



# UNDER HIS WINGS

SEASON 3

EPISODE 46– Parental Wisdom from Carleen Tanner—Developing Healthy Attachments

## SHOW NOTE HIGHLIGHTS

### Episode Show Notes



Carleen is a mother of 10 children and 40+ grandchildren! She and her husband live in Boise Idaho and are members of the Church of Jesus Christ of Latter-Day Saints. Carleen is a gifted teacher and for the past 27+ years has been sharing her wisdom and testimony of the divine role of parents through Church Education System (CES) classes. She currently teaches a 10-week Positive Parenting course in Boise Idaho. It is also live streamed and also available on her website. It is free and no enrollment is necessary. The current semester starts Sept 15, 2022 at 9:30 am at the Warm Springs chapel in Boise.

<http://www.carleentanner.com/parenting-notes-blog>

2 Nephi 33 :1 "...when a man speaketh by the power of the Holy Ghost the power of the Holy Ghost carrieth it UNTO the hearts of the children of men."

The Key is Attachment:

Developing relationships so strong that because of our "attachments" our children will want to open their heart and listen to what we say. It is the ability for parents to influence their children for righteousness.

Attachment is like sunshine, exuding such warmth and love that our children will want to stay in that spirit of influence.

### Three Approaches to Parenting:

<https://www.churchofjesuschrist.org/study/manual/strengthening-the-family-instructors-guide/session-one-parenting-principles-and-practices?lang=eng>

**Authoritarian:** "Authoritarian parents attempt to shape, control, and evaluate the behavior and attitudes of the child in accordance with a set standard of conduct." In their attempts to guide the behavior of a child, these parents do not invite the child to participate in a discussion of rules and expectations, "believing that children should accept parents' word for what is right." These parents value firm control of their children's behavior, and they often show little warmth. They rarely encourage their children to express their feelings or point of view, particularly in disciplinary situations.

**Permissive:** Permissive parents usually show warmth and love toward their children but offer little guidance or direction. They "attempt to behave in a nonpunitive, accepting, and affirmative manner. ... They present themselves as resources to be used as their children wish, not as active agents responsible for shaping or altering their children's ongoing or future behavior. They allow their children to regulate their own activities as much as possible, avoid the exercise of control, and do not insist that their children obey externally defined standards." These parents "avoid the use of overt power" but may attempt to regulate their children's behavior in less obvious ways. They avoid confrontations.

**Authoritative:** Authoritative parents show the same high expectations for their children as authoritarian parents, but they also show a high degree of warmth and responsiveness. They are loving and supportive. As they guide their children, they "encourage verbal give and take and share with their children the reasoning behind their policies." These parents "exert firm control at points of parent-child divergence but do not hem in their children with restrictions.



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How to help our children attach to us, and not to other outside influences such as friends, media or devices

(Preface: it's NEVER too late!)

### ***Bond One by One***

1. Setting a structured environment, create routine and order in your home (starting when their young is ideal)
2. Family dinners teach us how to have relationships and communications
3. Set boundaries and broaden boundaries when responsibilities have been learned.. trust is developed.
4. Have healthy and appropriate physical connections or contact...touch, hugs, kisses.
5. Teach them how to work and work with them. Validate their effort!
6. Play with your children as hard as you have them work! Have fun with them .
7. Slow down. Intentionally slow down and look at one child at a time. What do they like? What do they fear? What are their goals? Listen to them. Ask questions! Ask for this spiritual gift of learning how to ask good questions
8. Make Music together! Sing with them. Listen to their music, have them listen to yours, play the piano with them, make a band with lots and pans!
9. Foundational Must Do's: personal scriptures, family scriptures, FHE, etc. Teach and learn together.
10. Temple and Sabbath day importance.

#1 KEY: Learn to Listen without lecturing!

Elder Bednar's talk: *Seek Learning By Faith*

<https://www.churchofjesuschrist.org/media/video/2013-02-1140-133-seek-learning-by-faith?lang=eng>