

## **RAISE HAPPY KIDS MANUAL & STUDY GUIDE**

This Manual contains week by week Study Guide Questions, as well as relevant chapters and sections of the ebook *Good Parent Good Kids*

### **WEEK TWO: POWER OF RESPECT MINDSET**

#### **Study Guide Questions**

1. Write at least three examples of cooperation you have experienced or witnessed.  
(Cooperation is respect in action)
2. Write your plan to remain calm / include a plan to do something every day to make this part of your life
3. Write your next plan for the process of raising a happy child
4. In your journal, keep track of how it's going
5. Why do you want things to be better between you and your child? What is your motivation for this change? What is your "why"?
6. How would you like the relationship between you and your child to be?
7. Which of the possible actions of change presented in the manual or that you have thought of on your own are you willing to attempt, to see if they work for you, if they move you in the direction you want to go? At least choose one.
8. Write one or more 'seed thoughts' that you think would be helpful in this process. What do you intend to do to nourish these 'seed thoughts'?
9. Write a list of negative beliefs you have about your child. Decide which one you are going to start **not** acting on...then which one next. What positive belief would you like to replace the negative one?
10. Write a list of beliefs that you have had at any time in your past, beliefs that you don't have any more. In fact, you might believe just the opposite now.
11. Write as many beliefs as you can think of that you have about your kids and your relationship with them.
12. For each negative belief that you hold about your kids, think of a positive thought, a belief that you would like to be true. Write these down.
13. Be sure to write them in the present tense and in the positive.

#### **Week Two Action:**

Make your own Plan for Calm or choose where to start using the Four-Step Formula.

## **Lessons for the Week:**

1. Step-By-Step Plan for Raising A Happy Child
2. Power of Respect Mindset
3. Plan for Calm
4. Formula Step 1: Preparation
5. Formula Step 2: Action
6. Formula Step 3: Expect/Notice/Appreciate
7. Formula Step 4: Let Go

## ***Good Parent Good Kids:***

### **Chapter Four**

#### **The Power Of Respect: The Cooperative Solution**

##### **What Is The Power Of Respect Mindset?**

The foundation of this whole approach is based upon parents developing and maintaining the Power of Respect Mindset. This is your fail-safe. Deciding to develop the Power of Respect Mindset is a great first step.

The Power of Respect Mindset is simply knowing that there **must** be a respectful solution and being determined, committed to finding it. There must be a way that everyone involved can get their needs met, and together you can discover it. Three year old children find this very easy to master once they discover that it's an option.

Most likely, to some degree or another, this is going to involve adding new habits of thought and action and releasing habits that don't help you stay respectful. This new set of habits can be created by anyone just through the thoughts they choose to think and then with their determination to think and act respectfully. And finally, you use your willpower to persevere until this new way of thinking and acting becomes a habit, or second nature. Then you will find it difficult to think or behave otherwise.

Your love for your children, wanting the best for them is all the motivation you need to get started. Once you feel the pleasure of finding win-win solutions, you'll never want to stop.

## Getting Started: A Formula

Here is a four-step formula that can help change any habit or pattern you wish:

1. Prepare the soil
  - Start your process
  - Be open to change
  - Plant the seeds of change
2. Take action
  - Practice cooperation
  - Nourish the plant
  - Nurture the process
3. Recognize and appreciate your changes
4. Weed
  - Be willing to let go of what you no longer need

### Taking The First Step: Preparing The Soil

You only have to be willing and open to wanting to change. You don't have to know that you can change. You don't even have to decide to change. This openness, this little step, is big enough to start you moving in a new direction. Think of yourself at the center of a circle. A tiny turn, even one degree, even a part of a degree, and you are now headed in a different direction along a different path. There is also a saying that reminds us that a journey of a thousand miles begins with one step. This is the first step on your journey. I remember a translated Chinese proverb that says that if you keep walking in the same direction, you're bound to get where you're headed.

### Second Step: Taking Action: Planting The Seeds of Change

Now the ground is prepared. You can begin to plant the seeds of change. One of the most important ways to plant these seeds is to take action. You need to do something concrete, however small, that moves you toward your goal. Keep doing these concrete actions moving you toward your goal every day.

You can:

Write yourself a note to put on the refrigerator reminding you of *your new goal*: "I am respectful toward my children. I choose to cooperate with them."

I discover **My Cue**. **My Cue** is what I experience physically that tells me that I am getting upset: tightness in my neck, shoulders or stomach, beginning to clench my fists.

