



PARENTAL DISCIPLINE IN CANADA

BY

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Caution

Please note that we are not doing counselling or therapy here. This presentation is for educational and information purposes only

Thank you.

How are you coping in Canada as a parent?

How are you adjusting? Do you have help with your children? e.g grand parents?

- How are you dealing with loss of your career and stability back home?
- Are you on the right part to entering your career? Are you in school? Are you getting Canadian experiences on your job?
- How are you dealing with parenting alone if you are a single parent or if your spouse is not yet in Canada or shuttles?
- If you are here with your spouse/partner, how is your relationship doing?
- What do you do to take care of your health- physically, mentally, emotionally, financially?
- How are you dealing with financial pressures from extended families back home?

Note: The capacity you to handle all these will impact your parenting in Canada.

Rights of A Child- United Nations 1989 Treaty

1. Under 18- have these rights
2. Fair treatment for every child, no matter the race, culture, gender etc.

All adult should think about how their decisions affect the child

Govt. is responsible for protecting a child's rights

5. Help from family to protect their rights
6. Be alive
7. Right to a name , nationality and Country
8. Have a name – an official record
9. **Live with parents, or a family that cares**
10. Be together with parents if in different country
11. Protected from kidnapping
12. **Give your opinion and adults take you seriously**
13. Find out things & share your opinion [not offensive]
14. Choose your own religion, with parents help
15. Choose your own friends, join or set up groups
17. Get information for your well being with supports of
16. **Privacy**
17. adults
18. Raised by your parents if possible
22. Special protection if a refugee
19. **Protected from being hurt and mistreated-body & mind**
20. Care & protection if not living with parents
21. Care & protection if in foster care or adopted
22. 23. Special education & care if with disability

24. healthcare, safe water, nutritious food, clean & safe environment
25. Regular review of living environment for appropriateness.
26. Help from govt. if poor
27. Food, clothing, safe place & other basic needs
28. Good quality education
29. Education to help the use & develop their talents
30. Practice own culture, language & religion
31. Play & Rest
32. Protection from work that harms, receive fair pay if working
33. Protection from harmful drugs & drug trade –PCHAD, PSECA
34. Free from sexual abuse
35. Free from kidnap or sell
36. Protection from any kind of exploitation
37. **No one is allowed to punish you in a cruel or harmful way**
38. Protection & Freedom from war. Less than 15? Can't be a soldier
39. Receive help if hurt or neglected
40. **Right to legal help**
41. **Laws of Canada for protection of rights**
42. **To Know your rights Articles 43 To 54 – Explains to the**

Mature minor

Mature Minor –can take decisions over medical care and treatments and have control over their health information.

➤ “A Minor who can understand and appreciate the nature, risks and consequences of a proposed Treatment/Procedure can provide consent without the input of their Legal Representative. The Mature Minor’s Legal Representative cannot override the Mature Minor’s decision.”

➤ Director of

➤ In “**exceptional circumstances**”, a Minor “**under the age of 14**” may be deemed a “Mature Minor”.

➤ Age

➤ Ability to understand what is involved

➤ Maturity

➤ Serious health care related decision

➤ Informed consent- willingly consent

➤ Freedom from parental or Guardian control, self-supporting,

➤ married or has children

<https://www.albertahealthservices.ca/assets/about/policies/ahs-clp-consent-summary-sheet-minors-mature-minors.pdf>

Informed Consent- case laws

AC v. Manitoba (Director of CFS) (2009): states that young people over 16 are presumed to be able to make their own health care decisions. A young person under 16 can only make their own health care decisions when they are a mature minor. The court will consider the nature of the treatment, the intellectual capacity and sophistication of the minor, the stability of their views and the impact of their surroundings on the independence of their views and any vulnerabilities. [**Jehovah witness child who refused blood transfusion, director CFS apprehended the child, got court order to approve blood transfusion**]

