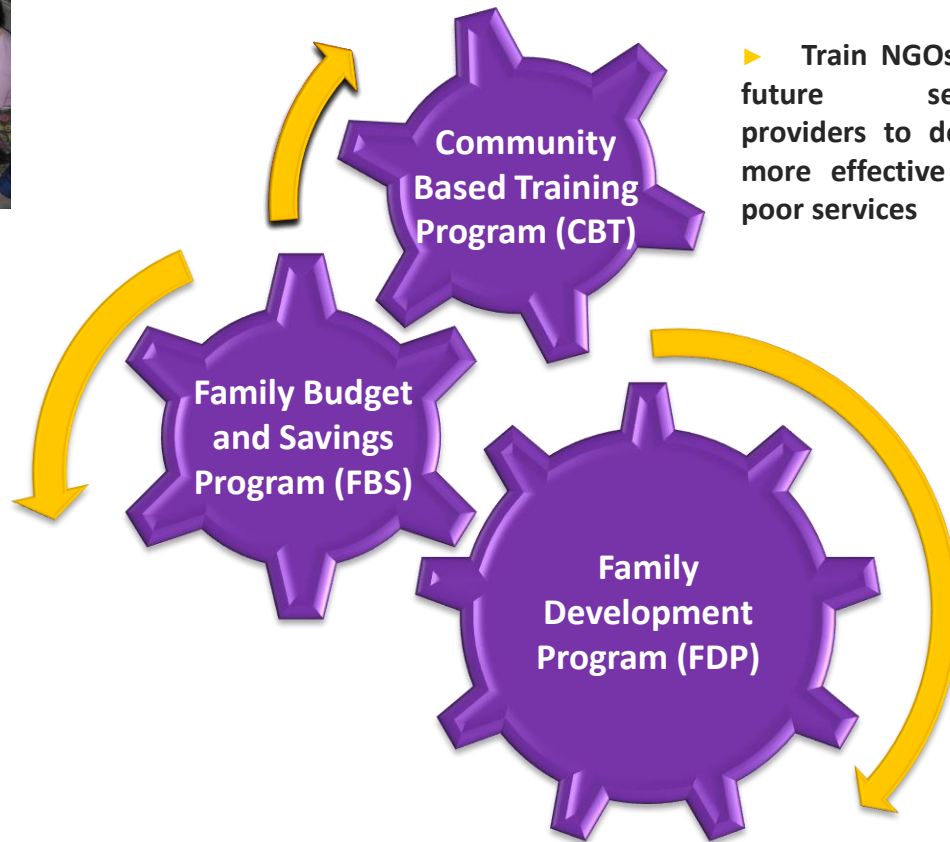


Activities

L Overview



- ▶ Risk reduction, fostering long term savings and dreams, poverty reduction



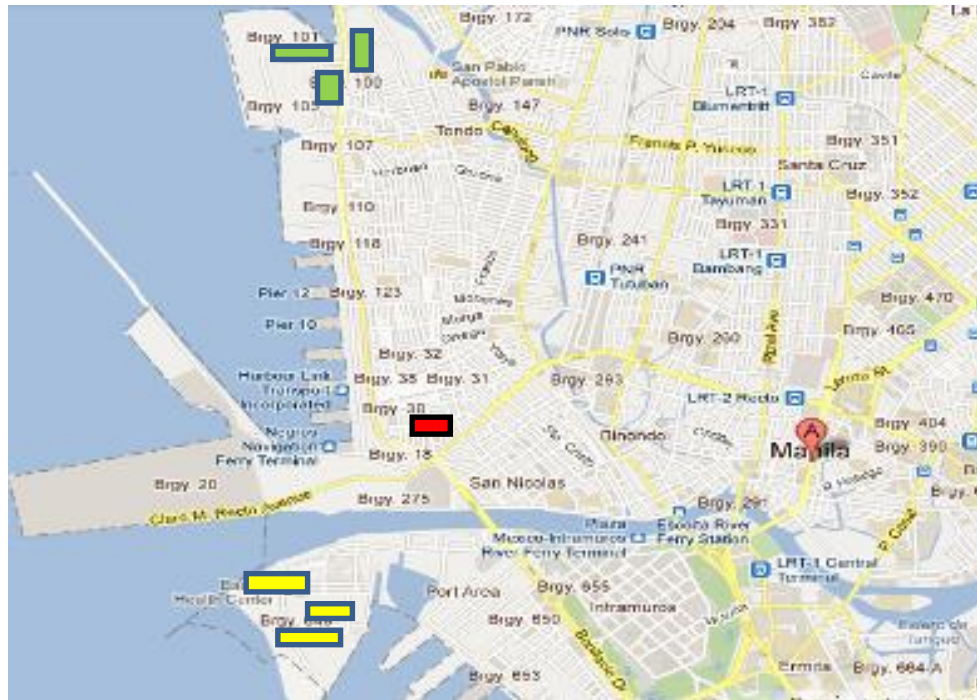
- ▶ Train NGOs and future service providers to deliver more effective pro-poor services






