

Living Smart DVD with Deborah Fry on PBS

Tips for Parents on Raising Children-Parenting Effectively and disciplining children

Today she will use stories, conflict resolution skills and team work by redirecting children's behavior.

Ask yourselves these questions before you have children.

Talk with your partner and discuss 10 values that you would like your son or daughter to have. What kind of man would I like my son to become. Write them down and see what you and your spouse have in common.

How do we teach kids to receive information, to be teachable? The brain works in a certain way, we have the brain stem checks out if we are safe. The limbic system tells us if we are loved, emotions. Cortex says I can learn. Until we put certain things with a child we can't check off.

1. Sleep is fundamental to brain development. Napping is important. 11 and 15 hours average amount of sleep for children below 5. Age 5-10 needs less sleep. Society is sleep deprived. People who sleep 5 to 6 hours are 3 times more likely to get sick.
2. Activity level-don't overbook your child, spontaneous free play is important. No computers or tv.
3. Hydration and diet-fiber protein based, more water than juice. 10,000 taste buds in children's mouth.
4. When a child misbehaves-what are questions parents should ask themselves. **All behavior is communication.** What is my child communicating? Rudolph Drykers came up with redirecting behaviors, Humans are hardwired this way. We are motivated to make the choices we do on how we are interacted with. Children have a need for
 1. We have a need for connection or belonging
 2. to feel powerful
 3. an identity,
 4. to be valued.
 5. need to be loved

GEMS-genuine encounter moments-good antidote for belonging-heart to heart connections

www.houstonpbs.org/living smart for more parenting information.

Girls are more language based than boys.

*Voice tone is important when you discipline.

Brain-when we discipline, we want our children to learn-our tone of voice is going to make or break connection.

*Offer choices helps make children feel powerful.

*you need to know as a parent, what is developmentally appropriate

Why is that so important? Because of what we ask children to do.
Brain development-the brain continues to develop into the early 20's.

How you discipline.

*eye level-why is this important to do this when discipline?

When we are eye to eye, we are looking deep into who we are.

Children read who you are energetically, your eyes give information.

Women talk a lot and tend to multi task, we often don't look in the eye

When do you know if you are over-parenting?

We do too much for a child?

*What's one thing I am doing for my child this week that they can do for themselves?

Slow down and teach skills that teach independence, confidence, connection.

Encourage vs. praise

Praise-focuses on end product-good job, I love that picture-

Encourage comes from courage. With courage, comes from the heart. Children need to be introduced to themselves. You worked hard, encouragement passes on the character information, or process. The being in encouragement the doing in praise.

What happens to kids without boundaries? Boundaries routines, structure provide security and safety for children. It's predictable. Breakfast, nap, nighttime.

Repetition, children love.

Manipulators-what about them? Parents often times want to be their child's friend.

Children are going to have lots of friends, your job is to parent. Guilt often times allows you to believe.

First 5 years of marriage-so high maintenance-day to day requirements are so high, relationship takes backseat. Conscious choices to make relationships. Date once a week.

What's great about parenting?

- Rare privilege to be fundamental to pass on who this child is to become
- Social and emotional intelligent
- Influencing this is honor
- Live in the moment-peaceful balance