

COFFEE WITH THE COUNSELORS

How to Raise Happy,
Healthy Children
Session 1

A PARENT'S PRAYER

Thank You for my children,
LORD; I Know they are a gift
from You. Daily I need Your
strength and wisdom to train
them in the way they should go.
Give me patience and a joyful
heart; let me be an example of
Your love and forgiveness.
Thank You, Father, for the honor
of being a parent. Amen.

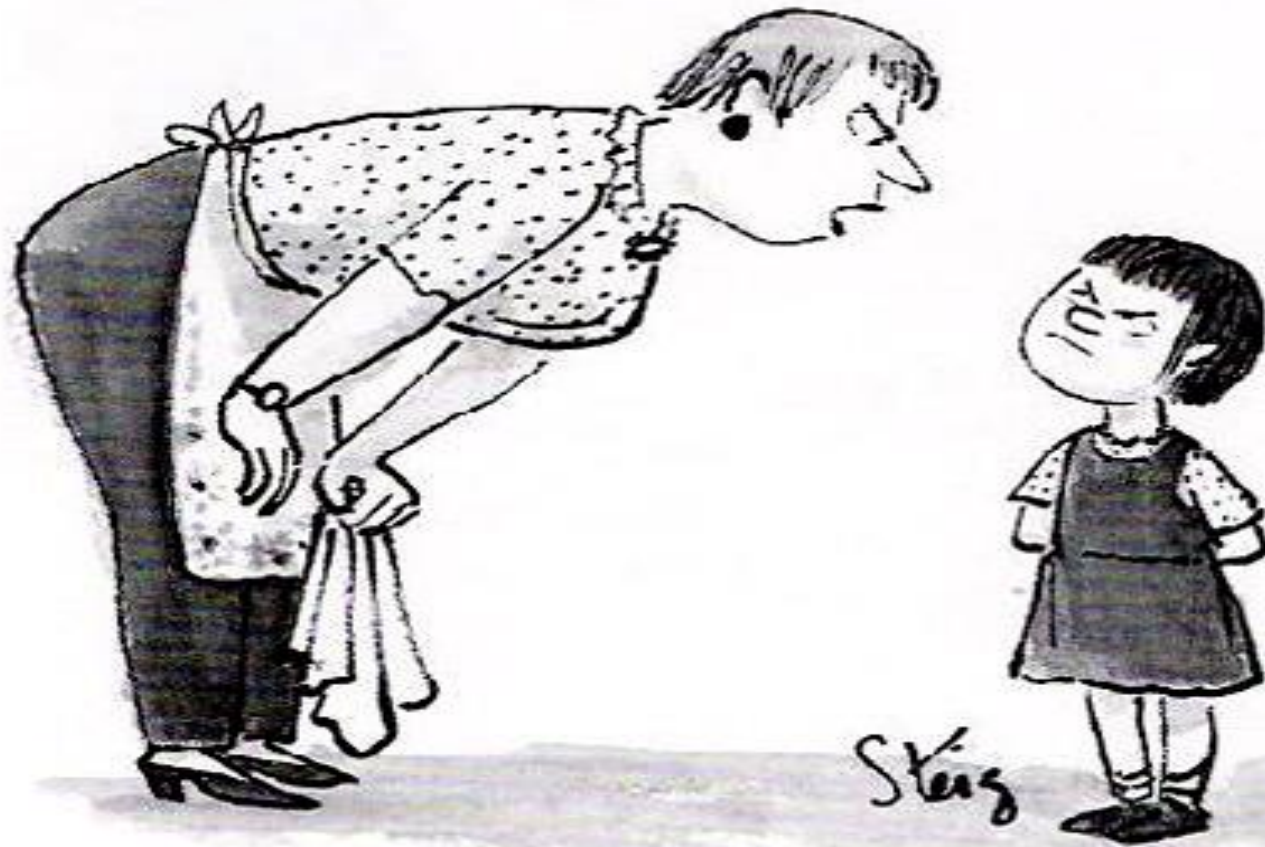
Counselors

Laurie Snaith (Prek-1)