- ▶ Building families capacities and resilience. Fostering problem solving skills, linking to services and promoting autonomy



Areas of Intervention



Area	Activities operating in 2013
 Tondo	Head Office
 Baseco - Barangay 649	Family Budget and Savings + relevant complementary activities of the Family Development Program (trainings & social guidance centres)
 Tondo - Barangay 105 and 101	Family Budget and Savings Program + Family Development Program



Family Development Program

Quick focus

- Selection criteria: poorest of the poor (level 3 or 4), psychosocial problem and not accessing services
- Weekly Home-based visits for 6-9 months
- Profiling and building rapport
- Setting Objectives
- Counseling, Referrals and Workshops
- Phase-out and continuing services
- Monitoring and Evaluation



Family Development Program

Principles of Home-based visits

- Adopt a **non-judgemental attitude** and respect the beneficiaries' beliefs, wishes, opinions and decisions (even if you do not always agree with it).
- Ensure **confidentiality** of the conversation (no visit outside or in a crowded place)
- Give emphasis on EnFance's approach (no dole out) and explain the reasons
- Keep **professional boundaries/distance**
- Practice good listening skills (90% beneficiaries, 10% FC)
- If the beneficiary is sitting on the floor, the FC should also sit on the floor. Proper tone of voice- verbal and non verbal cues, eye contact
- Express **empathy and not sympathy** (respect the feelings of the beneficiaries)
- Listen to their difficulties, show your true interest for their personal / family situation.
- Help them in the process of identifying the causes of their difficulties.



