

The 1 Rule

Chapter One: Harmonize With Kids



by
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Introducing...

The 1 Rule: Harmonize With Kids!

Let's raise happy, confident, respectful kids.

“We are not here to comfort children when they cry, but to see that they have no reason to cry.”

Happy people not only get to feel good, but they do not deliberately hurt others. They don't shoot them, beat them up or say cruel things to them. They help everything be better. My work is to share the tools, skills, strategies I've discovered and developed that help kids grow up happy, respectful, confident. Let's help improve people's lives.

The purpose of Harmonizing With Kids is to help adults raise happy kids and to help today's adults be happy, too.

This program had many beginnings...

Going to India and being accepted into the Indian Montessori Training Course, with the intention of getting a 1-year visa.

Being captivated by the Trainer...

Learning about the importance of childhood, something I'd never had pointed out to me, or thought of during my years of studying anthropology.

Beginning to care about and appreciate children.

Another beginning was when we founded a Montessori school in Garberville, California and I became disturbed by the way I saw parents treating children. It was nothing different. That was the way parents were expected to treat children, but it bothered me because of the ways I'd changed during the Montessori training.

One of the most important beginnings was when I apologized to my three small children for yelling at them and vowed never to try to force them to do what they didn't want to...and I never did again.

One beginning was when I realized it was impossible to take home all the children I wanted to have happy home lives, it was impossible to take all of them home with me. Some children, a very few, did live with us for a while, but not even all of those who wished they could. I thought I have to teach the parents what I have learned so those children can have happy home lives with their own parents.

Another was when I'd been invited to create educational centers in India and I decided that before I could leave where I was living I had to share what I'd learned about getting along with kids, that I didn't see other adults doing. It turned into my first book and turned into a mission...

...To help kids be treated as they like to be treated...

The 1 Rule?...



Side-Effects Of The 1 Rule

- Harmony With Kids
- Positive Respect Mindset
- Respectful Kids
- Confident Kids
- Harmonious Kids
- Personal Clarity
- Ability To Shift Your Thinking
- Being A Good Model
- Raising Trustworthy Kids
- Ending Conflict
- Self-Respect

About three months ago I discovered what I'm sharing with you today: "108 Parenting Lessons in 1 Simple Rule"...

That simple rule is The 1 Rule: To raise happy kids, make sure that all involved agree with each decision.

I know it sounds too simple. It is simple. But the wisdom and practical power of the 108 lessons is built into that simple rule. Follow the rule, and as you need one of the 108 tools, skills or strategies, it appears...more on this later...

Chapter One

Achieving Our Goal...

Raising Happy, Respectful, Confident Kids!

I have given focused attention to this topic for over 47 years. So I've figured out some things that work. They work for me and for others, as reported by them. When I say 'work' I mean that create harmony and add to the harmony created.

- Imagine children who are automatically respectful to others
- ...who are skilled at helping find solutions that work for them and others
- ...who are willing, even eager, to cooperate

The Power of Harmony:

Who knew that harmony could be such a powerful force? And so simple to achieve?

Harmony: Agreement / peace / understanding / cooperation ...

Why is The 1 Rule: Harmonize With Kids so powerful?

- ...because it heals the root of the troubles between kids and adults. It provides clear understanding and even formulas to harmonize with your kids
- ...as well as tools, skills and strategies for added support...
- ...**Flexibility**...One of the reasons this works so well is that it is as flexible as the people involved need it to be. The foundation is what stays the same, The 1 Rule, everything else can flex. As you read this chapter, you'll find out about this simple, strong foundation.
- Imagine...your family: everyone getting along...getting their needs met...helping each other... enjoying each other...all of you feeling connected, loved, understood, important and you all know how to create this state of well-being and how to maintain it, so that problems between family members do not develop. This is harmony, a harmonized family.

...So Kids Always *FEEL* Loved

Kids love this method! Period. The kids in one classroom gave me a spontaneous standing ovation after I shared this method with them.

Because of the positive results I have achieved with kids, I've been called the Miracle Worker

of Education and Parenting. One teacher who sat in on a session I did with three of her students, proclaimed, “That is a miracle!”

The 1 Rule: Harmonize With Kids is specifically designed to help you create harmony with the kids in your life, **without using punishment** or feeling like you are losing out on what’s important to you. It helps you build a stable, unshakable foundation so your kids can thrive, the Missing Foundation!

