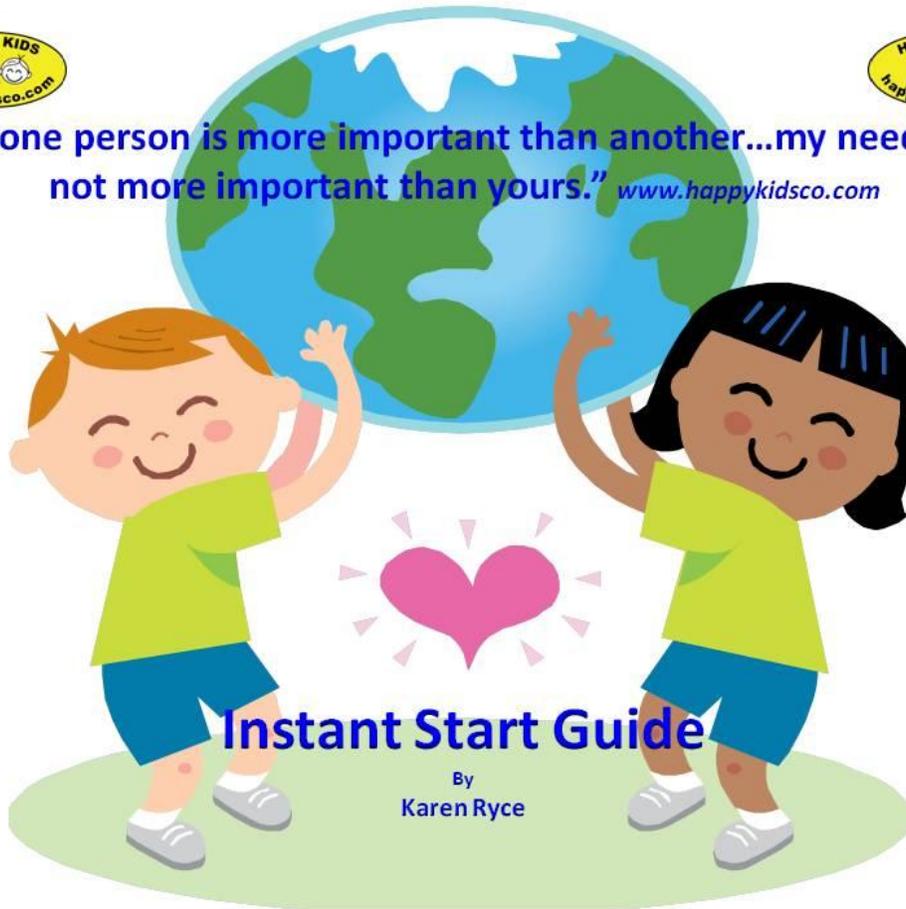




“No one person is more important than another...my needs are not more important than yours.” www.happykidsco.com



Instant Start Guide

By
Karen Ryce



Instant Start Guide



If there are children in your life who cry because of what you did or said...
...they need you to learn and use Positive Respect...

If there are children who resent what you do or say to them...
...they need you to learn and use Positive Respect...

If your actions or words cause **any** child/teen to suffer... **You** need to learn and use Positive Respect...not just for them...but also for you, you owe it to yourself, for peace of mind, and an easier, more joy-filled life...

Just check it out...You'll never regret it.

Making The Shift

When you just want to start right away...you are tired of having an unhappy child...you are tired of the stress...you want something to fix this *quick!*...

“If you want things in your life to change, you are going to have to change things in your life.” You can’t keep doing the same things and expect different results. What I’m sharing with you (1!-2!-3!) are **the exact steps I took many years ago** to transform my relationship with my kids and to transform our lives.

1. Apologize!

That is a great place to start. Whether it’s in the middle of trouble, or not. Apologize. Tell them you are sorry. Tell them that you want them to be happy and you want to be happy, too. Use your own words, but APOLOGIZE.

2. Make A Promise AND Stick To It!

“I’m determined to do my best to always be respectful to you, kind if possible, but at least respectful. I am learning how to do this. The first thing I had to do was to apologize to you. I did that. Then I had to make you a promise. I did that. Now I have to stick to it. I am determined to do that, too.” Here, too, use your own words. Do whatever you have to do to keep your word!

3. Next Action... (explore what I did next to develop my Positive Respect Mindset)

Join the Happy Kids Member Site (find the \$1/ month button) or buy what you want to help you. (\$1 Sale) (activities for people who want to read / listen / watch / act)

Suggestions when you want to read:

1. **As you read, choose something to work on. Then work on it. Easy or challenging, whatever you prefer. Just do it!**
2. If you want how-to, in the ebook *Good Parent Good Kids*, read:
 - a. Chapter Four: The Power of Respect (*now called Positive Respect*): The Cooperative Solution /
 - b. Chapter Three: The Practice of Self- Respect /
 - c. Chapter Five: Raising Respectful Children
 - d. If you have a 2-year-old, or will soon, also read Chapter Eleven: Transitional Twos: The Age of Willpower
 - e. If you have a teen, also read Chapter Twelve: Transformed Teens
 - f. ...then read the rest...
 - g. Kids really like to read Appendix D. It’s filled with examples of using the Power of Respect.

3. Read the ebook “Getting Started”
4. Read the script and the Manual for the video training, Raise Happy Kids Intensive Week One. Answer the Study Guide Questions.
5. Choose, articles, blog posts, ebooks, newsletter archives, Q&As that help you raise happy kids

Suggestions when you want to listen:

1. 7 Secrets to Raising Happy Kids
2. 7 Simple Steps to End Conflict NOW!
3. Kid Trouble

Suggestions when you want to watch videos:

1. Positive Parenting Secrets Series
2. Positive Grandparenting Secrets Series
3. Raise Happy Kids Intensive
4. End Conflict NOW! Mini-Course

Suggestions when you prefer action:

1. Apply to work with me! www.happykidsco.com/apply
2. Workshop Schedule: www.happykidsco.com/freeworkshops

Or... find your own way:

Feel free to find your own way. That’s what I had to do many years ago. For now, I’m here if you want help. And my work is available as long as it’s needed.

Best Wishes to you all, whatever path you choose. May all of your kids grow up happy! And may you be happy, too.

My Story

Positive Respect: a most powerful way to eliminate struggles and establish harmony

...It was shortly after this that I decided I had to change and I did change from one day to the next, from one moment to the next. I was in the kitchen, yelling about something...and I stopped.

I apologized to them and asked their forgiveness. I vowed never to be like that again.

I remember their child faces looking at me... wanting to trust me, but not sure about it...

I asked if there was anything I could do to help them believe me.

My youngest daughter wanted to go out in the car. The other children thought this was a good idea. I let them decide where we would go. It turned into a delightful adventure, visiting neighbors we had never visited, though we had once been friends, long ago.

I turned my back on being an authoritarian parent and never looked back. It was one of the best decisions I have ever made. It brought peace and joy into my heart. It helped my children develop belief in themselves and their choices, which gave them inner strength to enjoy the joyful moments and to come through the challenges without feeling diminished, maybe even feeling strengthened.