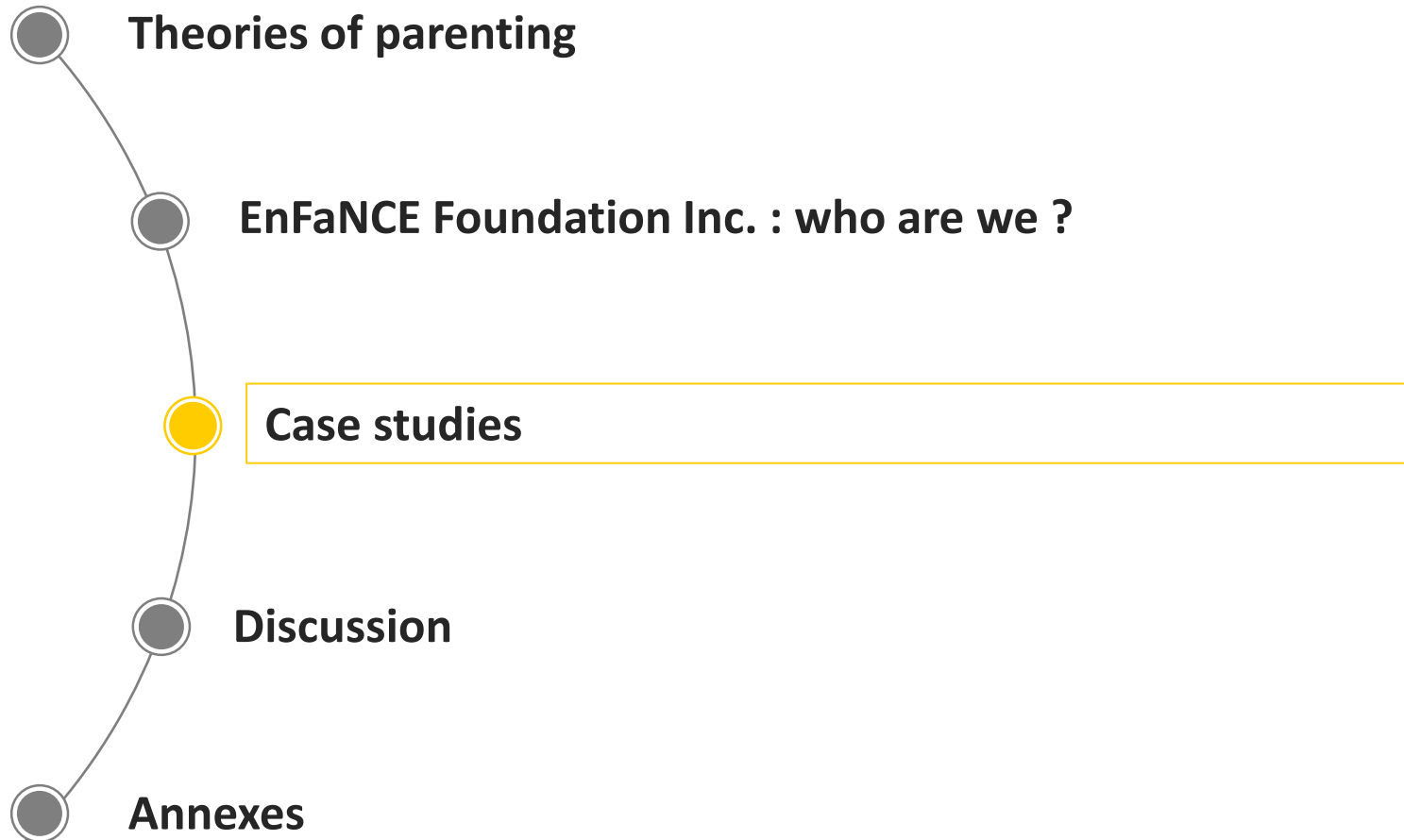
Family Development Program

Principles of Home-based visits

- Listen to the beneficiaries and not to the gossip (**even if he lies, he is talking about his own representation of the fact**)
- Support them to **identify simple concrete objectives** that would contribute to improving their situation while avoiding the directive attitude (should avoid to adopt a “teacher” attitude or to propose “ready-made solutions”).
- Support them to **develop their self-confidence** and to take initiatives in order to achieve these objectives.
- Help them look for appropriate services in order to respond to their difficulties and to meet their needs.
- Help them to be aware of their progress, the objectives they achieved.
- **Believe in their personal value**, their capacity to overcome difficulties and improve their situation



Presentation



Case study

L *Neglecting*

- Cynthia is 24 years old and Jason is 26 years old. They have 5 children : Joy (8 years old), Jinjin(6 years old), Jamaica(4 years old), Jonjon (2 years old) and Sandy (4 months old)
- Joy is not enrolled this school year, neither the year before because she needs to take care of her siblings as her parents work outside their house until 3pm. She is very frequently makes tantrum, she says bad words and **always fights** with her sister.
- She has to take care of Jonjon, he is always left alone in his duyan. He is **very thin** and he still **cannot walk**. Joy is the one to boil water and to prepare his bottle. Sometimes, she will also do the laundry. Some days she is proud to be able to help her parents but most of the time, she feels overburdened and wants to play.
- Joy also takes care of Jamaica, the opposite in character as Joy. Jamaica is **very quiet, timid and shy**. She prefers to stay in the corner hiding. She is not mingling or interacting with her sibling or other kids of her age. She is **sick** since one month but her parents had no time to bring her to Health Center.
- Joy is **always angry**, shouting at her brother and sister and looks **unhappy**. When she is too bored, she will leave her sibling alone unattended to go and play with her friends