- ✓ JSC & CHC v Wren[1986] abortion @16 .The courts have determined that the significant factor is that the minor have sufficient understanding and intelligence to enable him or her to fully understand what is being proposed. This was stated in JSC & CHC v Wren. It is unlikely that someone would be considered a mature minor before the ages of 15 or 16.
- **Child, Youth and family Enhancement Act**: this act pertains to **the citizen's duty to report any suspected risk or instances of child abuse/neglect**. Section 4 relates to mandatory reporting of abuse/neglect even if the information is confidential. Failure to do so results in liability and a possible fine, imprisonment and reporting to regulatory college. Client is informed of this duty to report during initial meeting and limits of confidentiality are outlined as pertaining to this act.

Parenting in Canada: why are you in Canada? Reflections

- Money
- Career
- Better life
- Opportunity for your Children?
- Extended family and being a life saver? Joseph of your family ?

Parenting

Reflections:

- How were you parented?
- What did you learn from your father?
- What was your parents' relationship like?
- What was the relationship between you and your siblings like?
- Expectations for yourself and expectations from others-children, wife, faith family, work etc. ? Are they too much to bear?

Parenting in Canada

What can we do to parent well before we talk about discipline ??

- What is your goal in parenting? Raise children who can succeed independently or to raise children you can control?
- Proactive in parenting – so we don't wait to discipline or punish
- Relationship : Level of dysfunction in your family – children create and step into roles to be able to cope with the chaos in their parents' relationships
- Communication- Open and Assertive even for the children
- Build a relationship with the children
- Emotionally safe environment and emotional honesty

Parenting in Canada

- ▶ Take care of yourself as a parent – your own mental health matters a lot
- ▶ Encourage decision making
- ▶ Reward good behaviors with what the child loves e.g. Extended TV time on weekends,
- ▶ For the children, Negative attention is better than no attention
- ▶ No gender discrimination in assignment of chores, expectations and consequences are clear
- ▶ Allow and support them get a job early from 14 years old
- ▶ All adults in the home have to be on the same page e.g. grand parents

Culturally Different strategies

Canada

- Independence is encouraged early in life
- Assertiveness e.g. John, "I need you to talk to me when you stop crying"
- Tone of voice and body language is important in communication
- Emotional honesty is encouraged
- Family time is important e.g. vacation together, play e.t.c
- Disability receive equal and supportive care
- Couples express love openly in their relationship
- Access counselling supports for the whole family to resolve issues

Africa e.g. Nigeria

- Over protectiveness
- We are loud even when we are playing **[not bad], but yell a lot when angry or when we have to repeat instructions to our children**
- We discourage emotional honesty, we most times see it as rude
- We struggle to express love openly in our families
- We struggle to take vacations – extended families is a big weight
- Families with a child with disability keep it secret, and not open to connecting to resources
- Culturally we don't access counselling until things are out of control eg. Divorce, court mandated anger management etc

Get your children to focus on what is important

- ▶ Find out what is important to each of them e.g. stable family, reliable parents, supportive family
- ▶ Schools, Skills and Education- lead to strategic positioning for all, even for you parents, what do you want to do for the rest of your life? **Don't live your dreams through your children**
- ▶ Work ethics- your children will model what they see in you
- ▶ Self identity – six critical messages they want to hear from you “I trust you; I believe in you, I know you can handle it, you are listened to, you are cared for, you are very important to me” [Coloroso 2010]
- ▶ Spirituality-beliefs, faith, God, and faith practices
- ▶ Spend time with the children- build your children and not houses
- ▶ Family relationships- **build relationships with them in stages : first as a parent, an advisor and then a friend as they become adults**
- ▶ Know where you are coming from and Know why you are in Canada

Discipline

Set of instructions for correction purposes

- Requires patience to point out what the child has done wrong, not done in anger
- It gets the child to be accountable for his / her own action
- Gets the child to take ownership of their actions
- It involves the child in problem solving
- It **keeps the integrity and dignity** of the child intact
- **Respects the child's feelings and gives feedbacks**
- Sit with the child and talk to him/her to reflect on their behaviors
- Discipline is equivalent to the behavior
- **Empowers the child for the future**