This foundation is your fail-safe and you create it. When you allow it, it prevents you from slipping backwards into negative interactions with your child. It prevents you from ruining the good progress you make.

This strong Missing Foundation, this fail-safe is The 1 Rule. At the core of The 1 Rule is the Positive Respect Mindset. Imagine it as a strong bridge between hearts because it ensures that kids always **feel** loved. When this heart-to-heart bridge is created by using The 1 Rule, kids not only feel loved by you, but also love themselves. This is what helps you raise a happy child. Because the results feel so good for everyone, it quickly becomes a habit, so maintaining it becomes almost effortless.

Root Cause of Conflict Between Adults and Kids

First let’s get to the nitty gritty of conflict, especially the conflict between kids and adults.

In just about anything you can think of there can be differences between two people.

Picture this: no one has the same point of view. That means that no one physically looks out of your eyes, except you. If two or more people are looking at the same thing, each person’s point of view is different, if only slightly. And that’s just the beginning of differences.

That’s not to say that we don’t have many things in common, but when we have differences that seem to oppose each other, **and** do not know how to resolve them in a humane and peaceful manner, conflict develops.

When the relationship between kids and adults is involved, the Invisible Root Cause comes into the picture. Root Cause: because it is the cause of the problems. Invisible: because although it’s one of the most common ways for adults to treat kids, it’s never talked about. It’s as if it were invisible. In case you haven’t yet learned about the Invisible Root Cause of problems that develop between kids and adults, it’s this:

- It’s an attitude that adults have been programmed with from the time they were children. It dictates how they are to relate to the kids under their care. As an eight-year-old boy once told me, “They treat me like I’m a slave!” The attitude that adults have developed says, “I’m in charge. I get to have things the way I want. I can make you do what I say, in fact, it’s my duty to do so. And I don’t care what you want!”

Believing that just because you are the adult, you get to have things just the way you have thought of having them, without any consideration necessary for the kids involved is bound to create a situation of conflict. It's conflict waiting to happen.

I have recently come to a clearer understanding about this Root Cause. What adults do not understand is the need to create space for their children to be themselves. They want their kids to be extensions of themselves, to do what they say when they say it, to "be obedient."

Babies are often content to go with their parents, but once they are able to crawl, they have their own ideas about what to do and where to go. Even more so when they can walk, and talk, telling you about what they want...and run.

If we were meant to simply be extensions of our parents, 2-yr-olds and other children would be glad to follow the guidance of their parents. There would be no conflict. But that is not how it is. That is not how we are. We are unique individuals. No other person looks out of our eyes, has our view on life.

So, this attitude, the Invisible Root Cause, our programming, adds to the conflicts that develop because everyone has differences, and often people don't have the skills to resolve their differences peacefully.

I'm sure you can imagine some of the differences: differences in interests (some of us like to read and some of us would rather play video games), differences in beliefs (some of us believe in 'the work ethic' and some of us believe that 'life is a playground'), differences in values (some of us value cooperation and some of us value competition), differences in likes and dislikes (some of us like chili and some of us don't).

You may say that conflicts with kids develop because the kids did something you didn't like, or that made you mad, or that was wrong, but the differences between you are at the basis of what they did and what your reaction is.

Think about it: when you are angry with your children it's because they wanted one thing and you wanted another, whether it was over bedtimes (you wanted them to go to bed – they wanted to stay up), homework (you wanted them to do their homework – they wanted to watch TV), chores (you wanted them to do their chores – they wanted to go to their friend's)...whatever the issue.

Learning how to harmonize differences and resolve the resulting conflicts in a humane and peaceful manner is what Harmonize With Kids is all about. The 1 Rule shows you how to avoid getting into conflicts in the first place.

Healing Insights

The following insights, "Kids' Work", "Developmental Blueprint", and "Adults First", were for a Breakout Session I conducted at a National Assembly for the Women's Federation for World Peace in Washington, D.C. I was asked to provide the most healing information I could,

to help heal the relationship between parents and their children.