Case study

L Reasons

- Why do you think Jason and Cynthia are neglecting the children ?
 - ▶ Young parents, unexpected pregnancy
 - ▶ Children without spacing
 - ▶ No enough time to spend with the children because of work
- Why do you think Joy is acting like that ?
 - ▶ Parentification
 - ▶ Absence of recreation
 - ▶ **Low self esteem**
 - ▶ She is a child 😊
- ➔ no existence of the children in the mind of their parents



- Ask open question to increase their awareness about parenting
 - ▶ Closed negative question : “Do you think you are a good parent ?”
 - ▶ Open helping question : “For you, what makes a good parent? Which of these qualities do you think you have? Which of the qualities would you like to gain/improve?”
 - ▶ Closed negative question : “Do you think your child is malnourished? Do you know that your parenting style of neglect is contributing to your child’s deteriorating health and malnourishment?”
 - ▶ Open helping question : “What do you think of the health of your children?’ What do you think are the causes of these health problems? “



- Help them to see themselves as a family
 - ▶ Ask about their history : their own parents, how they met each other, did they plan to have babies, how they choose the names of the children, ...
 - ▶ Use tools : genogram (family tree), lifeline
 - ▶ Ask them to describe themselves when they were children, what were their dreams.
 - ▶ Ask them about their dream for their children
 - ▶ Do not tell them how to be a parent : the more you will, the less they will feel legitimate to act as a parent.
 - ▶ Do not judge and never question the honesty of the family



Case study

L *Bad kid*

- Emmalyn is 26 years old. She is a single mother and has only one child, Diane who is 6 years old.
- When she was a kid, Emmalyn was battered often by her mother and her father who was alcoholic. She left home at 19 with her partner but one night, he got drunk and raped her. She got pregnant and left him
- Now, Diane often ran away from home, stole money from her mother and broke valuable things. Emmalyn is beating her often but nothing is changing. Emmalyn gets sometimes very angry without any apparent reason against Diane. She says she hates her and wants to give her up to an association.



Case study

L Reasons

- Why do you think Emmalyn is acting like that ?
 - ▶ Reproducing the parental scheme : this is what parenting means for her
 - ▶ Diane is a reminder of her rape and is representing bad memories for her : by getting rid of her child, she hoped being able to get rid of her past too
 - ▶ Low self esteem
- Why do you think Diane is acting like that ?
 - ▶ She fits to her role of “bad kid”.
 - ▶ Better to be beaten than forgotten
- ➔ the child is seen as a “bad object” in the mind of the mother



- Help the mother to understand her resentment
 - ▶ Do not tell her she has to love her child but help her to express what she is feeling when she gets angry and when she feels hating Diane.
 - ▶ Link it to past experiences (when was the last time you felt like this ?) and help her to see that does not actually concerned her child
- Support other styles of parenting
 - ▶ Encourage her to share some moments of pleasure with her child, by playing with her, cooking together, telling stories, ...
 - ▶ Without telling her how she has to behave, describe several others types of reaction when a child is stealing money : “some will do that, others will do this”.



Case study

L Growing up

- Emily is 40 years old and Sammy is 45 years old. They have 3 children. The eldest is Melody and she is 14 years old.
- Before the birth of Melody, Emily and Sammy tried to have a child during 5 years. When Melody was born, they were very happy and they spend a lot of time with her. As a kid, she was very close to her mother and they were always together. However, since she is 12 years old, things are getting more and more difficult between her and her mother.
- They regularly fight because Melody is going out with her friends and she is coming late on the evening or even the day after. She is using a lot of make-up and she is wearing tight dress. Her mother highly disapproved and criticized her a lot, one night even called her a whore.
- Recently, Melody cut herself on the wrists and when her mother discovered it, she says : "I am the one who made you, you do not have the right to hurt yourself".



