



Wise

Parentin

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Creating the Joy of
Family



Helen Adams Keller was born a healthy child in Tuscumbia, Alabama, on June 27, 1880. ... At the age of 19 months, **Helen** became deaf and blind as a result of an unknown illness, perhaps rubella or scarlet fever. As **Helen** grew from infancy into **childhood**, she became wild and unruly.

Her parents hired Anne Sullivan to try and reach her and civilize her. She lived, as she recalled in her autobiography, "at sea in a dense fog."

The Miracle Worker movie clips:

<http://j.mp/11biTBC>

Keller's breakthrough in communication came the next month, when she realized that the motions her teacher was making on the palm of her hand, while running cool water over her other hand, symbolized the idea of "water".

Writing in her autobiography, *The Story of My Life*, Keller recalled the moment: "I stood still, my whole attention fixed upon the motions of her fingers. Suddenly I felt a misty consciousness as of something forgotten — a thrill of returning thought; and somehow the mystery of language was revealed to me. I knew then that w-a-t-e-r meant the wonderful cool something that was flowing over my hand. The living word awakened my soul, gave it light, hope, set it free!" [13] Keller then nearly exhausted Sullivan, demanding the names of all the other familiar objects in her world.



If you are going to Train your children you must have 3 things:

Rules

Routines

Responsibility



Staff Meeting: A Simple Weekly Plan

(Have this discussion)

	Mom	Dad	Child 1	Child 2	Child 3
Relationship (Love)					
Respect (Value)					
Rules (Instruction)					
Routines (Training)					
Responsibility (Correction)					
Resources (Tools)					

Take an hour every week to discuss these 6 topics
What one area do you want to focus per family member?

Rules



Rules are expectations, boundaries, and guidelines based on the Great Commandments and the 10 Commandments

Rules Verses

- **Matt 22:37-39**

- And He said to him, “YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.’ This is the great and foremost commandment. The second is like it, ‘YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.’

- **1 Tim 1:5**

- The goal of our instruction is love from a good heart, a good conscience and a sincere faith

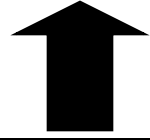
- **Deut 6:6-9** You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. You shall bind them as a sign on your hand and they shall be as frontals on your forehead. You shall write them on the doorposts of your house and on your gates.

The Box

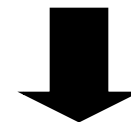
You live in the box made
of my rules for your conduct



The Box can change



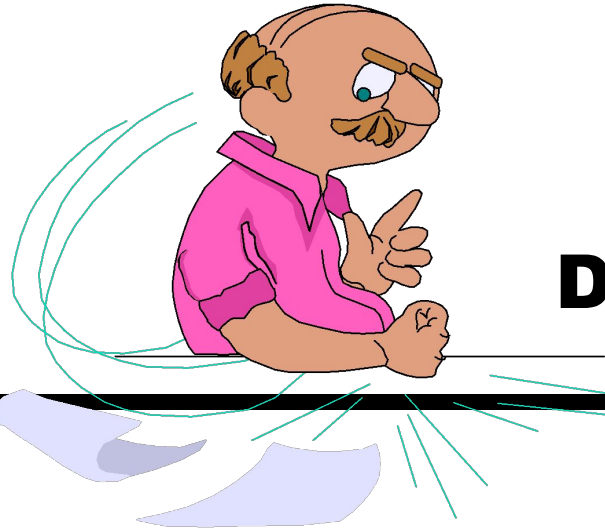
**When you demonstrate
that you would behave
like I would the box gets
BIGGER**



The Box can change

**When you rebel or have
a consistently bad,
or uncooperative attitude
the box gets SMALLER**





Stay in the Box

Danger, Anger and Consequences

Stay inside of the commands,
desires of your parents
and
you will be in the joy of your
mother and father



**Danger, Anger
and Consequences**

**Danger, Anger
and Consequences**

Danger, Anger and Consequences

God's Moral Law – The 10 Commandments

Mom and Dad's Personal Rules

Jenessa's Rules

Abbey's Rules

Grace's Rules



Rules

The 4 Steps

Rules

1. State the Expectation

Rules

1. State the Expectation
2. Explain the Expectation

Rules

1. State the Expectation
2. Explain the Expectation
Share the 3-10 steps in the routine

Routines

Many problems in a family happen because some one does not know or is not following the routine that is in someone else's head