Kids' Work

First, have you ever thought that kids have a very important job to do, as important as any job on earth? It's their job to create an adult, specifically, the adult they become. And one of our jobs is to help them do this, and hopefully do an excellent job of it. The 1 Rule: Harmonize With Kids is created to help this happen. It is distilled from over 40 years of focused attention, observation, experimenting, inspiration and caring. That's why experiencing, understanding, and using The 1 Rule: Harmonize With Kids is so important. It not only makes your child's job much easier, but it makes your job, as a parent, easier, too.

Developmental Blueprint

The second point concerns the developmental blueprint of your children. No matter what you think they are doing (testing you, defying you, following orders...), their primary goal is to create the adult they become. This is the goal of their developmental blueprint.

When a baby exercises the necessary muscles and develops the necessary coordination to begin walking, this is evidence of their blueprint which dictates how to accomplish this.

Can you imagine creating the training schedule? Are you equipped to do that? Also, how could you provide the baby with the motivation? Think of all the skills and the perseverance it takes to develop from being unable to move much to being able to stand erect and to walk.

Imagine all that an infant must learn and develop in their first three years of life. How is it that all the coordination necessary to speak comes about? Within three years a child develops from no known spoken language to a basic knowledge of the language or languages in their environment complete with fairly accurate pronunciation and great understanding.

It is not the parent who makes sure that the baby discovers how to make the sounds of their language and then practices them, and yet the baby, on their own, practices enough to be able to speak the language by about two years of age, if not sooner. By three they are fairly fluent.

Something motivates human beings to master the necessary complex coordinated actions, whether the parent pays attention or not. This developmental blueprint with its inner motivation ensures that a child masters certain abilities. **The child must do what the blueprint dictates.**



Adults First...

Here's the third healing point, one of the most important and one of the most easily missed: **Kids learn from adults.** That seems to be built into the human species. Kids are not born speaking a language and ready to fully participate in family life. Human beings need to learn the language or languages spoken by those around them, especially their parents. They also need to learn how things are done, from those same adults.

Keep this in mind. Think about it. When it comes to respect or following The 1 Rule, parents need to give respect to their kids first and follow The 1 Rule first. Parents need to show how it's done. Adults are the models. Your kids need to observe you when you treat them respectfully, when you follow The 1 Rule, to see what you do and how you do it, and experience how it feels. Then they can imitate you.

If you can't think of another reason for being respectful to your kids, you can think of respecting your kids this way: Their job of creating a wonderful adult human being is certainly a job worthy of respect. So let's help them do it.



Why Positive Respect?

You might ask, as some have: Why respect? Why not love? As I've explained, parents do love their kids, even though sometimes the way kids are treated might seem like punishment to the kids. So they don't **feel** loved.

Respect changes this situation. When you are committed to being never less than respectful, a foundation is created that ensures that your child always feels loved.

'Never less than respectful' means that you only treat your child in ways that feel good to them. This is where The 1 Rule comes in. Using The 1 Rule ensures that you are never less than respectful.

I discovered many years ago that treating kids respectfully brought about a very enjoyable relationship. They became cooperative instead of resistant. They were not only willing to do what I asked, they were often eager to do what I asked, because they trusted me. They became caring and respectful to other kids and to other adults. They were happier. I was happier.

I began to make every possible effort to ensure that I was never less than respectful to kids. This became the foundation of our relationship. They treated me the way I treated them.

I didn't fully understand what I was doing at the time. I knew I was being respectful. In fact, when I was asked to share this, the phrase 'The Power of Respect' was what came to mind and what I used.

Years later I realized that I was actually demonstrating how to use Positive Respect. That means that I treated the kids respectfully **AND** I treated myself respectfully, **at the same time**. This little word 'and' is what makes Positive Respect so powerful and so different from what most people think of as respect*. That 'and' stands for **a huge difference, a whole person difference! It creates the foundation, the bridge between hearts and it results in harmony.**

*(*The **traditional practice of respect** is that you treat others respectfully, no matter what you think of them, even at your own expense. In other words, you learn to treat someone else respectfully even if you have to be **dis**-respectful to yourself. This practice is so common, that it is actually a modern dictionary definition of respect. In the Microsoft Encarta College Dictionary: The definition for respect says "...admiration," that's fine, "and deference toward somebody..." Deference means that you put someone else's needs **before** your own! So they get good treatment, because they are 'worthy' of respect, and whether you have to suffer or not is not considered important.)*



Your Positive Respect Mindset

- A Positive Respect Mindset is knowing that there **is** a respectful solution and being determined, committed to finding it.
- Here are three essential agreements of a Positive Respect Mindset:
 1. We are each important
 2. We each deserve to have what we want
 3. There is a way that everyone involved can get their needs met, and together we can discover it.
- Even three-year-old children have found this very easy to master once they discovered 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.
- Your love for your kids, 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.

