



ONE MINUTE

Parenting Lessons


by Narendra Goidani



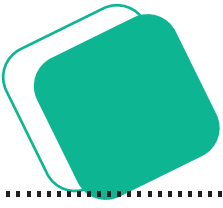

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PREFACE



Every time a kid misbehaves, it's an opportunity to empower them with valuable skills like empathy, problem-solving, and how to deal with toxic emotions.

Punishing kids teaches kids that who ever has more power, gets to enforce their rules. This leads to many complications in the future.

Kids who achieve the best outcomes in life — emotionally, socially, and financially — have parents who raise them with a high degree of connection, respectful communication and lots of laughter and celebrations. These parents stay away from power struggles.

This ebook is an effort to support parents to nurture such kids through 51 simple yet super effective techniques. We wish you, my darling parent, all the best.



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Motivation



Many mistakes are made in the name of motivation

Do you believe, 'Kids do better when they feel worse?' - So punish them?

Oe, do you believe, 'Kids do better when they feel great?' - Hence, lift their spirits?

Action: What has worked for you? Let us know.

Jobs



Children learn life skills, develop social interest and feel capable by helping out at home.

1. Brainstorm a family chores list together. Make it fun.
2. Create fun ways to rotate chores, such as a chores wheel with spinner, job charts, or a chores jar for “picking” out two chores for the week.
3. Take time for training - do chores with them a few times. Discuss issues and focus on solutions.

No to Don't, Yes to DO



Instead of saying, “Don’t”, say a “Do.”

1. Stop watching TV - Don't.
Play with the blocks - Do
2. Stop your social media - Don't.
Help me a little in the kitchen please - Do
3. Don't's rarely produce results. Do's succeed more.
Practice and see.

Act Without Words



At times the most effective thing to do is to inform, confirm and act.

1. Let kids know in advance what you are going to do.
2. Confirm that they understand by asking: "What is your understanding of what I am going to do?"
3. Follow through by acting kindly and firmly without saying a word.

For example: Pull over if kids fight while you are driving.
Read a book until they let you know they are ready.

Help after they have...



Avoid power struggles. Help after they have done their bit.

1. "When the table is set I will serve dinner."
2. "I will help with homework on Tuesday and Thursday, but not last minute."
3. "When chores are done I will drive you to your friend's house."
4. Always follow through with kindness and firmness.

How to Reach to Agreements



Reaching an agreement INSPITE of differences is an outstanding skill.

1. Have a discussion where each person gets to voice feelings and thoughts on an issue.
2. Brainstorm solutions and choose steps everyone agrees to.
3. If agreement is not reached at, start again at step 1.

Focus On Solutions



Instead of focusing on blame, focus on solutions.

1. Identify a problem.
2. Brainstorm as many possible solutions.
3. Pick one that works for everyone.
4. Try the solution for a week.
5. In a week, evaluate. If it didn't work, start over.

One Word



Avoid lecturing & nagging. Use one word reminders.

1. "Towel." (for the towel left on the floor)
2. "Dog." (When the dog has not been fed)
3. "Dishes."
4. "Bedtime."
5. When a agreements has been made in advance, one word is all that needs to be said.

Show Faith



When we show faith in our children, they develop courage and faith in themselves.

1. Instead of rescuing, lecturing, or fixing, say, "I have faith in you to handle this."
2. Children develop their problem-solving skills through experiences and belief.
3. Validate feelings. "I know you are upset. I would be too. And, I have faith in you."

Family Meetings



Children learn social and life skills during family meetings that have...

1. Compliments and appreciations.
2. Evaluation of past decisions.
 - a) Sharing of feelings.
 - b) Open discussions.
 - c) Brainstorming for solutions.
4. Planning of events.
5. Fun activity and desserts.

Eye to Eye



It isn't respectful (and doesn't work) to sit on the couch and yell at your child from across the room.

1. Stop whatever you are doing. Get up and get close enough to your child to see his or her eyes.
2. You'll notice that you speak more softly when you make the respectful effort to see your child's eyes.

Letting Go



Letting go does not mean abandoning your child. It means allowing your child to learn responsibility and to feel capable.