Eating Out Routines
Store Routines
Guest Routines
Waking Up Routines
Morning Routines
Dinner Time Routines
Evening Routines

Bedtime Routines
Personal Hygiene Routines
Midweek Routines
Vacation and/or Holiday Routines
Sunday Routines
Elders Routines
Family Devotions Routines

Driving Routines
Money Routines
Homework Routines
Romance Routines
Friend Routines
Planning Routines
Chores Routines

4 Simple Steps for Crossing the Street

1. Come hold hands before we cross a street
2. Look both ways
3. Walk when Mom or Dad walks not before





Children need routines and repetition:

They want predictable order

- This is what we do...
- This is how we do this...
- If they don't learn the basic routines when they are young then they invent their own routines or no routine and trouble compounds from there.

3 Simple But Powerful Steps for Teaching Empathy



**Happy You,
Happy
Family™**

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Kelly Holmes

When you're out with your child and you hear another child who's upset, this is what you do:

- 1. Point out** what's happening. For example, "That kid is crying."
- 2. Ask** your child about it: "How do you think that kid feels right now?" If your child shrugs and can't think of an emotion, try giving a couple options to choose from, like "Do you think he feels sad or angry?"
- 3. Brainstorm** what might help the other child: "What would help that kid feel better?" Wait a few more seconds than you think you should to give your kiddo a chance to think. But if she can't think of anything, you could try asking: "What helps you feel better when you feel like that?"

We do this **every single time** we encounter an upset child when we're out in public.

Rules

1. State the Expectation
2. Explain the Expectation
3. Demonstrate the Expectation

Rules

1. State the Expectation
2. Explain the Expectation
3. Demonstrate the Expectation
4. Practice the Expectation

Rules

- State the Expectation
- Explain the Expectation
- Demonstrate the Expectation
- Practice the Expectation

- Re-state the expectation
- Re-explain the expectation
- Re-demonstrate the expectation
- Re-practice the expectation

Rules

With Teens

- Ask them about the objective / expectation
- Discuss the Expectation
- Agree on the Expectation
- Demonstrate the Expectation
- Practice the Expectation

- Re-Ask about the expectation
- Re-discuss the expectation
- Re-demonstrate the expectation
- Re-practice the expectation



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RULES

- I will help my children understand the box
- I will memorize the 4 steps of training
 1. Here is what I expect
 2. Let me explain what I mean – 3-10 steps of the routine
 3. Let me demonstrate the expectation
 4. Let's practice the expectation.

Routines

Action
Steps

- I will expect to do this process 1000's of times as my children grow up...
- I will develop routines for every repeating thing
- I will involve my teenagers in the above four steps so they have ownership in the objective and the expectation. (Socratically leading through questions)



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Eliminating Substance Abuse in Children

Columbia University Study

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If parents are willing to be involved in 10 of the following 12 “Active Parenting” processes then they will virtually eliminate substance abuse (alcohol, tobacco, drugs) from their children’s lives...

Eliminating Substance Abuse in Children

Columbia University Study

If parents are willing to be involved in 10 of the following 12 “Active Parenting” processes then they will virtually eliminate substance abuse (alcohol, tobacco, drugs) from their children’s lives...

- 1. Monitoring TV use
- 2. Monitoring Internet use
- 3. Restricting Music purchased/listened to
- 4. Knowing the child’s whereabouts at all times
- 5. Being told the truth about the activity they are going to...
- 6. Awareness of academic performance
- 7. Imposing and enforcing a curfew
- 8. Adult home when child returns from school
- 9. Eat dinner together 6-7 times per week
- 10. TV is turned off during dinner
- 11. Children are assigned and accountable for chores
- 12. There is predetermined, known response to substance abuse: extremely upset

Responsibility

I am
responsible for
every choice I
make

This is what you have 18-21 years to communicate

Responsibility Verses

- **Gal 6:7**
- Do not be deceived God is not mocked whatsoever a man sows that shall he also reap.
- Rom 2:8 God, who will render to each person according to his deeds...
- Eph 4:29 Let no unwholesome word proceed out of your mouth but only such a word as is good for edification
- **Proverbs 22:15**
- Foolishness is bound up in the heart of the child; The rod of discipline will remove it far from him.
- Pro 16:2 All the ways of a man are clean in his own sight but the Lord weighs the motives
- **Pro 29:17-19**
- Correct your son, and he will give you comfort; He will also delight your soul. Where there is no vision, the people are unrestrained, But happy is he who keeps the law. A slave will not be instructed by words *alone*; For though he understands, there will be no response.

