



"DO YOU HAVE ANY PICTURE BOOKS ON  
"HOW TO RAISE YOUR PARENTS"?"

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the Home for  
Parent Sanity.

*Positive discipline for Positive results*



We are about begin please...

Have a seat



Turn cell phones to vibrate



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# Effective Behavior

## Strategies

for

# Parent Sanity

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# Just a few questions

Who is the most important person in your child's life?

Can children take control of the home?

Have you ever found yourself barking?



# The STRESS ZONE



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# The STRESS ZONE



- We make bad decisions.
- We move from proactive to punitive.
- Our guilt starts the cycle over



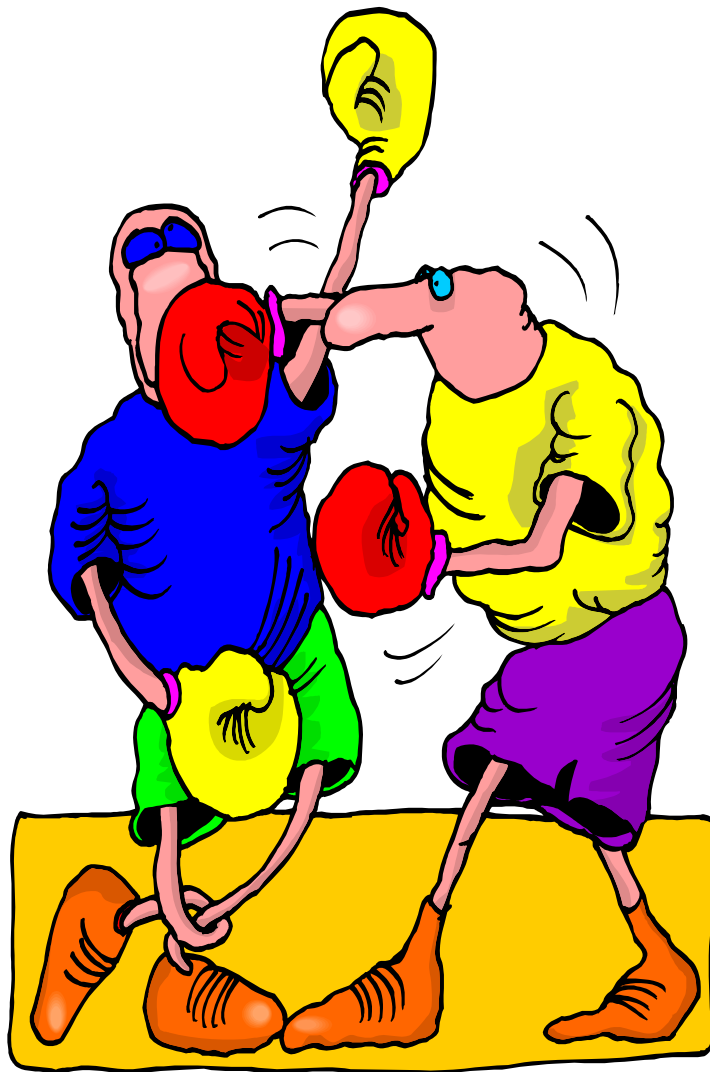
# Who are we as parents?

We can react in one of three ways...