Benefits of a Positive Respect Mindset

Here is what you can look forward to when you use Positive Respect:

- Kids
 - Always feel loved
 - Become competent problem solvers
 - Are respectful
 - Learn to make wise decisions
 - Have self-respect
 - Are confident
- Parents
 - Get what they want without struggles
 - Have more time for themselves
 - Feel confident in their parenting
- Everyone works together in harmony, which creates...
 - More fun
 - More peace and quiet
 - More learning
 - More adventure
 - More joy



Positive Respect Solutions/Strategies

1. **The 1 Rule**
2. **Harmonize *Fast* Formula**
3. **7 Steps to Harmony**

The 1 Rule?

Side-Effects Of The 1 Rule

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Why And How The 1 Rule Works

Apparently our brain is hardwired to answer questions. When we are asked a question, our brain immediately begins searching for an answer. **The 1 Rule** is like asking our brain a question, so it immediately begins searching for an answer.

We ask how we can find agreement. That's how there is a direct connection to the 108 tools, skills and strategies that help solve the problem. There may be more or different solutions, but the 108 is what came up in my life.

One of the a-ha moments for the children I taught this to was that the other person was important, too. The other person deserved to have thing go well for them, too. This is an increased awareness for adults, too, as they use The 1 Rule with kids. You give space for each other. You make room for each other.

I Asked Myself

To come up with **The 1 Rule**, I asked myself a question: “What is the least that I need to share with people about what I’ve learned about raising happy kids so they can most quickly and easily raise their own happy kids?” Or something like that. Simple.

The first answer was the three levels of Harmonizing With Kids. Then several months later I discovered what I’m sharing with you today: “108 Parenting Lessons in 1 Simple Rule”...

Self-Determined Kids

Another important element in why **The 1 Rule** works is what is commonly referred to as, “I want my children to live their own lives.” I wanted my children be happy, to feel good, but I also wanted them to be self-determined, to figure out for themselves what they wanted, how they wanted things to be.

Your Foundation Is The Heart-To-Heart Bridge

When you use The 1 Rule, you create a heart-to-heart bridge between you and your child, a strong foundation. That way you both feel loved at all times. You are loved, but you also FEEL loved. You don't have to wait until there is some disaster or loss to recognize the love that is there, you and your child get to feel it at all times! Imagine the blissful power of this...

So What Is The 1 Rule?

“108 Parenting Lessons in 1 Simple Rule”...

That simple rule is The 1 Rule: To raise happy kids, make sure that all involved agree with each decision.

I know it sounds too simple. It is simple. But the wisdom and practical power of the 108 lessons is built into that simple rule. Follow the rule, and as you need one of the 108 tools, skills or strategies, it appears.

How that works: Following The 1 Rule keeps you on track. The question that The 1 Rule causes you to ask is directly connected to one or more solutions. It might be one of the 108 lessons, or another solution, and The 1 Rule causes the solution to appear.

Try it. You'll see how great it works!

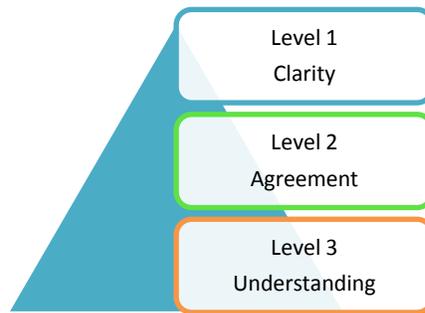
I finally created the simple doorway to all my work...and it turns out to be the path I walked.

Here was my own path of discovery to what I now call:
The 1 Rule:

1. I made a commitment to never force my children.
2. I wanted them to be, do and have what they wanted to be, do and have.
3. I helped them to the best of my ability.