Everything
I think, say, do and emote
is a choice

God says that we are responsible for

- Everything we choose Gal 6:7
- Everything we think 2 Cor 10:3-5; Phil 4:7,8
- Everything we say Pro 18:21; Eph 4:29
- Everything we do Rom 2:6;
- Everything we emote Phil 2:3-10
- Everything motive Prov 16:2
- When we hand a young adult to the world at 18 – 21
- We need them to be responsible for all they do.

**Every training/discipline
technique must be designed
to cause better choices**

NEXT TIME

or it is useless

It is not designed to punish

There are only two basic ways
to train children to be
responsible

The two basic ways to train children

Action

(Rod)

Words

(Reproof)

Proverbs 29:15 The rod and reproof give wisdom, but a child who gets his own way brings shame to his mother

Words (Reproof)

• 1.

• 2.

• 3.

• 4.

• 5.

• 6.

7.

8.

9.

10.

11.

12.

Action (Rod)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

Words (Reproof)

- 1. Reset Expectation
- (Before each thing, explain what is expected and the Routine)

Words (Reproof)

- 2. Verbal repetition
- (Tell me what I am expecting you to do when we get in there)

Words (Reproof)

- 3. Verbal Praise
- You did really great on this part. I am proud of you.
- Do not hold out for perfection.
- They need immediate positive feedback for everything good they did.
- The more that you are pleased with them the more they will want to please you.

Words (Reproof)

- 6. Intense Emotional Reminder
 - a. kneel,
 - b. eye to eye,
 - c. I feel really disappointed when you didn't do what you said you were going to do...

Words (Reproof)

- 9. The 5 questions
 - a. What did you do?
 - b. Was it the right or wrong thing?
 - c. What could you have done other than what you did?
 - d. What has to be done to make you remember?
 - e. What will you do next time?

The two basic ways to train children

Action

(Rod)

Words

(Reproof)

Proverbs 29:15 The rod and reproof give wisdom, but a child who gets his own way brings shame to his mother

Action (Rod)

- 1. Demonstrate the desired behavior
 - a. Either you or someone they respect should show how the expectation should be done
 - b. People can only do what they see... actually or in their imagination.

Action (Rod)

- 2. Practice (Do it five times)
- I am not sure that you respected that door or your sister...
Lets do it the right way...
- Let's do that 5 times

Action (Rod)

- 5. Chastisement (for open rebellion or immediate danger)
- Is this the best way to get a better choice next time – after 10 years of age the answer is NO
- For the Strong willed child who says make me
- Never done in anger but a slow deliberate process
- There has to be more love than control or it won't work
- Neutral Instrument
- Reaffirmation of love at the conclusion
- Almost need a prescription for this... it is a big deal
- It takes time to do it right 30+ minutes

Action (Rod)

- 6. Creative Action to remind (wrenches, walk the invisible dog)
 - What will make my children remember to make a better choice next time they are in a similar situation?

Action (Rod)

- 7. Rewards - (for new behaviors; new attempts)
 - Gift
 - Privilege
 - Outing
 - Honor

Action (Rod)

- 10. Work (weed, dust, vacuum, clean grout)
- Your attitude is just not what it needs to be around the house and I need it to change. I want you to vacuum the whole house and think about what attitude you should have.
- When your done I need the attitude to be different or I will have to come up with something additional.

Action (Rod)

- 12. Creating your Village –
- There are some things that you can not teach or train into your children. Someone else will have to do it – and you must let them.
- Mentors, Teachers, Coaches, Your Friends, Their Friends, Siblings, Youth Pastors, Instructors, Culture, Relatives, Baby sitters, Schools, Camps, Events, Seminars, Courses, Books, Workbooks, Boot Camps, Programs, Treatment, etc



- I will tell my children when I am pleased with them
 - (even in the smallest degree)
- I will help my children see that they choose every time they think, say, do, emote something
- I will positively and negatively correct my children
- I will use words and actions to train my children to make great choices
- I will have a staff meeting with my spouse (or another adult) about the children each week

Responsibility

Action
Steps



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