

PARENTING BY THE BOOK

1. STEP 1 – WHEN GIVING INSTRUCTIONS TO A CHILD DO NOT GET DOWN TO YOUR CHILD’S EYE LEVEL.

A. DO NOT BEND DOWN OR GET ON YOUR KNEES.

1. LOOK LIKE AN AUTHORITY FIGURE.

B. PARENTS THAT GET DOWN BY BENDING AT THE WAIST OR GET DOWN ON THEIR KNEES... DO NOT LOOK LIKE AUTHORITY FIGURES.

1. THEY LOOK LIKE SUPPLICANTS.

a. THEY LOOK LIKE SOMEONE WHO IS **PLEADING WITH “HIS/HER MAJESTY”.**

b. **“STOP THAT!”**

c. IT DOES NOT HELP.

C. WHEN YOU SPEAK TO YOUR CHILD... **LOOK LIKE AN AUTHORITY FIGURE.**

2. STEP 2 – WHEN CONVEYING INSTRUCTIONS TO YOUR CHILD, USE THE FEWEST WORDS POSSIBLE.

A. IF YOU WANT YOUR CHILD TO PUT ON HIS’HER COAT... SAY **“PUT ON YOUR COAT”.**

1. IF YOU WANT YOUR CHILD TO PICK UP THEIR TOYS... SAY **“PICK UP YOUR TOYS”.**

B. THAT MAY SOUND ROBOTIC, AND I MAY AGREE, BUT **I’M NOT ENCOURAGING YOU TO SOUND LIKE AN UNLOVING PARENT.**

1. THE **FORMULA** CONSISTS OF 6 EQUALLY IMPORTANT STEPS... AND WE’VE ONLY COVERED **TWO OF THEM.**

3. STEP 3 – PREFACE THE FEWEST WORDS POSSIBLE WITH AN AUTHORITAVE PHRASE LIKE... “IT’S NOW TIME FOR YOU TO” ... OR “I WANT YOU TO” ... OR “YOU’RE NOW GOING TO”.

A. SO “PUT ON YOUR COAT” ... BECOMES **“IT’S NOW TIME FOR YOU TO PUT ON YOUR COAT”.**

PARENTING BY THE BOOK

- B. OR **"I WANT YOU TO PICK UP YOUR TOYS AND PUT THEM WHERE THEY BELONG"**.
- C. MANY PEOPLE THINK THAT APPROACH IS **CALOUS AND UNLOVING**, AND BRANDS US AS SUCH.
1. YES, YOU CAN TALK LIKE THAT AND BE NASTY... OR YOU CAN TALK LIKE THAT AND BE SERIOUS AND LOVING AT THE SAME TIME. IT'S ALL A MATTER OF CONTEXT.
 - a. AND **THE CONTEXT CAN BE A RELAXED, EASY GOING PARENT-CHILD RELATIONSHIP**.
 2. THE IDEA IS FOR THE CHILD TO KNOW WHO IS IN CHARGE, AND REALIZES THAT COMPLIANCE WITH AN AUTHORITY FIGURE THAT HAS HIS/HER BEST INTREST IN MIND IS A GOOD THING.
 - a. AND THAT **OBEDIENCE IS HOW A CHILD SHOWS RESPECT**.
 3. **EVERY CHILD NEEDS AUTHENTIC ADULTS THEY CAN LOOK UP TO, AND FEEL COMPLETELY SAFE WITH**.
- D. **NOTE**: THE MOTHER'S AUTHORITY IN THE HOME IS EVERY BIT AS ABSOLUTE AS THAT OF HER HUSBAND.
1. HOWEVER... THAT DEPENDS ON THE CHILDREN SEEING THAT, DAD IS THE FINAL AUTHORITY ON MATTERS CONCERNING THEM BECAUSE IF SOMEONE IS NOT THE FINAL AUTHORITY...
 - a. IT BECOMES A **"JUMP BALL"** BETWEEN MOM AND DAD.
 - b. **IF** IT BECOMES A **"JUMP BALL"** BETWEEN MOM AND DAD... THE CONSEQUENCE IS ONE ARGUMENT AFTER ANOTHER BETWEEN MOM AND DAD.
 - c. **IF THE KIDS DO NOT SEE THAT DAD IS THE FINAL AUTHORITY THEN THEY LEARN HOW TO MANIPULATE BOTH MOM AND DAD**.
 4. **STEP 4 – DO NOT EXPLAIN YOUR DECISIONS TO YOUR CHILDREN**.