Write out a plan of action, such as, “What I’m going to do when I start to feel tense, when I feel **My Cue**, instead of yelling at my children.”

Tell your children what you have learned about being respectful. Ask for their help in negotiations and in reminding you, because you might forget at first.

Decide to apologize to your children every time you are not respectful to them, and ask them what you can do to make amends.

Make an arrangement with someone else who is making the same change to be your “buddy.” Either of you can call the other for support when you need help to stay respectful.

Start a journal to record your progress. Make a reward plan for every time you act respectfully.

One of the most powerful things you can do is plant seed thoughts and nourish them until they form into beliefs. For example, you may choose to plant the following seed thought: “I am willing to be respectful.” Just follow the directions for using affirmations and watch this seed thought grow into a belief.

Let’s say you decide to change something in the way you are treating your children.

Affirmations, thoughts of how you would like it to be, can be quite helpful, as can the following instructions and assumptions: It is important to be as precise as possible, to make your statements positive, “I am...” rather than negative, “I am not...” and to phrase your affirmations in the present tense. It may not feel logical, since you may not yet believe what you are saying. However, these are instructions to the subconscious mind. If you use the future tense, your goal remains in the future, out of reach, beyond your experience.

A simple affirmation, such as, “I am willing to change the way I treat my children” (see affirmations at end of this chapter) can plant a seed that can help you make all of the changes you wish to make.

It’s good to repeat the affirmation to yourself as often as you think of it. Some people say their affirmations in front of a mirror, some write them down, some record them and listen to the tape, but if these methods do not suit you, it is enough to remember to say it soundlessly, and eventually to hear it repeated within you.

When what you are affirming becomes an actuality, then the affirmation has served its purpose. You can change your affirmations as more helpful ones occur to you.

Think the thoughts that you wish were true. Tell yourself, as often as you feel the need, or as often as you remember, “I treat my children with respect.” These thoughts plant the seed and help it to germinate.

### **End Conflict NOW! In 7 Simple Steps**

This is one of the most important, exciting and rewarding processes you can learn to quickly and effectively develop respect in your household.

1. Set up the meeting
2. Share the guidelines
3. Brainstorm
4. Eliminate
5. Negotiate
6. Act
7. Review

Start with a family meeting. Be sure to find a time when it is convenient for everyone. Make sure that everyone is feeling good and unstressed. If someone is in a bad mood, it is better to deal with that problem before starting the meeting. Ask them what help they need to be in a good mood for the meeting. You might have to reschedule the meeting.

At the meeting explain that you want to solve problems differently in your family. Say clearly how you think they have been solved in the past. Ask if this seems right to everyone else. After you have reached an understanding, tell your children what you don't want to do any more.

Explain that from now on you would like it if everyone would do their best to solve problems in ways that feel good to everyone involved. If you and your mate could have a short example of some disagreement that you solved using brainstorming, and negotiating a win-win solution, you can offer to tell them that as an example.

Then ask if any of the children has a problem that they would like to share so that everyone could practice with it as a starter. Reassure them that this new way of doing things means that you end up with an answer that everyone involved feels good about. Wait for one of them to come up with an idea.

Then tell them that you have an idea in mind if one of them can't come up with an idea. Then wait again. It is good if one of the children can come up with a suggestion, but it's not essential. Maybe they need to see this process at work for them to trust that it will be good for them.

Let's say you all decide to deal with bedtimes, or meal times, or chores. Be sure you have paper and pen. For this first time it might be best for one of the adults to do the writing because they will be able to write down the ideas more quickly. You don't want to lose the children to

boredom. However, if one of the children wants to do the writing, and the others don't object, let them write. It can make all of the children trust the process more.

Explain that during brainstorming, the person who is writing writes down **all** of the ideas that anyone comes up with, but that no one should worry, because only the ideas that everyone feels good about will be used. All the ideas are written down so that:

- None of the ideas are forgotten
- Everyone feels respected for their contribution
- When ideas are flowing because none of them are blocked, you are more likely to discover those ideas which will solve your problem

When no one can come up with any more ideas, then you start the process of negotiating.

First you must eliminate all the ideas or parts of ideas that any one of you doesn't like. In the unlikely circumstance that your first brainstorming ideas are all eliminated, you can do the session again at another time, unless everyone is up for doing it then.

You settle on that idea or combination of ideas that you can all agree on. You put it into practice for a limited period of time, checking back with each other to make sure it is still working.

At the end of the meeting say that you would like all the fights and problems in the family to be settled this way, between you and your partner, between the children or between the children and parents. Tell the children that if they want your help to solve things just to let you know, and that if you hear them fighting you are going to ask them if they want help to find a win-win solution to the problem.

