



Parenting Revolution

Children Edition



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Parenting Revolution

Children Edition

TABLE OF CONTENTS

SESSION 1

The Start

SESSION 2

The Heart

SESSION 3

The Team

SESSION 4

The Strategy

SESSION 5

The Influence

SESSION 6

The Game Plan

Parenting Revolution

Children Edition

INSTRUCTIONAL GUIDE

BACKGROUND

The Parenting Revolution (Children Edition) has been developed by Clinical Psychologist, Dr Robi Sonderegger, together with a team of master practitioners. Instructional concepts are based on empirical research (across diverse academic disciplines). The strategies presented in this program are supported by clinical research and are appropriate for families of diverse cultures and faiths.

GETTING STARTED

The Parenting Revolution (Children Edition) is intended for completion by parents of children between 4-11 years of age. Research suggests that learning is best consolidated through 'talking'. As such, after watching the video sessions, it's recommended you also talk through and complete relevant workbook activities together with a spouse, grandparent, friend or connect group. Feel free to pause the video at any time, to reflect on or discuss key points. Activity worksheets provide a summary of key points and serve to reinforce lessons.

DISCLAIMER

All information, assessment or activity presented in this Parenting Revolution (Children Edition) program is intended for information purposes only. **While the Parenting Revolution may provide you with practical tools that will empower yourself and your family, this educational program DOES NOT constitute advice, therapy or counselling. Instead, the aim of this program is (i) to equip you with practical knowledge, skills and resources, and (ii) empower you with parenting strategies.** Content is provided in good faith as to its accuracy and reflects the research, observations, opinions, views and understanding of the author at one point in time.

The Start

ACTIVITY SHEET



This parenting program is revolutionary! Not because it's the most comprehensive educational resource with all the bells and whistles, but rather because the approach is so user friendly. Rather than complicated strategies, at the core of this program lies an easy to understand approach that serves to capture your child's heart and transform their conduct. It is simple, easy to follow and highly effective... that's the revolution!



PROGRAM DESIGN AND OBJECTIVES SUMMARY

The Children Edition of the Parenting Revolution is designed to help you:

- (a) develop a deep and sustaining relationship with your child to effectively protect, direct and correct
- (b) learn practical strategies to sustainably enhance motivation and positively influence behaviour
- (c) successfully set your child up for the teenage years to come

viva la revolución

THE PARENTING
REVOLUTION'S
MISSION IS
TO MAKE THE
HARDEST JOB IN
THE WORLD LESS
STRESSFUL AND
MORE FUN!



Perfection versus Excellence

While parenting at times can be quite demanding, it can also be incredibly rewarding. The goal of this program is to help you take the hardest job in the world and make it less stressful and more fun. This is achieved not by the pursuit of perfection, but by the pursuit of excellence. When it comes to parenting, a spirit of excellence requires humility, a hunger to learn and a commitment to following through. Excellence is not the absence of mistakes. Rather, it's a willingness to learn from mistakes and learn to be even better.

There is no such thing as the perfect parent. Perfection is unattainable. However, if you have been in pursuit of perfection yet fallen short, you may subsequently be wrestling with feelings of guilt for letting your children down, feelings of inadequacy when comparing yourself to others and feelings of hopelessness that you'll never measure up to the standard required. Perhaps it's time to make a transition from perfection to excellence.



In the examples below identify any areas you may need to make a shift:

PERFECTION	→	EXCELLENCE
Perfection is the absence of error		Excellence is learning from error
Perfection is avoiding mistakes		Excellence is taking calculated risks
Perfection is exactly right on time		Excellence is going over time
Perfection is legalistic		Excellence follows general guidelines
Perfection waits for others		Excellence takes initiative
Perfection is easily defeated		Excellence bends over backwards to win
Perfection is a destination		Excellence is a journey



Parenting Styles

Parents typically adopt one of four distinct parenting-styles. However, when it comes to regulating behaviour, promoting internal security and setting children up for success, not all parenting styles are equal. The diversity in parenting style can be represented by four different classes of K9. Are you the top dog in your family?