1. Take small steps in letting go.
2. Take time for training and then step back.
3. Have faith in your child to learn from his or her mistakes.
4. Get a life. Your identity should not depend on managing your child's life.

Silent Signals



Parents often talk too much. A silent signal could speak louder than words.

1. Smile and point to the shoes that need to be picked up.
2. Decide with your child on signals that would work better than words during a conflict.
3. When you feel upset, try putting your hand on your heart to signal, "I love you." You'll both feel better.

Dealing with fight/flight/freeze



When people are upset, they resort to fight/flight/freeze.

1. Do not try to solve a problem when you or your child is upset.
2. Wait until after a cooling off period (positive time-out) when you can both access your rational brains.
3. Putting the problem on the family meeting agenda (or asking your child to) is another way to follow a cooling off period.

Sense of Humour



What is life if you cannot laugh !

1. Ensure you laugh a lot everyday. Ensure you laugh at least once today, with your kid.
2. Laughter destroys negative energy and replaces it with positive energy.
3. Laughter makes you believe, life is good.

Action: Share a family picture where all of you are laughing or having fun.

Magic of Small Steps



The biggest of journeys, are essentially, a collection of many small steps.

1. An extra-ordinary dress is made one small stitch at a time.
2. Any goal that you want your child to achieve, will be achieved, one small step at a time.
3. Children believe in themselves more with every small step.

Action: List three things that you want to achieve with your child. List the small step in each of the thing.

Share Power with your Kids



When kids felt empowered, lust for power went away, forever.

1. Find solutions together.
2. At least once every day, do brain storming with them with q's like... •What do you think? •Why do you say so? •Can you think of an alternative?

Action: Share with us at least one such brainstorming experience.

Watch How you Behave



When we cannot control our reactions, should we expect kids to control their behaviour?

1. Create a "ME TIME" for yourself.
2. Explain to your kids why you need your "ME TIME"
3. You need a break too. Gift it to yourself without a guilt.
4. When you make a mistake, apologise to your kids.

Action: Say sorry to your kid for any one mistake you have committed. Say it with a smile.

Don't Argue



Don't argue. This creates a power struggle or a revenge cycle.

1. Validate feelings. "Sounds like you are really angry."
2. Take responsibility for your part. "I realize I talked disrespectfully to you by sounding bossy or critical."
3. Let's take some time to calm down until we can be respectful.

Encouragement Vs. Praise



Encouragement invites self - evaluation.

Praise invites children to become “approval junkies”.

Praise: “I am so proud of you. Here is your reward.”

Encouragement: “You worked hard. You must be so proud of yourself.”

Praise: “You are such a good girl.”

Encouragement: “Thanks for helping.”

Natural Consequences



Kids develop resiliency & capability by experiencing the natural consequences of their choices.

1. Avoid lectures or, "I told you so."
2. Show empathy: "You're soaking wet, that must be uncomfortable."
3. Be comforting without rescuing: "A warm shower might help."
4. Validate feelings: "Sounds like that was very embarrassing."

Seek Solutions



Use punishments rarely. Seek solutions.

Follow the Four R's of seeking solutions:

- a) Relax.
- b) Respectful.
- c) Reasonable.
- d) Revealed in advance when possible.

3 Rs of Recovery



Making mistakes isn't as important as what we do about them.

Use these steps after cooling off.

1. Recognize the mistake with responsibility.
2. Reconcile by apologizing. Children are so forgiving.
3. Resolve the problem by working together on a respectful solution.

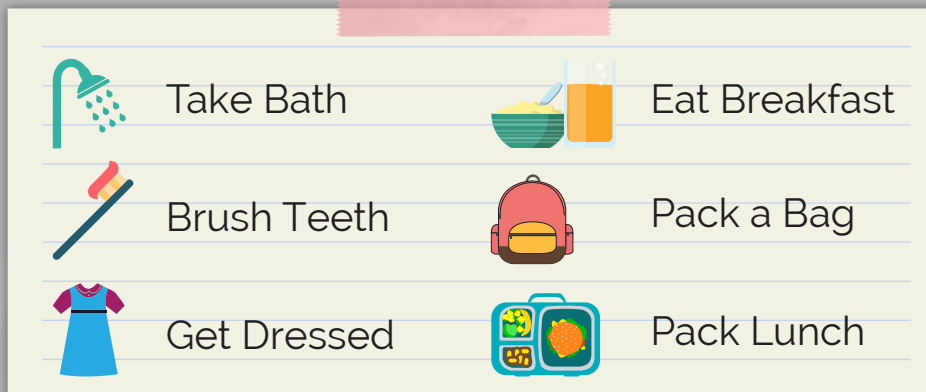
Allowances



Allowances can be a great way to teach children about money.