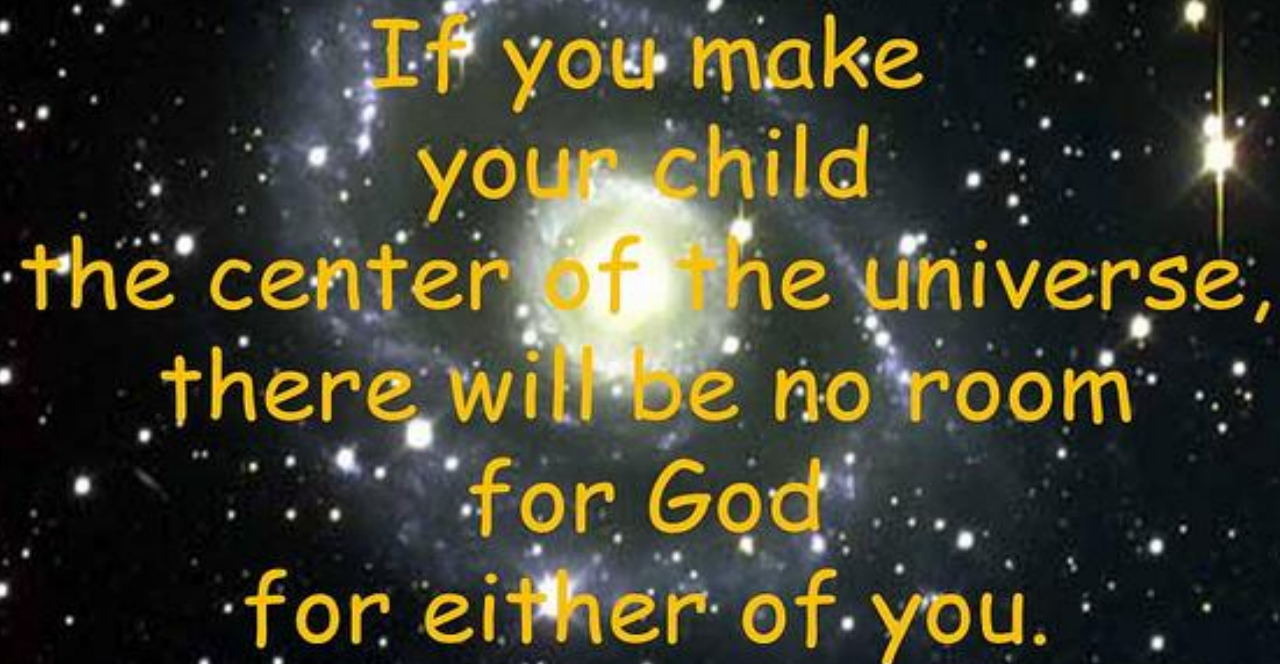
Merrill Faye Eglin (Prek-1)

Natalie Bratton (2-5)

Merritt Guercio (6-8)



"You are not the center of the universe!"



If you make
your child
the center of the universe,
there will be no room
for God
for either of you.