GUARD DOG

'The Guard Dog' parent barks at any disturbance. Rules are often overly strict; standards are unrelenting, and expectations are typically unrealistic. Because the Guard Dog has a bark that's intimidating and a bite truly terrifying, criticism and fear is used as a means of control. Although behavioural compliance is most often achieved, love is lacking. As a consequence, children often fail to develop a deep and sustaining relationship with their Guard Dog



SHEEP DOG

'The Sheep Dog' parent rounds up, protects and steers their flock in the right direction. They're attentive to needs and always on the lookout for the one that may stray. They've got high expectations and parent with purpose. As such, they establish and uphold appropriate boundaries but equally enjoy a pat and a little play. Because they've found the balance between teacher and tender-hearted, relationships are characterised by warmth, security and support.



BULL DOG

'The Bull Dog' parent may look a little intimidating, but they're all bark and no bite. Being caught up in their own world (dealing with relationship and work dramas), they're emotionally unavailable to their children. They have low expectations, and rarely set or enforce boundaries. Little interest is taken in their child's day-to-day affairs. Parenting is seen as basic provision (shelter, food, clothing), thereby failing to develop any kind of deep or meaningful relationship.



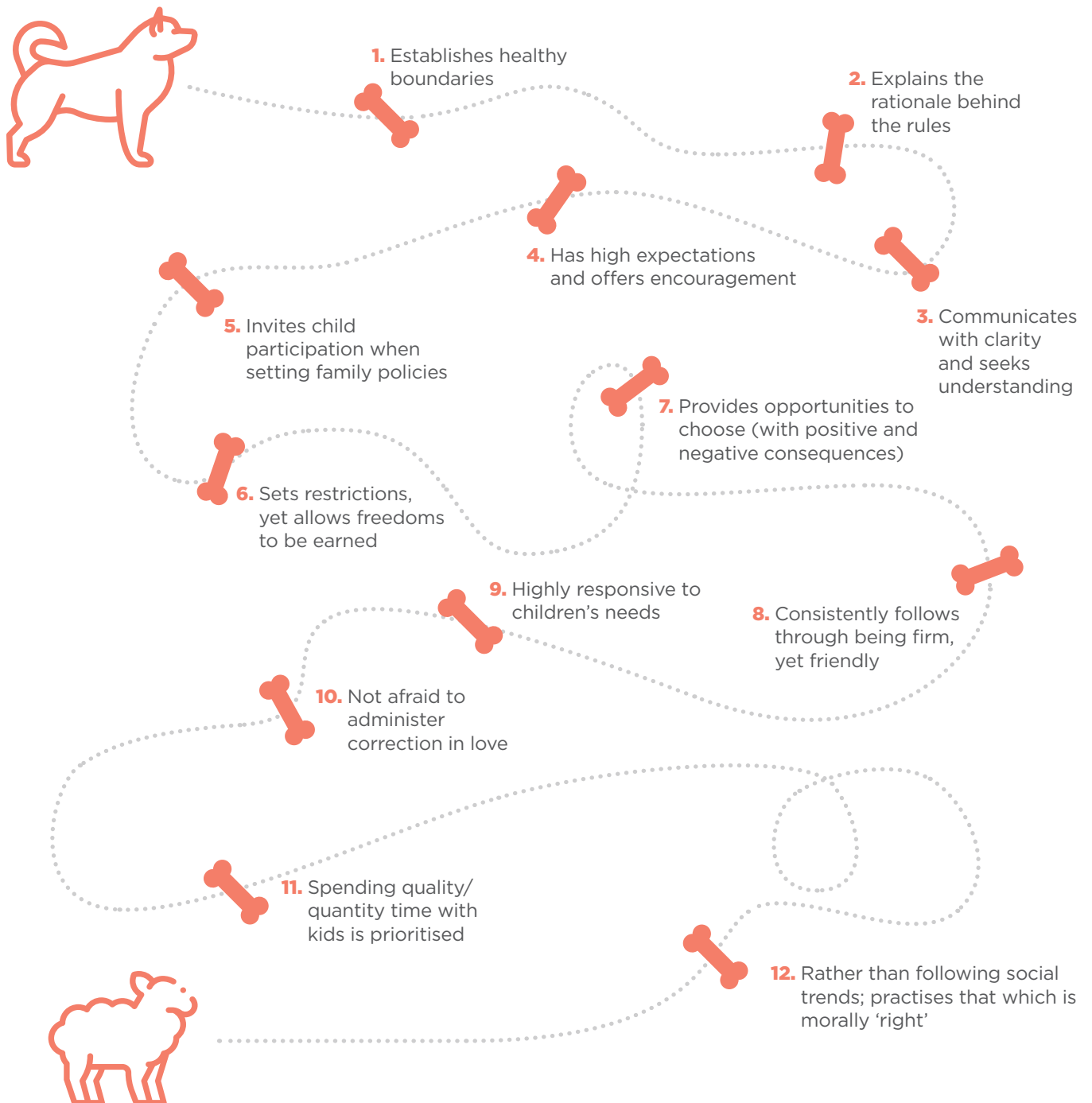
SAUSAGE DOG

'The Sausage Dog' parent is 'all treats and tummy-rubs'. There is no authoritative bark, just a playful yelp. They typically try to befriend their child to win their affection (thereby validating their own emotional needs). As such, they avoid conflict, become overly permissive, and fail to set and enforce healthy boundaries. This strategy, however, backfires. The child not only loses respect for their parent but ends up feeling contempt and disdain toward them.

Q: Which parenting style do you identify with or relate to the most? Why?

The Top Dog

The fun K9 categories of parenting correspond with four 'formal' styles of parenting widely documented by psychological studies. These include 1. Authoritarian (Guard Dog); 2. Authoritative (Sheep Dog), 3. Uninvolved (Bull Dog) and 4. Permissive (Sausage Dog) parenting styles. According to empirical studies, the style of parenting that consistently demonstrates the greatest outcomes for children (across a wide variety of domains) is 'authoritative'. That's right, the Sheep Dog is the Top Dog! Consider the following characteristics:



Benefits and Bonus

The Authoritative style of parenting requires mums and/or dads to be well organised, have self-discipline and exercise great patience. However, the outcome is totally worth the effort. There are numerous benefits to be found in firm, fair and friendly parenting. The bonus is that the benefits are not just for your child (in terms of healthy development) but there are also major benefits to be had for you and your family. Which of the following established benefits would you personally like to see?



Identify the benefits you consider most important for your child, yourself and your family? ✓

CHILD BENEFITS

PARENT BENEFITS

FAMILY BENEFITS

Self-confidence		Less need to micromanage		Harmony in the home	
Sound learning ability and academic results		Respectful children		Constructive social interactions	
Creative problem solvers		Less back answering, arguing and conflict		Children are other's focused	
Conscientious and hard working		Caring, helpful and empathetic children		Kids willing to help out around the home	
Good communication and presentation skills		No pressure to be the perfect parent		Pleasant interactions with parents/siblings	
