

BRINGING THE LESSONS HOME *for Families and Caregivers*



The final edition of Bringing the Lessons Home for this school year continues to highlight principles from Jodi Mullen's book "Raising Freakishly Well-Behaved Kids." I saved the best for last, sharing a few of my own personal favorites and great reminders to us all!

1. I LEARN FROM YOU WHO I AM.

Each of us learned who we are and who we are not within our first few years of life from our families. A golden rule of parenting is to act in ways that are consistent with the ways we want our children to behave. Even after our children get older, they still keenly observe us. For example, as the mom of a teenager who will be applying for his driver's permit in less than a year, I am very mindful and have been for a while about my own driving practices. Keeping a watchful eye on my speed, staying off my phone, and following the rules of the road are all important pieces to what I hope will help shape his driving practices as a young driver.

*"Your children will become what you are; so be what you want them to be."
- David Bly*

2. IT'S OKAY TO SAY "NO."

When your child(ren) started toddling around, putting things in their mouth that they could choke on, or touching things that could be dangerous, you said "no." We said this to keep them safe. As children grow older, we have to say "no" for the same reason – to keep them safe. Saying "no" is only half of it. The other half is sticking to it. Ever walk through the toy aisle with your child and get the request to purchase something that caught their eye? They want it and asking may turn into begging! Life will tell us all "no" at times, so it is appropriate for our children to understand what it feels like to be told no. When a parent says no to their child, children may experience how to tolerate frustration, how to delay gratification, practice both problem solving and negotiation skills. Saying "no" and sticking to it helps to teach children an important life lesson.

*"Parents who are afraid to put their foot down usually have children who step on their toes."
- Chinese Proverb*

3. BE A PERSON OF YOUR WORD.

One of the things I love about this principle is that it is true for parents and in Primary Project play sessions! Saying what you mean and keeping your word is foundational to positive relationships! Children are natural accountability holders. Meaning, if you tell your child, you will do something, you better be prepared to do it. For instance, if you say, "I will buy you that toy," or, "if you don't do your homework, you will not go to the sleepover tomorrow night." Say what you mean and plan to follow through. In Primary Project when a student is told that we will pick them up from class on Wednesdays at a certain time, it is important that occurs as it establishes trust in the relationship! Being a person of your word is key to both parenting and supporting students as part of Primary Project!

*"Among all the things you can give and still keep are your word, a smile, and a grateful heart."
- Zig Zigler*