Case study

L Reasons

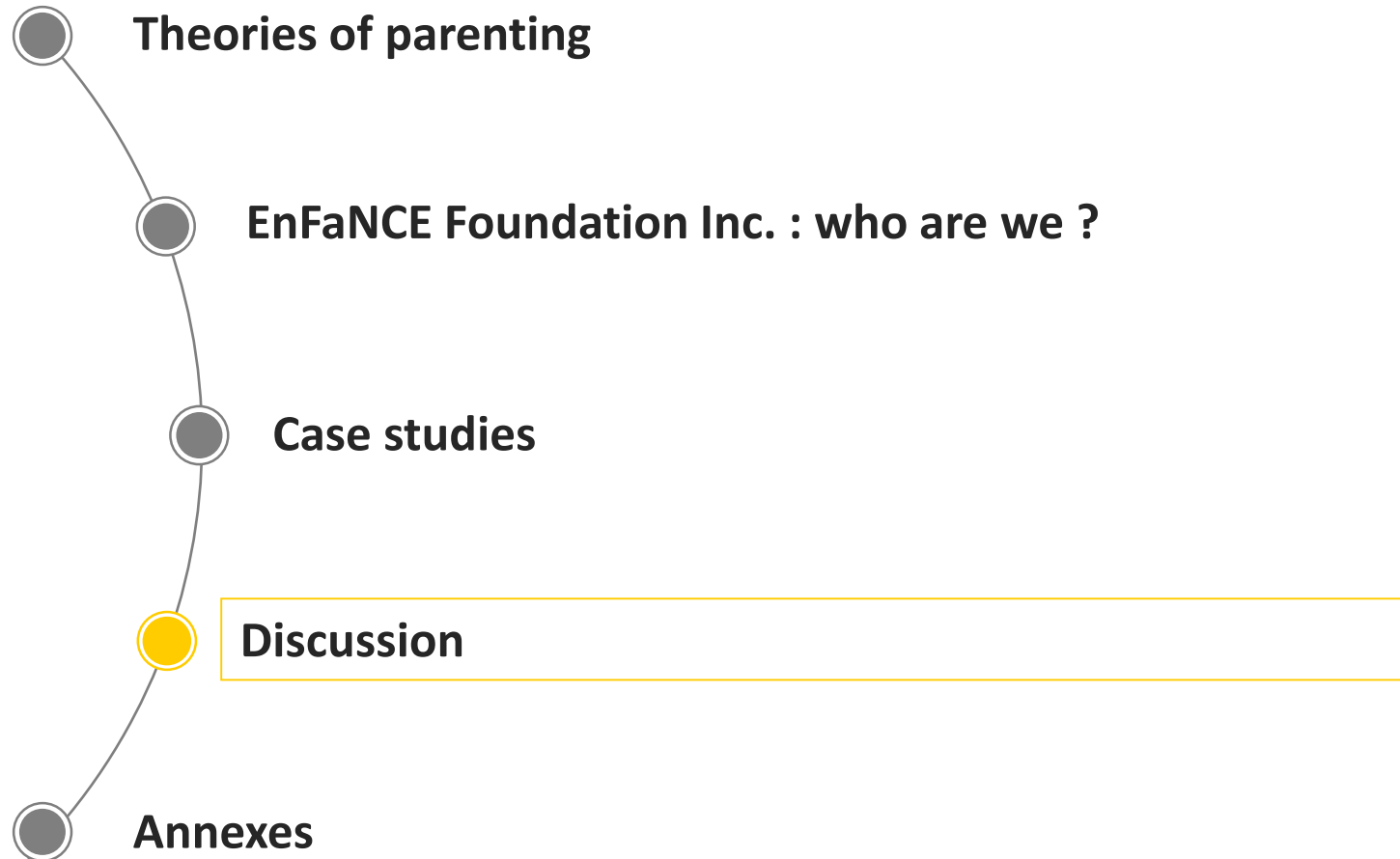
- Why do you think Emily is acting like that ?
 - ▶ She still considers Melody as a child
 - ▶ She does not like her becoming independent
 - ▶ She can feel her as a competitor
- Why do you think Melody is acting like that ?
 - ▶ She emphasis feminine attribute to prove herself she is not a child anymore but a women.
 - ▶ She may hurt her body to defy her mother and/or to claim a right on her body
- ➔ Melody is trying to renegotiate the “primary narcissistic contract” her parents designed for her but her mother is not willing to change it.