Good manners		Better parental adaptability over time		Fun and laughter in the home	
Self-discipline and greater assertiveness		Fewer dramas		Maturity is accelerated	
Better mental, emotional health		Fewer anti-social or immoral behaviours		Easily adjust to new environments	
Less prone to peer pressure and addiction		Less overall stress		Healthier future relationships	
Independent thinking (leadership qualities)		Greater love and affection		Poise in unfamiliar social settings	
Conflict resolution and negotiation skills		Enhanced personal wellbeing		Embrace family core values	



Effective parenting is so much more than managing behaviour.

WHEN A CHILD, MAKES A WISE CHOICE BECAUSE THEY BELIEVE IT'S THE MOST HONOURABLE COURSE OF ACTION, SOMETHING OTHER THAN BEHAVIOUR MANAGEMENT HAS TAKEN PLACE. THIS IS TRANSFORMATION. THIS IS WHAT A REVOLUTION LOOKS LIKE.

Know Your Why

Before learning WHAT to do, it is important to first know WHY you want to learn it. As you embark upon this parenting revolution journey, consider what kind of parent you would like to become. To set realistic goals, you need to carefully consider (1) what's important to you, and (2) what currently consumes your time? If you can develop a healthy outlook for your role as a parent, you'll be more motivated to pursue a values-based vision for your family.



What kind of parent do you most desire to be? From the list of parental qualities below, identify which character-strengths you currently embody and which you would like to develop or improve on: ✓

	HAVE		WANT			HAVE		WANT	
Kind and Caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Loving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Faithful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Authoritative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cooperative	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reliable / Dependable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dutiful / Diligent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Firm, but fair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Kind and considerate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Generous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Genuine / Authentic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Independent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Emotionally stable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flexible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Selfless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Structured	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Self-disciplined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Resilient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spiritually grounded	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Honest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attentive / Nurturing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Autonomous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Humble	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creative / Playful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tolerant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Organised	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Snapshot 'IN TIME'

Parents are some of the busiest people on the planet. In addition to the demands and pressures of work, mums and dads have to contend with their relationship, health and fitness, church, socialisation, hobbies, and of course, their CHILDREN. In order to identify and prioritise things that are of greatest value, it's helpful to conduct an audit of your time.