Discipline vs Punishment

Punishment

- Smacking for example can't help the child learn appropriate or positive behaviors
- **Makes the child feel that he / she is lumped together with the negative behaviors**
- **Criticisms and unsupportive**
- Lots of power to parents and loss of power to the child
- No opportunity for the child to develop critical thinking
- No opportunity for questions, ≠ decision making skills
- **Usually done in frustration and anger**
- Models a negative behavior to the child e.g. hitting a child, who eventually starts hitting his / her siblings
- **Breeds anger and resentments in the child**
- Run from home at slightest opportunity – go to colleges very far on the excuses that their courses are not in your city of location 😞

Discipline

As a parent are you disciplined yourself, what lifestyle do you model? What is your personality? Are you reliable? Trustworthy? **Model discipline and good behaviors**

- ▶ You cannot hit your child
- ▶ **Section 43 of the criminal Code of Canada states:** “Every schoolteacher, parent or person standing in the place of a parent is justified in using force by way of correction toward a pupil or child, as the case may be, who is under his care, if the force does not exceed what is reasonable under the circumstances.”
- ▶ You can smack their bottom, but the child must be wearing something, no bruises must be seen
- ▶ Can't smack in anger, emotional regulation / control
- ▶ Non-smack strategies are always better <https://www.justice.gc.ca/eng/rp-pr/cj-jp/fv-vf/mcb-cce/index.html>

Discipline cont'd

Boundaries are clear- games, computers, what age to get a phone, same boundaries apply to adults?

- Accountability- you parents and the children e.g. running late? Let your family know
- Consequences are made clear as part of boundaries in the family
- Conversation around the negative behaviors, **How many of you have entered your children's room this week just to sit and have a conversation?**
- Healthy communication- Assertiveness, when talking about the behaviors
- Ask “what” and “how” questions and NOT “why” questions
- Open ended questions – leads to critical thinking and equips them for decision making

Discipline cont'd

Fathers to “date” their daughters and “hang out” with their sons

- Tell them what to do and not wait to tell them what “not to do”
- Bullying? Build their self Esteem, focus on what they have done well and build up the core of who they are. Teach them to stand up for themselves
- Don't shame them, it damages their core of self
- Start working early and pay for something
- No TV or computers in the children rooms
- Supportive- listen, engage, allow the silence and don't interrupt
- As teens, drive them to friend's occasions and pick them up

Discipline cont'd

What is ***your family tradition or norm?*** e.g.

- ✓ Negativism-criticisms all the time, positive behaviors are not noticed,
- ✓ don't trust- broken promises
- ✓ don't feel- "if you cry, I give you something to cry about"
- ✓ don't talk- "don't ever say anything to about what is going in this house, do you hear me"
- ✓ Inconsistency of rules
- ✓ Favoritism and comparisons of the children or even yourselves with other parents
- ✓ Unrealistic expectations- **choosing careers for your children, I did this, and it doesn't work!!**
- ✓ Broken promises
- ✓ Mixed messages-"you can't smoke or drink, but parents have alcohol in their cupboards at home"

Law

Section 43 of the Criminal Code reads as follows:

Family Enhancement Agreement- CFS gets a call about a child at risk, if risk is minimal, CFS do this agreement with you to support your family. **Lasts about 3months**

- Court can put in place:
 - ✓ **Apprehension Order** - child is taken away by Director of Child & family Services
 - ✓ **Supervision Order**- Visitations from SW to ensure the child is safe and all needs for developments are provided.
 - ✓ **Temporary Guardianship Order**
 - ✓ **Permanent Guardianship Order**
 - ✓ **Secure Services Order**
- **TGO**-child at risk, **parents required by court to do parenting or psychological assessment**, child can return home is all required is done, less than 6yrs TGO is 6mths, more than 6yrs TGO is 12months or Child is 16 & can live independently
- **PGO**- court sees that child cannot return home, survival, security, & development of a child will not be protected well enough by parents /guardian. **Parents have 13months to appeal & needs a lawyer.**
- **Secure Services:** court grants this if a **child is in immediate danger & will place in a secure facility** for not more than 5 days but can be 20 days in total. Can be in TGO / PGO & still be moved into secure services.