- Fight mode
- Centered
- Flight mode



# Fight Mode

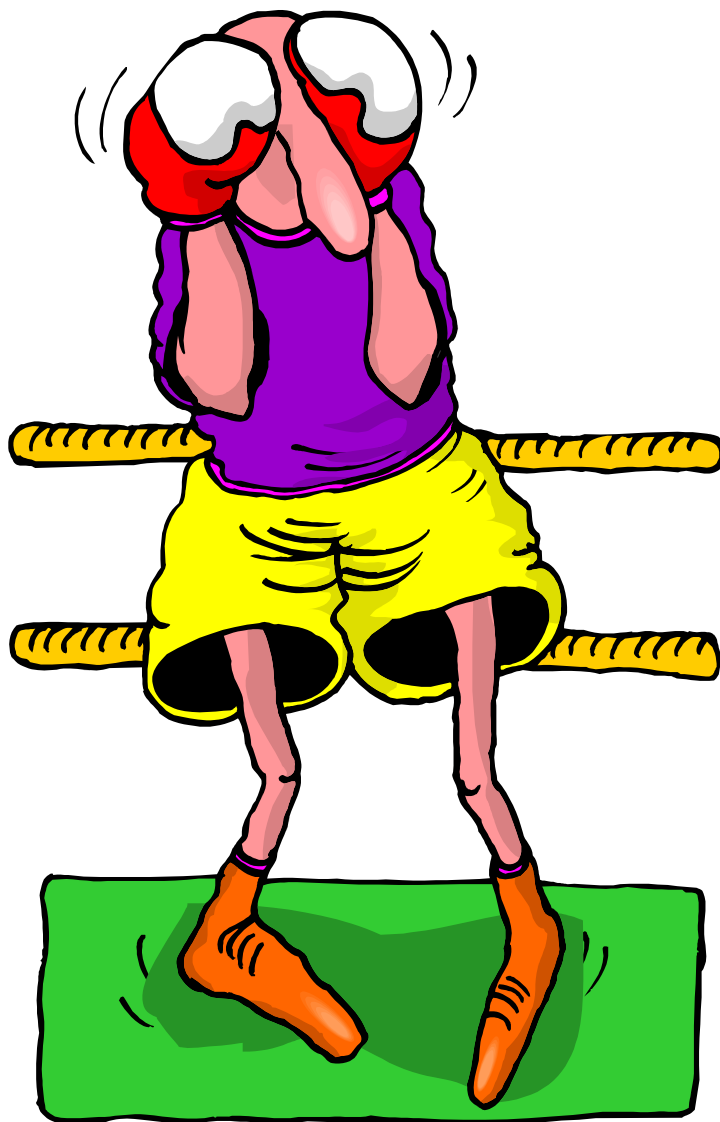


- **React**
- Yells and screams
- Angry / aggressive
- Thrives on confrontation
- Is abusive to everybody
- My way or the highway
- Needs met / child's expense
- **Normal** Parent

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# Flight Mode



- **React**
- Wishy-washy
- Defeated
- Avoids confrontation
- Does not follow through
- Debates / promises / deals
- Never gets their needs met
- **Normal** Parent

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# Centered Mode



- **Respond**
- No need to raise voice
- Controlled
- Never uses the word “TRY”
- Says what they mean ...
- Best interest of child/home
- Gets everybody’s needs met
- **Ab-normal** Parent

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# Reacting vs. Responding

## Reacting

- Caught off guard
- Emotional

## Responding

- Calculated
- Pre-determined
- Matter-of-fact



# Reacting vs. Responding

When we respond we do so with a predetermined action. Our emotions do not come into play.

- Practiced
- Matter-of-Fact
  - Neutral stance
  - Calm voice
  - **B.A.M.**



# Your Children's Manipulation Statements

That's not fair...

I hate you...

You don't love me...

I don't want to...

Why do I have to...

Throw a tantrum...



Parents must understand.

It's not personal – it's business.

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Children are success orientated



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Words weaken your position.



Words weaken your position.

Children need your words.

Children use your words against you

Don't ask - if it is not a choice



Children know exactly  
what you **look** like  
and  
what you **sound** like  
when you mean business.



# Communication:

7% - words

93% - body language/tone.

Children look for clues as to  
when you mean business



# Talk to the hand



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**B. A. M.**

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**B. Bizarre**  
**A. And**  
**M. Meaningless**

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B.A.M. statements mean nothing.

They only serve as a verbal cue, telling whoever that you are not going to argue the point.

All done...



# B.A.M. Statements

Wonderful

Thank-you for sharing

Mmm Mmm

I understand

Uh-huh

Excuse me

A silent smile/look

It's a sad day



I'm sorry, were you  
attempting to find out the  
location of my goat?



