

Importance?

A common goal for all parents is to raise understanding, well-rounded children. Many caregivers seek therapy services to find effective parenting strategies. Caregivers play a crucial role in shaping a child's thoughts, emotions, and behaviors, and the family environment is vital to this developmental process.** Providing parents with the opportunity to learn about proactive caregiving approaches can offer essential support and enhance their parenting skills.



References

*Perron, N. C. D. (Year). The four Cs of parenting: Applying key counseling concepts for raising healthy children across countries, cultures, and families. *The Family Journal: Counseling and Therapy for Couples and Families*, Vol. 26(1) 48-55. <https://doi.org/10.1177/1066480717753014>.

**Deater-Deckard K., Lansford J. E., Malone P. S., Alampay L. P., Sorbring E., Bacchini D....Al-Hassan S. M. (2011). The association between parental warmth and control in thirteen cultural groups. *Journal of Family Psychology*, 25, 790-794. doi:10.1037/a0025120

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The 4 C's of parenting



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What are the 4 C's?

Choices

Choices are a crucial aspect of parenting, as allowing children to make decisions fosters their autonomy.* Parents can encourage positive choices based on their personal values and what is developmentally appropriate for their child.* In addition to providing positive options, parents can support autonomy through redirection.* When set parameters are established, children can make their own choices within those boundaries.* If they attempt to go beyond these limits, parents can gently redirect them back to activities that fall within the established framework.* When faced with challenges, using choices as a form of redirection allows children to grow and develop their autonomy.**

Consequences

Consequences are a natural outcome of allowing children to make choices. As they develop their personal autonomy, children must learn about the natural consequences of their decisions.* By combining an understanding of choices with consistency, caregivers can create a framework that teaches children how to make sound decisions.* While caregivers should encourage children to make their own choices and experience appropriate consequences, it's important that both the choices and consequences are developmentally suitable for the child.*



Consistency

The value of consistency and the expression of care go hand in hand. Consistency reassures children that their parent(s) will always be there to support them, no matter the circumstances.* While maintaining consistency can be challenging due to varying situations and emotional states, it is essential for fostering a secure environment for the child.* For example, regular routines and open communication can provide stability, helping children feel more confident and cared for.*

Care

Care is a foundational aspect of parenting. It is expressed through positive interactions and affection between caregivers and their child.* When caregivers show unconditional love, they help ensure that a child feels accepted and valued.* As children gain autonomy, their personal growth is best supported by parents who remain aware and engaged.* Cultivating warmth in parenting is crucial, as it has been linked to fostering prosocial behaviors in children.**



Additional Resources

- Community behavioral health clinic
 - Phone Number: (734) 487-4987
 - Email: psychclinic_admin@emich.edu
- University of Michigan Psychological Clinic (Therapy & Psychiatric Services)
 - Phone number: (734) 764-3471
- Life & Family Counseling
 - Phone number: (734) 477-9999