Spirituality : Nurturing the Spiritual Self of your Children

Triple A's

Affirm- that's my boy/girl. You know dad / mom loves you very much, am very proud of you, I know you can do it.

Admire- don't say what are you wearing?? They will always wear what they want especially as teens, but educate with open- ended questions, **don't lecture**

Attention- notice them, involve them in issues concerning them

-Discipline can be spiritually orchestrated through insight and ask for God's help

-Pray for them, with them and over them ***[110 Nuggets for Excellent Parenting by Georginia Nwoke is great resource]***

Spirituality :

Note: Parenting is a spiritual journey as well

Core Values : what are your core values?

What Matters To YOU? What are important to you?

- Spirituality
- Relationships
- Children
- Integrity
- Honesty
- **Financial honesty !!**
- Trust
- Family
- Care
- Commitment
- Respect
- Hard work
- Emotional wellbeing
- Openness
- Loyalty

Spirituality :

- Who is your greatest supports
- Who can you speak to if you are struggling
- This session is a spiritual journey because the organizers are supporting us today to be successful with our children in Canada
- Use the **Word of God to pray** for your children or whatever your faith is, recognizing that there are parents from various faith in today's presentation

Spirituality- the Word of God has some great verses on raising children

- ▶ 1 Timothy 3 vs 1-5: model for your children to follow -he who desires the office of a Bishop..... [children learn what they see and hear, practice and then become]
- ▶ Math 8 vs 10- “take heed that ye despise not one of these little ones”
- ▶ Deut. 6 vs 6-9- thou shall teach them diligently....
- ▶ Gen. 18 vs 19- for I know him..... will command his children....
- ▶ Children are heritage that God gives to a man
- ▶ Prov. 22 vs 6- Train up your child in the way he should go...
- ▶ Eph. 6 vs 4- **Fathers provoke not your children to wrath**
- ▶ Prov. 14 vs 26-27- Fear of the Lord brings security and refuge for our children and delivers from death. Teach them to reverence God



Conclusions

- If our children fail, we have no need to have come to Canada
- We can do the work now as parents and relax later

➤ **Thank you for listening**

Resources

Resource: 110 Nuggets for Excellent parenting with 150 Godly Affirmations and 160 Prayer Prophetic Prayers for you and your Children by Georgia Nwoke 2016

<https://www.amazon.ca/Nuggets-Excellent-Parenting-Georgia-Nwoke/dp/1498463312>

- ▶ **Contact Author / Presenter on : gileadpsychology@gmail.com**
- ▶ **Coloroso B. (2010), Kids Are Worth It: Raising Resilient, Responsible, Compassionate Kids – April 13, 2010**

Summary-Effective Parenting

Parenting requires Conversations before the baby arrives , Timely , Purposeful , Result oriented , Daily walk & work , Continuous , Involved / uninvolved (passive)/

Strategies:

Physical –boundaries, structure, jelly fish dads, consequences are clear, key support, live by example, body image, family mealtime, play & exercise, laughter

Emotional: our core “little girl / little boy” , emotional safety, accept them for who they are, guide don't superimpose your dreams, name calling, comparison, independence, share in their joy, avoid negative words cos words are powerful,

Communication: tone of voice, body language, be accountable, assertiveness, don't say “**why**” read their body language “I see you are feeling frustrated, what is going on”?

Behaviors : notice & reward positive behaviors, ignore negative behaviors if the child is not at risk

Self Esteem: compliments, notice little successes, make eye contacts, listen, hugs

Culture: In Canada incorporate the culture of critical thinking, independence, decision making, volunteering, work from 14yrs.

Spirituality: Pray for them , with them, and over them