The 1 Rule = Agreement

Harmonize *Fast* Formula



The Harmonize *Fast* Formula

If you need a little more help than The 1 Rule, The Harmonize *Fast* Formula works simply, quickly as long as you remember to adopt a Positive Respect Mindset. This is what makes the strong foundation. This is the bridge between hearts that ensures that it works easily. Remember the three elements:

1. We are each important
2. We each deserve to have what we want
3. We can use Positive Respect to help this happen

Level 1.....Clarity: The Lightning Round

Misunderstandings cause many problems. I have witnessed this too much in ordinary conversations. Did you ever play the children's game, "The Telephone Game?"** It clearly demonstrates the results of a series of misunderstandings. That's why clearing up possible misunderstandings is the first round of the Harmonize *Fast* Formula.

*** (In The Telephone Game (I learned it as Round Robin), you all sit in a circle and one person, chosen to be first, whispers something to the person on their right. Then that person whispers what they heard to the person on their right. That continues until the last person in the circle. They say out loud what they heard whispered to them. It is common knowledge that it never resembles what the original person had whispered.)*

This is the fastest and easiest round, and the beginning point. Sometimes simply, clearly understanding what the people involved want and don't want, mean and don't mean, untangles the situation, like the following story of the two sisters and the lemon.

(Two sisters lived together far from town. They didn't talk about it, but each was planning to use the lemon in the refrigerator the next day.

In the morning, they both went for the lemon. When they realized that they both wanted to use

the lemon, each thought that she would let her sister use the lemon.

When each ended up explaining why she wanted the lemon, it turned out that they could both use the lemon! One sister wanted the juice for lemon water, to do a one day fast. The other sister wanted to use the zest for some cookies.

...Imagine how many solutions might be discovered with simply understanding what the people involved want and don't want.)

It is important to be sure that communications are clearly sent and clearly received. It might not be good enough to assume that they understood you or that you understood them, it may be necessary to confirm the understanding. **“I heard you say...”** (for example, “I heard you say that you only want the lemon juice. Is that right?”) or **“So you want me to...”** (for example, “So you want me to use the lemon?”) or **“Did you mean...?”** (for example, “Did you mean that you only need the lemon zest?”)

Once there is clear understanding, if a solution is not discovered, at least you come out of this round knowing what each person wants and so you do have a clear understanding of the goals.

Level 2.....Agreement Round

In this round, the first idea that everyone likes is the solution. This is what I learned from three-year-old children. First they were introduced to the three elements of Positive Respect:

1. We are each important
2. We each deserve to have what we want
3. We can figure this out

They easily, almost instantly adopted a Positive Respect Mindset, once it was introduced to them. So when differences came up, they would quickly and easily find harmonious solutions...on their own...after they understood how it worked.

If the Agreement Round does not reveal a solution, you can go deeper into understanding why.

Level 3.....Understanding Round

You each get a chance to explain why you like a possible solution and/or why you don't. This gives everyone more information and can result in a winning solution. A winning solution is a solution that everyone involved likes and agrees to.

It brings to everyone's awareness what the people involved are thinking, needing, feeling. It often only takes minor shifts that one person thinks of, but others hadn't...and a solution is revealed.

If these strategies don't help you discover a solution that you all like, you can harmonize using **“7 Steps to Harmony.”** (**Chapter Two**...used to be End Conflict NOW!)

Respect Tips

Respect doesn't force because it is not necessary. If you have something good to offer—advice, help, food, whatever—and if you offer it in a way that is understandable to the other person, they are naturally drawn to it if it is suitable for them, because they have no need to oppose it, as they would if it were not suitable.

It can help to realize that, whatever our age, **we each have our own agenda**, our own motivation, our own needs to satisfy. Whether it is a baby crawling toward the coffee table, to pull themselves up so they can better investigate the shiny object on it, or a two-year-old who is determined to choose their own clothes and to dress themselves, or anyone else doing anything else, simple or complicated, it is part of their agenda. You are naturally motivated to pursue your own agenda.

Looking for the good in each person and situation can be very helpful in the practice of respect. It allows you to enjoy life more because you find what pleases you in every situation and in every person. When you focus on these aspects rather than what does not please you, your life automatically improves. It continues to improve because whatever you focus on, increases. When you give your attention to what you like, what you like increases.