PARENTING BY THE BOOK

- A. PARENTS GAVE OUR CHILDREN LIFE, AND WE DO WHATEVER IS NECESSARY TO SUSTAIN THEIR LIVES.
- B. **OUR PARENTAL AUTHORITY IS GIVEN TO US BY GOD... AND BECAUSE OF THAT WE ARE NOT REQUIRED TO JUSTIFY OUR DECISIONS TO OUR CHILDREN**.
1. **BUT RUSTY... A COUNSELOR ONCE TOLD ME THAT CHILDREN SHOULD KNOW WHY PARENTS GIVE THE INSTRUCTIONS WE GIVE AND MAKE THE DECISIONS WE MAKE.**
 - a. THAT IS WHAT MENTAL HEALTH AUTHORITIES BEGAN SAYING IN THE 1960s AS PART OF THEIR POST MODERN PSYCHOLOGICAL PARENTING PARADIGM.
 - b. LOOK AROUND... **HAS IT WORKED?**... **NO!** IT HAS BEEN A DISASTER!
 - c. THAT NARRATIVE HAS...
 - 1) HARMED CHILDREN
 - 2) MADE CHILD-REARING A STRESSFUL ENTERPRISE
 - 3) DESTROYED MARRIAGES
 - 4) AND IS DESTROYING PUBLIC EDUCATION.
- C. **EXPLANATIONS LEAD TO ARGUMENTS!**
1. MANY PARENTS WHO SAY THAT THEY HAVE “AN ARGUMENTATIVE CHILD” MAY ACTUALLY HAVE A CHILD WHO IS RESPONDING REFLEXIVELY TO PARENTAL EXPLANATIONS, DECISIONS, AND INSTRUCTIONS OF WHAT THE PARENT WANTS DONE.
 - a. **INSTEAD OF TELLING THE CHILD WHAT THE PARENT WANTS DONE, THEY INCLUDE TELLING THE CHILD “WHY” THEY WANT HIM/HER TO DO WHAT THEY ASK.**
 - b. BEFORE PARENTS GET THROUGH TELLING THEIR CHILD WHAT THEY WANT DONE... THE CHILD STARTS TO ARGUE.

PARENTING BY THE BOOK

- 1) THE CHILD ISN'T ARGUMENTATIVE, THEY ARE JUST BEING A CHILD... THAT'S WHAT CHILDREN DO.
2. **NOTE: IT IS RARE FOR AN ARGUING CHILD TO BE A TRULY HAPPY CHILD.**
 - a. ARGUMENTS DO NOT PRODUCE HAPPINESS!
3. IN ADDITION, WHEN OUR CHILDREN BEGIN ARGUING WITH US WE TEND TO BECOME ANGRY, ANXIOUS, OR BOTH.
 - a. IF WE BECOME ANXIOUS WE CAVE IN AND COMPROMISE.
4. SOOO... TAKE A DEEP BREATH AND **CONSIDER THE ABSURDITY OF PARENTS NEGOTIATING AND COMPROMISING WITH THEIR CHILDREN!**
 - a. DO GENERALS NEGOTIATE WITH PRIVATES?
 - b. DO CEOs NEGOTIATE WITH PEOPLE WORKING IN THE MAIL ROOM?
 - c. THAT'S ABSURD... BUT IT'S THE NATURE OF THOSE WHO PROPOSE POST MODERN PROFESSIONAL PARENTING ADVICE.
 - d. IN THIS CASE POST MODERN MENTAL HEALTH ADVISORS TELL PARENTS TO UNDERMINE THEIR OWN AUTHORITY RIGHT IN FRONT OF THEIR CHILDREN!
 - 1) UN-BE-LIVE-ABLE!!... HOW DID WE EVER FALL FOR THAT ADVISE IN THE FIRST PLACE?
5. **STEP 5** – WHEN CHILDREN DO NOT GET AN EXPLANATION... THEY WILL WANT ONE... AND BECAUSE THEY WANT AN EXPLANATION, THEY ASK FOR ONE.
 - A. WHYYY... OR WHYYY NOT??
 - B. WHEN YOUR CHILDREN ASK FOR AN EXPLANATION... SAY THE MOST DEMONIZED FOUR WORDS IN THE HISTORY OF CHILD-REARING... BUT, AT THE SAME TIME, THEY ARE THE FOUR MOST POWERFUL WORDS IN THE HISTORY OF CHILD-REARING... **"BECAUSE I SAID SO"**!
 - C. MENTAL HEALTH PROFESSIONALS WILL TELL YOU THAT SAYING, "BECAUSE I SAID SO" TO A CHILD IS DISRESPECTFUL.