- Help them to see themselves as a family
 - ▶ Bring them together and do not take part
 - ▶ Reformulate the saying of the mother and the daughter by emphasis on what they are feeling.
 - ▶ Help them to remember the love they had for each other during childhood
- Support potential change
 - ▶ Assess the fact that teenagers and kids are different.
 - ▶ Ask the parents about the future of their child : what will happen in 1 year, in 3 years, in 10 years ? Help them to realize that their child will have to go away one day and that will not have the capacity to control him anymore.



Presentation





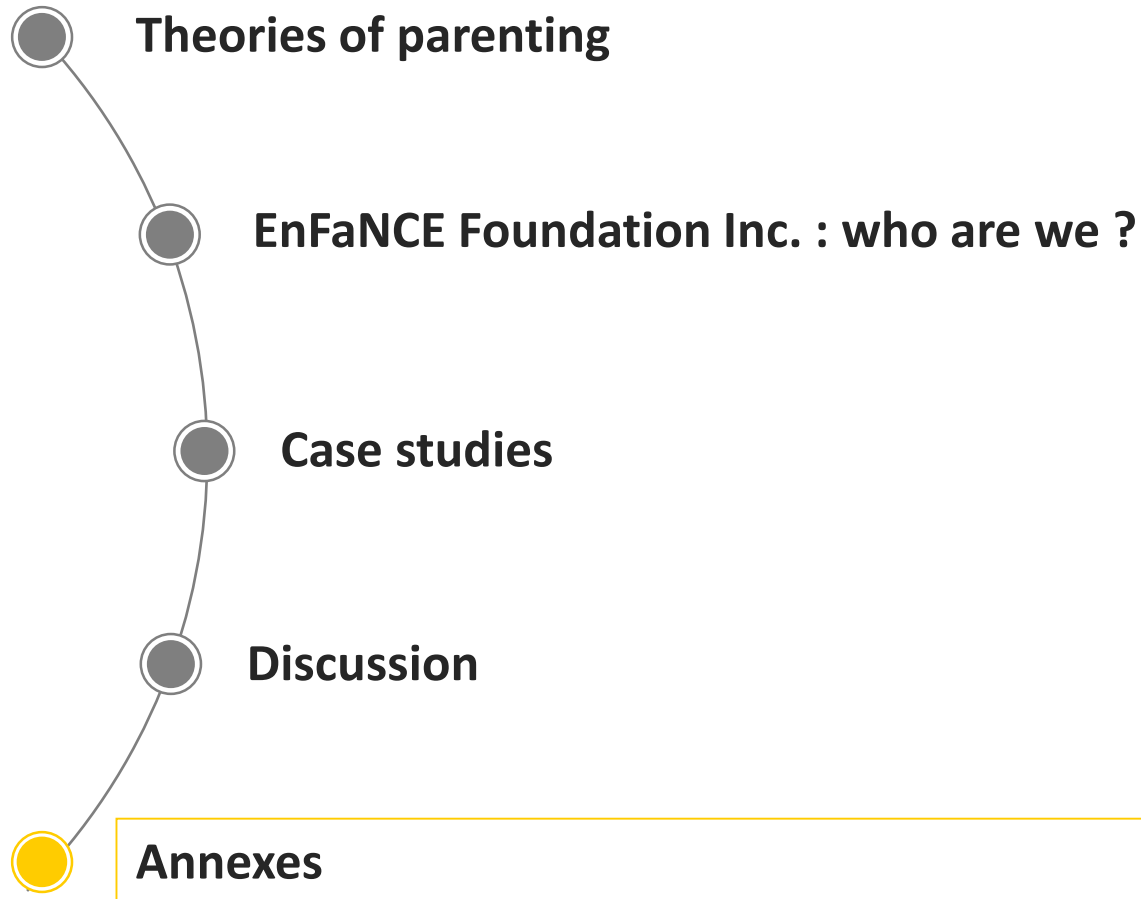
EnFaNCE Foundation Inc.



