

Christian Parenting

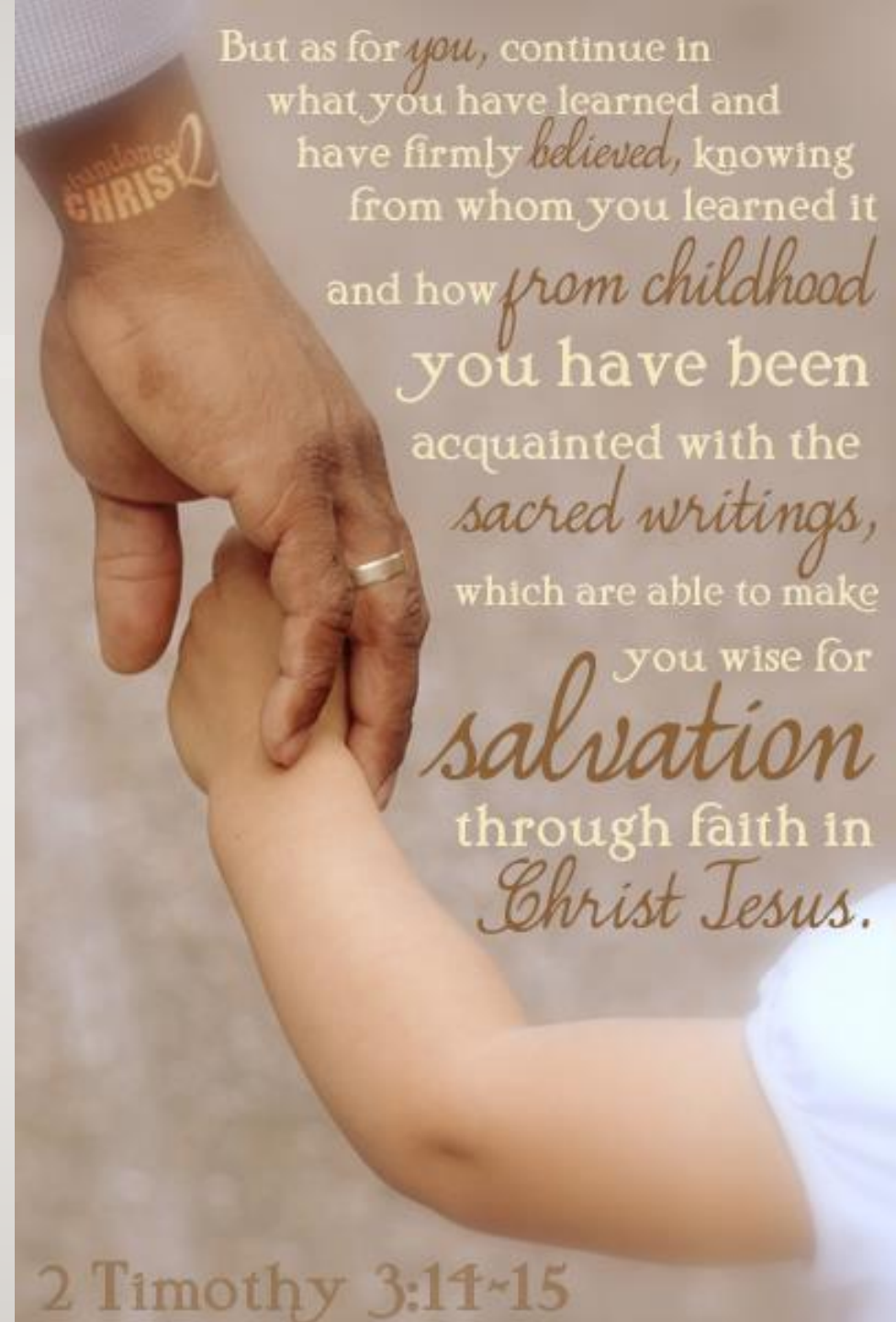
Week 7

How to Act When They Act Up

(Taking advantage of your secret weapon—***you!***)



Winter Quarter, 2018
Greg (& Vikki) Nordstrom



But as for *you*, continue in what you have learned and have firmly *believed*, knowing from whom you learned it and how *from childhood* ***you have been*** acquainted with the *sacred writings*, which are able to make *you* wise for ***salvation*** through faith in *Christ Jesus*.

2 Timothy 3:14-15



**KEEP
CALM**

AND

**LET ME TAKE
YOU ON A DATE**

Of course, *practical baby advise* from...



Instructions:

Changing Baby's Diaper

YES



NO



Instructions:

Testing Baby's Bottle



Instructions:

Introducing Baby to Pets

SAFE



UNSAFE



Boundaries

*“Mom or Dad, I’d like to be the first to give you permission to do something risky—**be unhappy**. Yes, you read that right. When you’re using reality discipline, **it’s very important for your child to see you as unhappy sometimes**. In fact, **he needs to know that the reason you’re unhappy has everything to do with something he said or did.**”*

-Dr. Leman



Why does this matter?

- Your kids *crave* your approval
- Kids are learning how to discover boundaries
- They *want* you to be the authority in your home
- Firm guidelines and consequences = clear boundaries

When you make boundaries clear, there’s less stress and guesswork for your child and less need for them to just *“try stuff and see what happens.”*

The key is how you *show* your unhappiness...

Reacting vs. Responding

The Scenario

You've cleaned the family room and are ready to make lunch for the kids, so you put them in their room and tell them to stay there and play until it's time to eat.

