

# What Do You Want for Your Children?

Imagine your child is now 25-years-old and has knocked on your door for a surprise visit.

**What kind of person do you hope to see in front of you?**

What characteristics and life skills do you hope he or she has?



*Many parents don't realize that the discipline methods they use do not help them accomplish what they really want for their children. The first step in learning to be the best **(but not perfect)** parent you can be is to create a roadmap to guide you to your destination. The activity on the next two pages will help you be clear about what you want for your children.*



**All future lessons will help you arrive at your destination.**

## Two Lists Activity

Under the **“Now”** heading, list the behavior challenges you experience now. Under the **“Future”** heading, list the characteristics and life skills you hope your child will develop.

### Now Challenges



### Future Characteristics and Life Skills



## Two Lists, Continued

Following is a list of behavior challenges **(Now)** and life skills and characteristics **(Future)** brainstormed by parents in many classes. They are always very similar. How many of these challenges and goals were on your list? Are there some you would like to add to your list?

### Now Challenges

- Won't listen
- Back talk
- Lack of motivation
- Foul language
- Interrupting
- Homework problems
- Morning hassles
- Bedtime hassles
- Lying
- Stealing
- Cheating
- Fighting
- Biting
- Whining
  - Temper tantrums
  - Texting (constantly)
  - Media addiction
  - Won't do chores
  - Defiance
  - Strong willed
  - Materialistic
  - Entitled



### Future Characteristics and Life Skills

- Belief in personal capability
- Self-discipline
- Responsibility (accountability)
- Self-confidence and courage (risk takers)
- Desire to cooperate and contribute
- Communication skills
- Problem-solving skills
- Self motivation to learn
- Work ethic (employed)
- Honesty
- Sense of humor
- Happy
- Healthy self-esteem
- Flexible
- Resilient
- Curious
- Respect for self & others
- Compassion
- Social consciousness



# What You and Your Child Will Learn



**This class** will help you understand that **behavior challenges create wonderful opportunities to teach** your children the valuable social and life skills you want for them.

## You will learn:

- Why punishments and rewards don't work (based on brain research and your personal experience).
- Many parenting tools that are empowering and encouraging to you and to your children.
- How to get into your child's world to understand what works and what doesn't work—long term.
- How to be encouraging to your children AND to YOURSELF when you make mistakes.
- **MUCH MORE!**

For your first example of using a **challenge** as an **opportunity for learning**, turn the page for a discussion of the challenge of **"not listening."**

**Copy and hang your list of Characteristics and Life Skills** (from page 3) where you will see it daily to keep your destination in mind.