Introduction

- Begin with the end in mind

○ Discipline =

○ Discipleship

The Parent-Centered Family

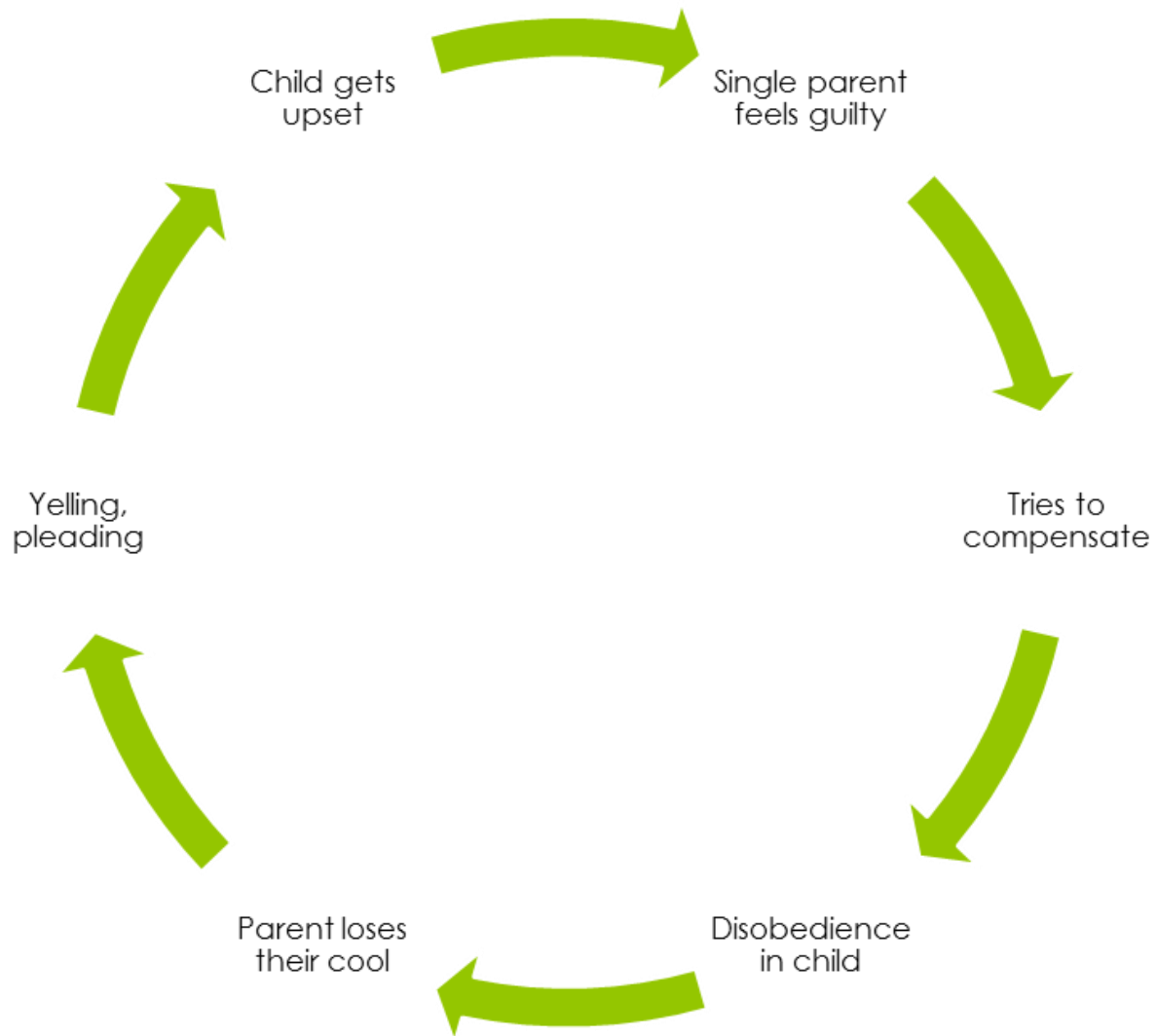
- The secret to raising happy, successful children is to give more attention to your marriage than to your child.
- The more attention you pay to your children, the less attention they pay to you.
- The more child-centered your family, the more self-centered your child
- The more parent-centered your family, the more secure your child

Children from Child-Centered Families:

- More demanding
- Have more anxiety
- Become more manipulative
- Are more impulsive
- Are generally unhappier

Single-Parents

- Should not feel guilty about “me time.”
- You have to take care of yourself before you can take care of others, including your family.



30 Minute Rule

- After everyone gets home, children are not allowed in the den, kitchen, or any other room where their parents happen to be.
- Parents take time to unwind and talk as they prepare the evening meal.

Quality Time

- Don't allow children to interrupt your conversation
- Create a weekly "Parent's Night Out"
- Put children to bed early
- Once kids are in bed reduce distractions that interfere with communication and intimacy
- Separate sleeping arrangements

The Voice of Authority

Authority is not in
the loudest of
voices, but in the
wisest.

J.R. Morales

Love and Authority

- Speak to your child *expecting* them to obey
- “You are free to disagree, but not to disobey”
- Establish fair rules that are enforced *consistently*. Vs. short-term objective
- As children get older, increased responsibility is provided as well as independence
- Balance love and authority
- Love and authority-two sides of the same coin.

The Voice of Authority

- Let your yes mean yes and your no mean no
- Effective discipline is effective communication
- NOT just the words, but tone, facial expressions, and body language.

Consistency

- The more reliable you are the more secure they will feel
- No threats, 2nd chances, or deals

Lowering the Boom

- Expect obedience, but have a plan for disobedience
- Make consequences effective
- No pleading, bargaining, or bribery, or being wishy-washy

The Power of Four Words

- **“Because I said so”**

- Other options:
- Because I'm the parent and I make decisions
- Because that's the way I want it
- Because that decision belongs to me

Games Parents Play

- Please or okay game?
- Count the number of times you say “please?” Or okay? With your child.
- One time is too many

The 3 C's

- Be Commanding
- Be Concise
- Be Concrete

Common Errors

- Phrasing instructions as questions
- Phrasing expectations in abstract instead of concrete terms
- Stringing instructions together
- Proceeding instructions with “Let’s”
- Following instructions with reasons or explanations
- Making instructions into a sales pitch
- Open-ended time frame for instructions
- Expressing instructions as wishes

Parent Points

Reminders of what we know we “should do” but often forget.