But they end up back in the family room instead...



Later, as you head toward their room to tell them lunch is ready, you notice they're in the family room and it's a total mess again.

Now what?

Reacting

“Ahhhh! You little monsters! You are so messy! I just cleaned this room an hour ago and now it’s a mess again. What do you think I am, your maid? Why can’t you just listen to me? Well that does it! No going to the park this afternoon. In fact, no going to the park all weekend. No, wait! We’re not going to the park for a week! I’ve absolutely had it with you brats.”



- Reacting focuses on the child
- Emotions do the thinking for you
- Strongly signals that there’s something wrong with the kids
- Feels good to let off some steam, but often leads to feelings of guilt

Responding

“Seeing the family room like this makes me very upset. I spent over an hour this morning cleaning it, and now it looks worse than when I started on it. It sickens me to know that you two disrespect me, my work, and our home this much.”

Then you turn your back and walk away!



- Responding focuses on the act
- Allows you to be calmer, more collected
- Heart-to-heart, letting them know how their behavior affected you
- Directly connects their actions to your hurt feelings and disapproval

Situations

Attention seeking

Selfishness

Lying

Tantrums

Bored and unhappy

Fears/Fearful

Fighting

Uncooperative

Nagging

Swearing

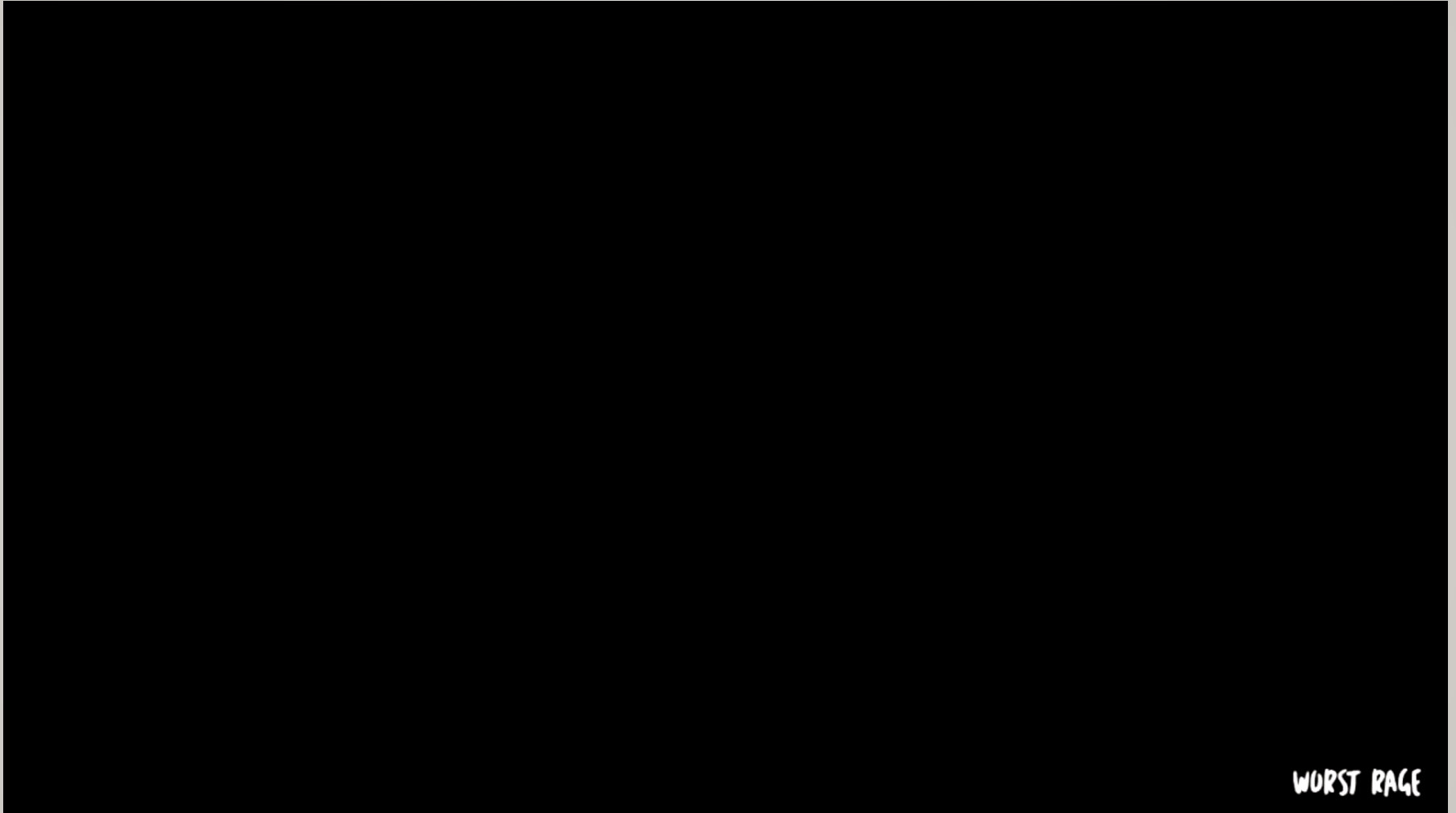
“Forgetting”

Sexual exploration

Talking back


Let's focus on **tantrums** for a few minutes...

How **not** to handle things...



Kelly Bourne





DIARY OF A MOM:
I'M NOT IGNORING
MY SON

I'M IGNORING THE
BEHAVIOR