PARENTING BY THE BOOK

1. NO, IT IS NOT.
2. YOU HAVE JUST SAID TO YOUR CHILD, "DO THIS".
3. THEREFORE, THE ANSWER TO "WHY" IS, IN FACT, BECAUSE YOU JUST "SAID SO".
4. **WE ARE NOT OBLIGATED TO JUSTIFY OURSELVES TO OUR CHILDREN**.
 - a. KEEP THAT IN MIND.

D. WE MUST NOT SCREAM, "BECAUSE I SAID SO".

1. WE MUST NOT SNARL, "BECAUSE I SAID SO".
2. WE MUST NOT SAY, "BECAUSE I SAID SO" IN A THREATENING MANNER.
3. WE MUST NOT HAVE A RED FACE AND FLAIL OUR ARMS WHILE SAYING, "BECAUSE I SAID SO".
 - a. JUST SAY IT IN A FIRM MANNER... "BECAUSE I SAID SO".
 - b. Ephesians 6:1 (NASB) "Children, obey your parents in the Lord, for this is right."
 - 1) "IN THE LORD" MEANS THAT CHILDREN SHOULD OBEY THEIR PARENTS' INSTRUCTIONS **AS IF IT WAS GOD HIMSELF WHO WAS GIVING THE COMMAND**.
 - c. NOT, "OBEY YOUR PARENTS BECAUSE THEY JUSTIFY THEMSELVES TO YOU".
 - d. NOT, "OBEY THEM BECAUSE THEY COME UP WITH A SUFFICIENT THREAT".
 - e. NOT, "OBEY THEM BECAUSE THEY COME UP WITH A SUFFICIENT ENTICEMENT".
 - f. **SIMPLY, "OBEY YOUR PARENTS BECAUSE IT'S RIGHT" ... BECAUSE THEY SAY SO!**
6. **STEP 6 – HAVING FOLLOWED THE FIRST 5 STEPS, THE PARENT SHOULD TURN AND WALK BRISKLY AWAY.**
 - A. THAT PULLS THE PLUG ON THE POWER STRUGGLE.

PARENTING BY THE BOOK

B. IF WE JUST STAND THERE AFTER SAYING “BECAUSE I SAID SO”... A POWER STRUGGLE WILL AMOST ALWAYS ENSUE.

1. NOTHING GETS ACCOMPLISHED, AND IT MAY TAKE HOURS FOR THE CLIMATE IN THE HOME TO RETURN TO A SEMBLANCE OF SANITY AND PEACE.
2. IF WE JUST STAND THERE AFTER SAYING “BECAUSE I SAID SO”... AN ARGUMENT WILL MOST LIKELY HAPPEN.

7. REVIEW

A. GETTING CHILDREN TO OBEY IS NOT PRIMARILY A RESULT OF USING CORRECT CONSEQUENCES.

1. ALTHOUGH USING CONSEQUENCES CAN BE VEY HELPFUL AT TIMES.

B. A SIX PART FORMULA FOR GETTING CHILDREN TO OBEY:

1. STEP 1 - ADDRESS YOUR CHILDREN FROM AN UPRIGHT POSITION.

- a. DO NOT BEND DOWN IN A COUNTER-PRODUCTIVE EFFORT TO GET DOWN TO THEIR LEVEL.

2. STEP 2 - GIVE INSTRUCTIONS USING THE FEWEST WORDS POSSIBLE.

3. STEP 3 – PREFACE SHORT INSTRUCTIONS WITH SHORT PHRASES LIKE:

- a. “IT’S TIME FOR YOU TO...”

- b. “I WANT YOU TO...”

4. STEP 4 - DO NOT EXPLAIN YOURSELF.

- a. YOU ARE NOT OBLIGATED TO JUSTIFY YOURSELF TO YOUR CHILDREN.

5. STEP 5 - WHEN YOUR CHILDREN DEMAND TO KNOW WHY, OR WHY NOT, USE THE 4 MOST POWERFUL WORDS IN CHILD-REARING HISTORY... “BECAUSE I SAID SO”!

PARENTING BY THE BOOK

6. **STEP 6 – WALK AWAY!**

- a. THAT “PULLS THE PLUG” ON THE POWER STRUGGLE.
- b. DO NOT ENGAGE IN YOUR CHILDREN BY BECOMING EMOTIONAL...
BE THE ADULT!