1. Avoid connecting allowances to chores (although children may choose to earn money from selected special jobs.)
2. Allowance amount depends on your budget and what you expect children to do with the money
3. In spending their money let children learn from their mistakes. Show empathy and void rescuing.

Routines



Help children create routine charts to encourage self-discipline.

1. Create routines charts **WITH** your child.
2. Brainstorm tasks that need to be done.
(bedtime, morning, homework, etc.)
3. Take pictures of child doing each task.
4. Let the routine chart be the boss: "What is next on your routine chart?"

Wheel of Choice



Using the Wheel of Choice is one way to teach problem-solving.

1. With your children, brainstorm a list of possible solutions to everyday problems.
2. On a pie shaped chart, write one solution in each section. Let children draw illustrations or symbols.
3. When there is a conflict, suggest the children use the wheel of choice to find a solution that will solve the problem.

Solve Sibling Fights



Sibling Fights are a major issue in most families. Fightings diminish when kids KNOW, they HAVE TO solve it themselves.

1. Discuss problem solving skills with them.
2. Train them to come to YOU with options and not with a fight.

Action: Next time when your children fight, ask "How will you ensure you do not fight on the same issue again?"

Special Time



Special time - Time where the kids decide what is to be done. And... you are OFF all technology.

1. Phones / Laptop / TV are off limits.
2. Do what they wish to do together with you.

Action:

• Paint a canvas • Listen to music • Read books • Play a game • Discuss about past / present / future • If they want, watch a TV show of their choice.

Connection Before Correction

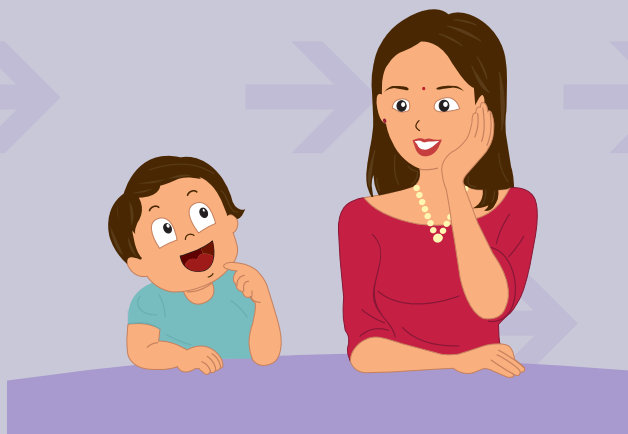


Kids will listen better when they feel 'close' to you. They will ignore your suggestions if they feel 'closed' to you.

1. I love you hence my answer is a NO.
2. You are more important to me than your marks.
What I wish to know is how important are your marks to you and why?

Action: Think of any mistake they have recently done. Practice 'Connection before Correction' with them.

Guide by Asking and not by Ordering



When I guide people through questions, I am making them “Smart”. I am teaching them ‘how to choose’.

1. What do you need to be ready for school on time?
2. What do you need to do to excel in your exams?
3. How is that you and your sibling can solve this?
4. How will you help me in cleaning up the spilled milk?

Action: Next time you want to INSTRUCT / ORDER your child, practice ‘Guide by asking and not by ordering’.