Believing in those that the world has forgotten

THANK YOU PO !

Presentation



History and context of EnFaNCE

- An approach originally conceived in Brazil in the 80's to fit the context of intermediate countries, by Inter Aide, a French NGO.
- Created in 2003 to implement Family Development Programs (FDP) in very depressed areas located in Manila, with the financial and technical support of Inter Aide.
 - ▶ The Philippines has the greatest level of unequal income distribution in all Asia: 20% of the poorest account for 5% of the total income and consumption of the country. 33% of the population live under the poverty threshold (1 USD per day), 44% of the population live with less than 2 USD per day.
 - ▶ Philippines is starting to set public services in poor communities: housing, electrification, health and education services theoretically available for everybody

Still, some families remain out of the “train of development” and are not caught up in the safety net provided by charitable organizations.



Activities of EnFaNCE

L Detailed

FDP

FBS

CBT

Target

- Poorest of the poor
- Families with psychosocial issues

- Poor families with a savings capacity

- NGOs
- Public service providers

Activities

- Weekly home visits (counseling and referrals)
- Parenting, grieving and husband and wife workshops
- Community Trainings
- Youth Trainings
- Office-based counseling (OPA)

- Provision of a micro-savings product (Piso-Pisong Ipon) in partnership with UPLiFT
- Home visits to encourage saving, create a family budget and savings plan
- Community Financial Literacy Trainings
- Group Promotions

- Conferences
- Trainings of students and professionals
- Gathering of data, surveys, resources, true stories
- Transmission of tools and forms based on the experimentation of new innovative interventions

Objectives

- Building families capacities and resilience.
- Fostering problem solving skills, linking to services and promoting autonomy

- Enhancing families' economic stability
- Increasing their financial autonomy and security
- Improving their capacity to face emergencies.

- Improving the quality of services provided
- Increasing the capacity of other organisations to work with very marginalized people



- Consequences of neglect in the child life :
 - ▶ Hunger / malnutrition
 - ▶ Slow motor development
 - ▶ No reading and writing
 - ▶ **Low self esteem / self confidence**
 - ▶ Anti-social behavior dominated by uncontrolled actions
 - ▶ Feeling of resentment



Case study

L *Responsibilities of children : Kiko*

- Kiko is the eldest of 2 kids. He is 8 years old. He is starting grade 2 and **goes to school** in afternoon shift. His mother has a small sari-sari store.
- Every morning his mother prepares ice candies and Kiko will sell them at 2pesos each. He will give one peso to his mother and keeps the other one for his baon's money. When he finished to sell the 20 pieces he comes back home and **plays** until it is school time.
- Some days, he helps his mother washing dishes. When his mother needs to run a small errand, she will ask Kiko to take care of Vicky, the youngest who is 2 years old. Kiko is a little afraid of the responsibility but he stays and watches Vicky so she doesn't harm herself until his mother comes back usually after 15 minutes.
- He is a **happy child** who likes talking to his parents and has many friends. He is very proud because now he can **read** stories to his little sister.



Case study

L *Responsibilities of children : Kiko*

- Why do you think Kiko is acting like that ?
 - ▶ Shared responsibilities with his mother
 - ▶ Recreation time
 - ▶ Acknowledgment from his mother