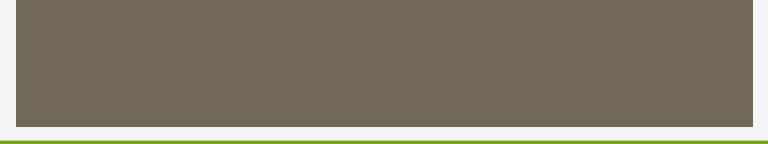


"Sweetie, Mommy wants her sanity back."

- Loving a child is wanting what's best for them long-term
- What makes kids happy at age 5, 10, or 15 is different from what makes them happy at 25, 50, & beyond
- Studies show an increasing number of “20-somethings” are depressed.
 - When children grow up to be adults & face normal life challenges they are unable to handle the discomfort, anxiety, disappointment that life brings.
 - “lawnmower parents” are the new “helicopter parents”

“ Prepare the child for the road not the road for the child”

- Instead of always preventing children from having negative experiences, we need to prepare them how to handle adversity.
- “We don’t want our children to fall, so instead we clear the path.”
- Adversity is a part of life. Only by facing it can children build life-coping skills needed!
- Short-term payoffs vs. Long-term well-being



It is not what you do for
your children,
but what you have taught
them to do for themselves,
that will make them
successful human beings.

Ann Landers

Worshipping Children

- Its easy to live in child-centered communities
- Children love when our lives revolve around them.
😊
- We don't always mind either, because their happiness is our happiness.
- Rather than kid-centered homes, lets strive for God-centered homes.
- Children will be loved in a way that promotes selflessness over selfishness.

“Perfect” Children

- The pressures on kids start too early.
- We need to let them grow at their own pace
 - Its okay to fail!
 - Studies show people who aren't afraid to fail and try again are more successful long term
- Goal = learn to be independent from us
 - More young adults live at home with parents than ever before.
- Self-efficacy = The belief in your ability to succeed.
- If we do everything for them, they lose this necessary skill. They may instead believe they are unable to accomplish tasks with out us.

Wanting to be a Child's BFF

- Like everyone, we want children to love us. We want them to appreciate us.
- But if we are doing our jobs right, as teachers, counselors and parents, they'll get mad and not like us sometimes . 😊
- Seeking to be a child's BFF can only lead to permissiveness and choices made out of desperation because we fear losing their approval.
- That's not love; that's our need for approval

Everyone Gets a Trophy

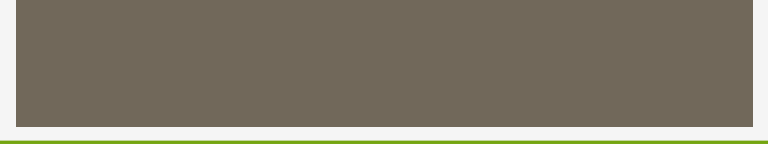
- Children need to work hard and understand that success doesn't come easy.
- We fear that children will get left behind. Or if we don't jump in they'll be stuck in mediocrity forever or won't feel "special".
- Learning to set goals and work towards them will carry children much farther!
- We would rather a child take longer to achieve and be proud of their accomplishments than be given the reward with no sense of pride.

Actions Speak Louder Than Words

- How we handle rejection and adversity...
- How we treat strangers...
- Whether we build up or tear someone down...
- Children notice these things. The way we respond gives them permission to act the same.
- If we want children to be wonderful, we need to aim for wonderful too.
- Let us practice being the person we hope they'll be. 😊

Putting Character First

- Character & morals lay the foundation for a happy, healthy future.
- This matters more than any report card or trophy.
- What matters at 25, 30 and 40 is not how far they threw the football, or whether they made cheerleader, but how they treat others & what they think of themselves.
- If we want them to build character, confidence, strength and resilience, we need to let them face adversity and experience what follows to come out stronger on the other side.
- It's hard to see children fall, but sometimes we have to ask ourselves whether intervening is in their best interest.



“There are a million ways to love a child, but in our quest to make them happy, let us stay mindful that sometimes it takes short-term pain to earn long-term gain.”

Questions...?

References

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