Empower Your Children through Small Steps

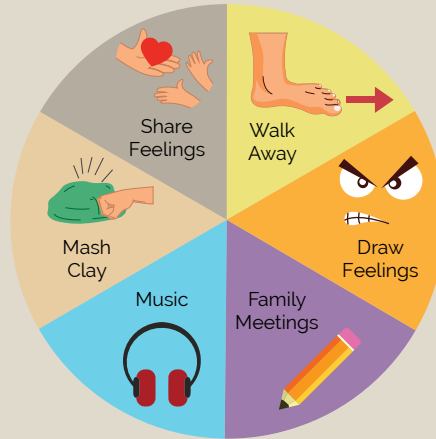


Making small choices are crucial steps in children 'feeling' powerful and capable.

1. It is time to sleep. Would you want to hug mummy first or papa first?
2. It is time to eat food. Do you want the red plate or the yellow one?

Action: Next time you feel like making choices on behalf of your child, present to your child two options. Let them chose. See them growing in confidence.

Anger Wheel of Choice



Teach your children that feelings are always okay, but what they do is not always okay.

1. During a time when your child is feeling calm, show him or her the Anger Wheel of Choice and go over the respectful alternatives for expressing anger.
2. When your child is angry, validate feelings and then offer a choice, "What would help you now - some positive time-out or the wheel of choice?"

Encouragement



Like a plant needs water, a child needs encouragement.

1. A misbehaving child is a discouraged child.
2. When children feel encouraged, misbehaviour disappears.
3. Encourage by creating a connection before correction.
4. Every suggestion in this deck of cards is to help children feel encouraged and to develop valuable social and life skills.

Validate Feelings



Bible doesn't say, "Don't be angry." Bible says, "Don't sin in anger."

1. Don't fix, rescue, shield, or try to talk children out of their feelings.
2. Validate their feelings: "I can see you are really angry/upset/sad".
3. Offer help. Don't insist on help.
4. Then keep your mouth shut and have faith in your children to work it through.

Take Time for Training



Train children different skills in 4 steps.

Don't expect children to know what to do without step-by-step training.

1. Explain the task as you perform it, while your child observes.
2. Do the task together.
3. Have your child do it while you observe.
4. When she is ready, let her perform the task on her own.

Exclusively YOURS



Your kid needs your “100% exclusive” time.

1. Switch off the TV. Put the phone on airplane mode.
2. Choose an activity that both of you enjoy. The time together is more important than the activity.

Action: Share with us, how did it go?

Avoid Over Pampering



Pampering makes people feel special.
Over pampering makes people feel entitled.

1. Make children believe, they are capable.
2. Children feel capable when they are willing to strive and they believe they 'deserve' what they want.
3. Over pampering makes them weak and dependant.

Action: Whenever they ask for something special, ask them, "Why do you believe, you deserve it?"

Handling differences of Opinion



Taking these steps show, you want to solve rather than impose.

1. a. "I understand what you want / are saying is"
b. "I understand you are saying it because"
c. "Let us find an approach both of us like.
Any suggestions?"
2. If you DO NOT WANT a discussion, you say...
"I love you loads AND the answer is NO."
3. Irrespective of the outcome, end the discussion with a hug.

Booster Compliments



Compliments makes people feel valued. When complimenting, focus on efforts and not results.

- I appreciate how you cared for your friend when she felt low. I am sure it made her feel better.
- You did things with such amazing speed today. Awesome.
- Thank you for helping me today with.....,, and

Action: Catch your child doing something right and compliment them in front of the family members.

Special Listening



Now and then, practice “Special Listening” with your child.

1. Do not defend, explain, argue, convince.
2. Just see the world from their eyes.
3. Stop making them see the world from YOUR eyes.

Action: Sit quietly near your child. Just watch what they are doing or watching. Smile and say, “Just wanted to hang out with you for a little while”. Ask them questions to know them and NOT TO JUDGE them.

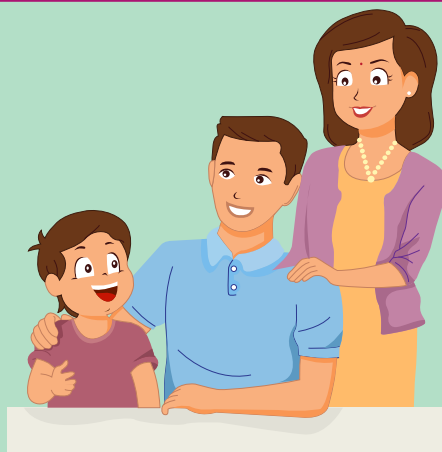
Steps to a Brilliant Habit



What is simple for you, may be super complicated for them.