*Respectful Interaction Takes Many Forms:
It forms your thoughts into cooperative understanding...
It comes through your speech as kind, thoughtful words...
It comes from your hands as helpful, loving actions...
And results in agreement and harmony.*

Your Respected Person

Cooperation, by definition, **is respectful**. You never mistreat people you respect. That would be contrary to the definition. Respect is defined as holding someone in esteem, treating them with consideration, and taking them into account.

Most of you have someone in your lives whom you respect or, at least whom you treat with respect—a grandmother, brother, sister, parent, teacher, or a friend. Often it is someone older, although that is not always the case. While developing the habit of treating kids respectfully, in ways that feel good to them, it helps if you **think of the respected person** and ask yourself, “Would I treat them this way? Would I say this to them?”

Think about how you behave when you are with that respected person and treat your child with that kind of respect. When you are with that respected person you do your best to consider their feelings and wishes in whatever actions you take or what you say.

You do your best to cooperate with them. If you know there is behavior that pleases them, you do your best to behave that way and to avoid behavior that they do not like.

When you truly respect someone, your respect includes your thoughts about them. You think of their pleasing qualities, words they have said that you admire, actions they have taken that make you feel good, even proud of your connection. You tend to overlook or accept weaknesses and mistakes.

Respect can be developed by practicing cooperation and simple, common courtesy, treating others in ways that feel good to them. You want them to have a pleasant life and you wish to contribute to it. Cooperation and courtesy are important, practical aspects of respectful relationships.

Children who do receive cooperation, or courtesy, and even genuine respect become worthy of your respect. A relationship is created in which you are both willing and eager participants.

Respect is a key. Cooperation is a concrete, practical way of developing the key of respect. Like most keys, it only serves a purpose if it is used. In this case, it is a means of helping fulfill the human potential.

The Language Of Respect

It is critical in this process of becoming respectful to your kids that you practice speaking respectfully...

Here are some guidelines and examples:

Be Polite

“Please sit down.”

“Would you please ask your brother...”

“May I show you how?”

“May I show you how I do it?”

“Please be careful.”

Share Your Needs, Concerns, Feelings

“I hope you are being careful.”

“It’s really important to me.”

“Sure, I’ll be glad to help you.”

“I really need your help.”

“Thank you for helping me. I really needed your help.”

“I really like it when you _____!”

Ask

“Are you being careful?”

“Is there anything you need?”

“Would you like some help?”

“Is everything ok?”

“Are you feeling ok?”

Suggest it! Maybe the reason someone is not doing what you want them to do is because that way of doing it, which is obvious to you, has never occurred to them.

Use **respectful terms** when referring to kids, when they are not around and when they are.

Let go of rudeness. Observe yourself. Was that rude? Would you think it was rude if someone said it to you?

When you are in public, if you need to tell a child that their behavior is bothering you, do it in a way that cannot be heard by others, even if you have to whisper in their ear. That can bring about immediate, or almost immediate, results, as the child changes their behavior to accommodate your needs, too.

Pay attention to how you speak to your kids, the words you use, your tone. Remember to think of your ‘respected person.’ Would you speak to them this way? Would you feel respected if someone spoke to you this way?

Respectful Self-Talk

One of the most helpful talking skills that you can share with your child, starting from the beginning and especially with your two-year-old, but even with older kids, if you have not already done this, is to help them develop supportive, empowering self-talk.

As parents we have tremendous power over the self-esteem, the feelings of self-worth of our children, their self-talk. In case you don’t know what self-talk is: It is part of our mind chatter that goes on telling us what we believe about ourselves.

Do you say or do things that help your kids feel good about themselves? Do you give them approving, supportive, uplifting self-talk? What do they hear you say about them, to them? Do you say “I love you so much!” “You can do or be anything you want to do or be in your life.” “You make great choices!” “I’m so proud of you!”

You may not have known these facts or been aware of them, but they are very instrumental in how your kids are now.

Of course, we can and do change our self-talk, our beliefs, but it’s better and easier if we form good, self-serving, harmonious beliefs and self-talk from the beginning. Are you helping your kids form beliefs like:

- * I am good at....
- * I make good choices
- * Everyone likes to help me get what I want
- * I like to help others get what they want
- * I can...
- * When I want something I can get it
- * I am great and powerful

I’m sure you can think of wonderful, helpful beliefs you’d like for your child.