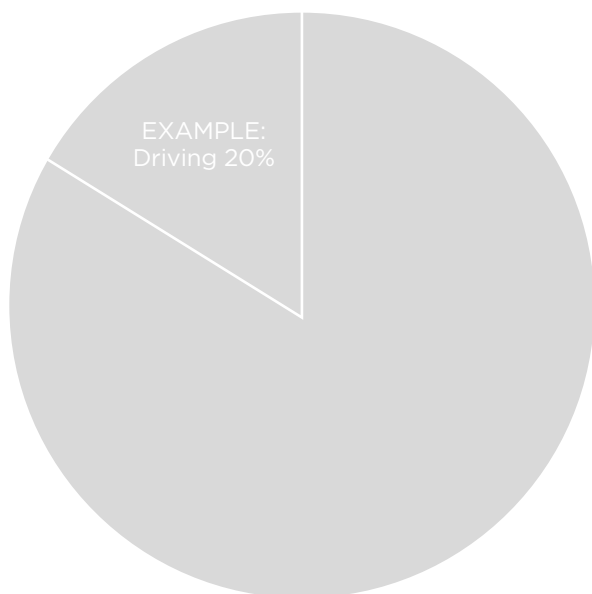
Based on an average day, estimate how much time you spend on the following activities:

ACTIVITY	TIME	ACTIVITY	TIME
Interacting with spouse/partner		Watching TV series, films or news	
Cleaning		Running errands	
Work (including meetings)		Fixing things around the house	
Food preparation and cooking		Shopping	
Social media		Socialising with friends	
Playing with children		Reading to/with your children	
Talking on the phone		Exercising	
Driving		Interacting with extended family	
Time out for yourself		Assisting with kid's homework	
Cleaning up after children		Surfing the web	
Texting and emailing		Other...	

From the above list, identify the top 5 activities that consume your day and write them in column below. Add up the number of hours spent on these activities each day and record the total times. Then calculate the percentage (%) of time you spend on each activity and record your answers.

ACTIVITY	TIME (hrs)	TIME (%)
1.		
2.		
3.		
4.		
5.		
TOTAL	hrs	%

My Time Pie Chart



To obtain a snapshot 'IN TIME', plot the percentage of time you spend on your top 5 activities.

This pie chart allows you to clearly see at a glance what consumes your time. Your Snapshot 'IN TIME' may either be reassuring or confronting. However, the picture is not yet complete. While this pie chart may represent how things currently are, take a moment to also identify how you would like things to be.

In an ideal world, what would you like to devote more of your time to? Create a list of five things you value and rank them in order of perceived importance from 1 to 5 (1 representing the most important). Finally, rank your list in order of the time you actually spend on each value (1 representing the most time). This will give you a quick indication of whether there's unity or disparity between what you value and what you invest your time in.

	VALUE	RANK (Importance)	RANK (Time)
1.			
2.			
3.			
4.			
5.			

Q: Do you need to reorder some priorities in your life? If so, what and how?



NOTE:

In order to set realistic goals, the things you value, and the priority of time given to them must be compatible. You may value spending time as a family having fun, but if family-time is rare rather than regular, your priorities may need reevaluating. People typically only invest in what they truly value.

Objectives

Q: Based on the parenting values and time priorities you've identified; list the top 3 things you would like to achieve by participating in the Parenting Revolution?

- 1.
- 2.
- 3.

Q: Together with your family, formulate a realistic family goal that you all can work towards this month. Write it up as a one-sentence mission statement.

The mission of our family this month is to...

Home Task

Write down your family mission statement in the centre of a large piece of cardboard (or on a chalkboard). Draw a circle around the statement, and another larger circle to the outer edges of the card. Divide the large outer circle into 4 sections. Brainstorm 4 things you can do as a family to help achieve this objective (see example below):



NOTE:

Display your family mission statement in a prominent place – clearly visible for everyone to see. Refer to the poster and remind your children as often as you can about what your family is striving towards. This mission statement sets a standard against which children's behaviour can be measured (to highlight to your children whether their conduct is contributing to or detracting from the family's objectives). Encourage your kids to decorate the sign so they have a sense of ownership over the family objectives. If your children are too young to read it, have them draw pictures that represent the objective. The greater the degree of perceived ownership, the higher the likelihood that your children will work towards achieving the objective.