This process may seem time consuming, but once everyone is practiced at it, you can eliminate the writing and skip some of the other steps. Then finding agreements becomes almost automatic. The peace in the family seems worth all the efforts at changing in the beginning.

### **Mediating: Spontaneous End Conflict NOW!**

If mediating for your children is your first use of this Power of Respect Strategy, chances are it is because they are having trouble at that moment. It's always harder to jump into a problem than to deal with one calmly at a time when emotions are not running high.

Be sure to take a way to write ideas. It is better if you have introduced this to your children/teens before this, but if you have not, you can still do it. Remember the steps, but be ready to be flexible when and if the situation calls for it.

#### **For example:**

- Remind them that they each deserve to feel good

- You may have to begin brainstorming before introducing the Guidelines for the Meeting. Be sure to emphasize that everyone involved gets to feel good about the solution
- Remind them, or let them know that any idea that one of them doesn't like gets crossed off the list. It would be disrespectful to use that idea
- Let them know that every idea gets written down
- Be prepared for them to find a solution immediately. It is not essential to go through all of the steps

### **Third Step: Nourish And Celebrate the Changes**

Now watch your development and transformation. Notice and appreciate

- The times you treat children with respect
- When you let people know what you need
- When you help someone have a good experience
- The times you remember that you want to behave respectfully

These experiences are like young plants peeping through the earth. As Louise Hay points out in her book, *You Can Heal Your Life*, the tendency is to discount these little, beginning changes, to consider them worthless. She points out that you do not do this in a garden when you wait and watch for the tiny sprouts to push above the earth. The changes you are making also deserve your patient, eager anticipation and celebration.

Watching for opportunities to practice your new skills encourages their appearance by keeping respectful interaction in your awareness. **What you hold in your thoughts, positive or negative, is reflected in your life.** When you have bought a new boat, suddenly the world is filled with boats, in magazines, on television, through friends, on the highway, and of course, on the water. When you are determined to be respectful, you find yourself practicing respectful interaction more and more. You remember it more frequently. You catch yourself doing just what you want to do.

Another helpful technique for guided change that goes well with affirmations is called visualization. This is using your imagination to help create what you want. When you think of interacting with your children, imagine it being exactly the way you want it to be. It helps to make these images as vivid and detailed as possible.

The thousand-mile journey is completed step by step. It is completed with perseverance. When you decide to take on any long-term task, knitting a sweater, growing a garden, building a house, if you persevere, eventually, most likely, you complete the task you have set. Some days you may not work on it at all. Some days you may only be able to work on it briefly. Other days you may work on it all day. It takes determination. When you have completed this task, respectful

interaction has become a part of you and you find it difficult to behave otherwise. I know. I have made this journey.

### **Fourth Step: Weeding And Letting Go**

Unless you have come to it naturally, becoming skilled at respectful parenting takes self-searching, dedication, and openness to changing some of your patterns of belief, thought and action. Change is a natural process. Because you do change, it is very likely that you do not believe all that you did when you were age eleven or age five. Besides affirming the positive, desired changes, it is important to be open and willing to let go of beliefs that no longer suit you.

If you watch your thoughts and what you say to others about children, you can get a clear picture of your present belief system relating to children. As you become aware of the beliefs that get in the way of your changes, you can affirm your willingness to let go of these beliefs. “Yes, I am willing to let go of my belief that Taylor is a holy terror.”

When you find yourself thinking or saying one of these beliefs that you have decided to let go of, you can say or think, “I used to think that Taylor was a holy terror, but now I believe that he is trying to do his best, but he gets easily frustrated.” Then instead of yelling at him, you can say, “I see that you are having some trouble. Would you like me to help you?”

When your three-year-old son brings in the one red rose from the bush and hands it to you with joy on his face, remember that you want to understand things from his point of view also. You can tell him that you think it is beautiful and ask why he picked it. Assume he had a good reason.

Let it remind you of your newly chosen ways of acting, greatly speeding up your pace of substituting one form of behavior for another. You are using the old weeds as mulch to help the new growth.

“I am willing to practice communicating, cooperating and negotiating to get what I want.” This affirmation can help create the cooperative solution.

### **Thoughts Worth Thinking**

#### **(Affirmations)**

- I am willing to change.
- I remember to treat my children with respect.
- I cooperate with my children.
- I forgive my children.
- I am proud of myself. I am proud of my children.
- I am polite to my children.
- I am a good example to my children.