

PARENTING SESSION

MARCH 16, 2018

“When children feel Connected, Capable and Contribute, they possess the quality of Cooperation.” Char Wenc

Mutual respect is more often caught than taught.

Respect: “The Real Issue of all ongoing human conflict is not about things...it is only about one thing...respect.” (Rudolf Dreikurs, M.D.)

Be firm - Firmness asks for respect.

- Mean what you say. Say what you mean.

Be kind - Kindness models respect.

- Say it only once.
- Act before you get angry
- Deal with one problem at a time.

Use I messages

When you _____, I feel _____ because _____.

And I need you to _____ or _____.

I would prefer you _____.

Setting limits for children is often based on their Safety and Health...because we love them.

Example:

I love you and the answer is “no.”

You know the answer to that.

Could it be you are _____-to get what you want? It will not work today—
the answer is no.

Encourage, Encourage, Encourage

Reminders For Parents

Your child will survive because of you and succeed in spite of you. There is nothing you can do to prepare for three things: age three, age thirteen and when your child leaves home. You are not prejudiced – your child is most amazing.

It is a genetic unlikelihood that bad behavior comes from a single side of the family. Your child will appreciate awkward stories and photographs a) after the age of forty or b) after having a child of their own. It washes out. It can be repaired. The most precious consideration is your child. If behavior is embarrassing, it has to do with your ego, not your child's. Remember the difference between looking and seeing. Thoughts of your child will bring tears at unexpected moments.

Mary Anne Radmacher