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“I’m sorry, was there something in my voice,  
or in my posture that led you to believe  
I don’t mean business?”



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# Praise

Atta-boys have no value.

Children will think about your praise...

Praise needs to be ...

Specific and Public

Supportable

Do it again



# Giving directions

- Don't beat around the bush...
- “You know what I meant....
- Don't give too much at once...

Specific

Short and sweet

Deadline

- Timer
- Set time
- Event



# Consequences

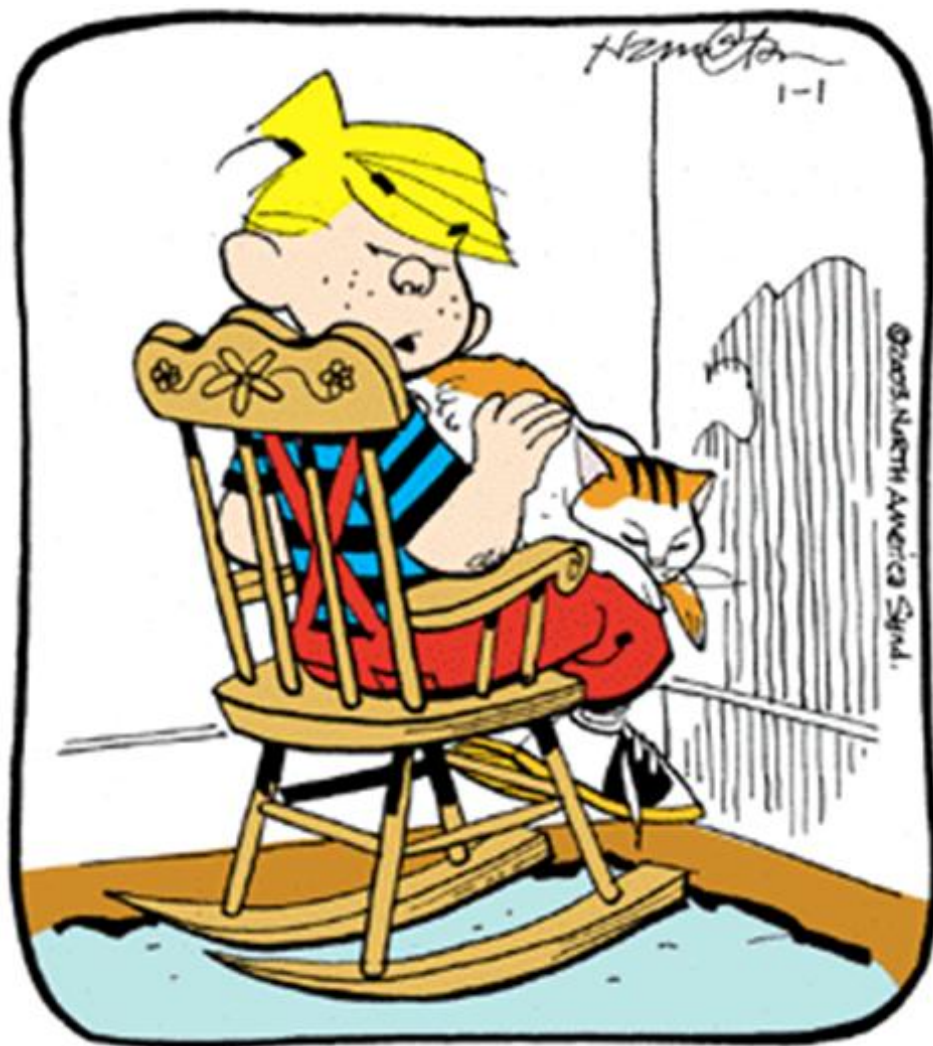
It is not the severity, it is the consistency.

Not punitive – Created during peace time.

Children learn through repetition



“Boy! Mom’s fuse gets shorter every year.”



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“My mom cleaned my room this morning.  
You wanna help me get it back to Normal?”



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Thank you for  
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my passion with you.

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