1. Make a habit simple by breaking it into a few simple steps.
2. Explain the steps you are going to perform.
3. Do the task together.
4. Make them do it alone as you observe. Fine tune them with a smile. This will be required multiple times.
5. Patience is the key. Force is a mistake.

When Do Kids Listen?



Children will find it easier to listen to what you have to say, AFTER they believe, YOU have listened to them.

1. Do not interrupt them when they are speaking.
2. Ask them questions like, "Could you explain with an example?" and then listen.
3. Ask them questions like, "Next time in similar situations, what would you prefer to do?" and then listen.
4. Ask them questions like, "How do you want me to help you?" and then listen.

Mistakes



Who does not make mistakes? How should mistakes be dealt with?

Do's:

1. Respond with kindness and compassion.
2. Explore alternatives together.
3. Share what have you learnt from YOUR mistakes.

Dont's:

1. Never create in them a sense of shame. It takes away courage and dulls them.
2. Do not compare as you teach them a lesson
3. Never scream, shout or threaten.

Do your children believe **THEY** are **IMPORTANT**?



What do **YOU DO** that makes your children believe they are **IMPORTANT**?

1. Do you stop doing whatever you are doing, look at them with a smile as they approach you?
2. Are your scheduled WE times, rarely compromised by you?
3. As Tony Morrison says, "Do your eyes light up, when they walk into the room?"

Teaching Problem Solving



Use daily challenges as opportunities to teach 'Problem Solving' skills to your children.

1. One of the greatest strength ANYONE can have is the mindset to 'solve' problems. Brainstorm -
 - What do you think can be done to solve it?
 - If you had to solve this fight, what would you do?
 - If you had to complete this task, where would you begin?
 - If you had to plan, how would you take care of?

Make children feel VALUED



Children feel valued when their 'Point of View' is respected.

1. Point out the positives in their thoughts and feelings.
2. Never be harsh about the shortcomings in their thinking. Show them how to complete it.
3. Share a time when you too make mistakes in your thinking.
4. Focus on solutions together.

Do this vs Don't do this



Instead of telling children what they should 'not do', tell them what they should 'do'.

1. Instead of "Do not be late", say "Be on time".
2. Instead of "Do not jump on the sofa", say "Play on the floor".
3. Instead of "Do not waste money" say "Use money wisely".
4. Instead of "You never listen to me" say "I wish you listen more".

Live by your Committments



If you say it, mean it. If you mean it, do it.

1. Kids know when a few tears will make you a soft fool.
2. Kids also know if you are a no nonsense person.
3. Kids can see through false pretences.
4. Threaten only if you mean to carry your threats out.
5. Never promise unless you will actually follow through.

Action: If you break your kid's hearts, they may not be able to trust anyone again. This means, they may never have a deep relationship. You do not want that, isn't it?

Hugs



Hug the ego away.

During 'tantrum' time, push your ego away and ask for a HUG.

If refused, ask at least three times. Add, please, my dear, to your request for the HUG.

If the hug still does not come your way, say, "I truly need this hug. Whenever you are ready, I will accept it gracefully."

Give them Practice



Instructions do not create a habit. Practice creates a habit. Support your kids in doing practice.

1. Do not expect compliance. Give them practice.
2. Make them pack their bags as you watch them.
3. Solve issues together. Give them practice.
4. Ask, how can they plan better? Give them practice.

Action: Think about any habit that you want your children to have. Decide how will you give them practice till it becomes a habit.

Time-Out Space



In stormy seas, every ship needs the life saving anchor. It is the anchor that saves lives.

1. Life has its storms. When your life has its storms, you need an anchor.
2. Create a time-out space as an anchor. Tell it to your children. Give this space a special name.

Action: Next time you are upset about something, go to your time-out space. Watch how your emotions subside and share it with your kids.



Thank you for reading!

Wishing you a great parenting
experience.

*Parenting is a complicated activity.
Every parent does their best.
Salute.*

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It is always great to hear from you!



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