

# Our Children, Our Future

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## Special Offer

The acclaimed parenting course, Redirecting Children's Behavior™ is available from Sensible Parenting. All SP Instructors are INCAF Certified Parenting Educators.

Normal pricing for the five week course is \$595 per two-person enrollment. Mention this offer and get a \$50 discount if you enroll before February 28, 2005. Find out more about Sensible Parenting and RCB. Contact us at:

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## Mastering Mealtime Madness *by Kathryn Kvols*

She threw her napkin down and the next thing they heard was her bedroom door slam. John, Alyson, and their ten-year-old son sat in silence and stared blankly at each other for the rest of the dinner. The TV droned on in the background.

What had set their teenage daughter off?

What are meals like in your family?

Do some family members have to eat alone or do you eat together?

Do you enjoy eating together?

Do your children bicker?

Does one person do most of the mealtime chores?

Are your meals relaxed or does your family wolf down their meal so they get to soccer practice on time?

Why is it so important parents carve out time in their busy schedules to have family meals? Extensive research and surveys have consistently revealed that the more often children eat dinner with their parents, the less likely they are to smoke, drink or use illegal drugs as teenagers.

Mealtimes are often the only time the family is together the whole day and it may be the only time children see their parents together. If mealtimes have not been your ideal picture of family harmony, the first step is to ask yourself, "What do I want meals to sound like, feel like and look like?"

Mealtimes should be a time for:

- Talking about their day and yours



*Kathryn Kvols is the author of the best selling book and popular parenting course, "Redirecting Children's Behavior." She is an international speaker and the president of the International Network for Children and Families*

- Finding ways to work through problems
- Letting children know you are available

(Mealtime Madness, page 4)

## Inside this issue:

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## The Problems With Praise... And Why It Can Backfire *by Tammy Cox*

"Give children lots of praise." This sounds like good parenting advice, but there is a difference between appropriate praise (encouragement) and inappropriate praise.

Praise tends to stimulate ri-

valry and competition, because it focuses on quality of performance and the child usually feels judged in comparison to others. It can also foster selfishness and create a "better than others" attitude and a child might become a

quitter if she can't be the best. Praise fosters dependence and teaches children to become pleasers because it is external motivation.

(Problem with Praise, page 2)

## Problems With Praise (from page 1)



Tammy Cox, LMSW

Encouragement tends to stimulate cooperation and contribution because it focuses on the process (effort, determination, persistence and joy) rather than the end product.

The child feels accepted because her value is not dependent on the quality of her performance. Encouragement also fosters self-interest which doesn't hurt others, self-sufficiency and interdependence because it is internal motivation.

Common praising statements such as "You are such a good girl/boy.," "You're the best.....," or "I'm proud of you.," tend to create children who always look to others for approval. Encouraging alterna-

tives might be "I love being with you.," "You're a great kid.," "It looks like you really enjoy that.," "Thanks for your help.," or "You must really feel good about what you've done."

While it is important to watch our language, the real key to distinguishing the difference between praise and encouragement is to check our intent. If we are trying to manipulate the child so that he will keep pleasing us, it is praise. If our intent is to acknowledge him for who he is or what he's done, or just let him know how much we appreciate and value him, it will be encouragement. While the two may sound very similar, children can tell the difference and they

will pick up on our true intentions.

An excellent book on how to be a more encouraging parent is [The Magic Of Encouragement](#) by Stephanie Marston.

*Tammy Cox, LMSW received her Master's Degree in Social Work from the University of Texas and brings more than 25 years experience to her profession. Since 1988 she has been the owner and director of The Redirection Connection. She is an instructor and instructor trainer for the International Network for Children and Families. She has served as consultant to families, schools, day care centers, special groups and professionals in the medical and legal arenas, and writes columns for several publications.*



**The average child in America receives only 12.5 minutes per day in communication with his/her parents.**

## Redirecting Children's Behavior™ (RCB™), the course

The increase in two-career couples and single parents has made parenting a greater challenge than ever before. Parents still want close, loving and empowering family relationships.

Families should be a source of rejuvenation, fun and encouragement. However, the average child in America receives only 12.5 minutes per day in communication with his/her parents.

Parents are now, more than ever finding themselves pulled between spending quality time with their children, and having

to be away from home just to make a living..

An entire generation of children have grown up in families where their own parents had much less time with them than their parents had with their grandparents.

In some cases, basic parenting skills were not learned by today's young parents. In many cases, today's new parents wish they had better parenting role models, and additional skills and techniques for raising their own children. But where does one learn effective, loving parenting skills if

there were not learned at home?

The International Network for Children And Families (INCAF) developed the parenting education course, Redirecting Children's Behavior™ to provide effective, non-punitive, loving techniques, skills and knowledge to help parents to raise happier, more responsible, and more self-disciplined children that have greater self-esteem.

You can be a more confident parent!

[\(RCB—PAGE 3\)](#)

## RCB (from PAGE 2)

Raising children can be fun, and learning new parenting skills can be fun too!

In this course you will learn many new skills and techniques that are effective and loving ways for raising children without resorting to rewards and punishment based discipline.

The course is 15 hours (one three hour session each week for five weeks) and includes the Redirecting Children's Behavior book and student workbook.

You will have opportunity each week to see and participate in hands-on exercises and practice your new skills at home. The course includes the follow sessions:

### SESSION 1

- Prevent Sibling and Peer Rivalry

- Replace Fighting With Negotiation and Cooperation
- Teach Children to Resolve Their Own Conflicts
- Understand a Child's Behavior and How It Relates to Birth Order

### SESSION 2

- Teach Children Respect and Responsibility
- Creating a Self Motivated Child
- Explore How Parenting Methods Affect Children
- Building a Child's Self Confidence

### SESSION 3

- Understand Why a Child Misbehaves
- Learn Specific Techniques That Work for Each Goal of Misbehav-

ior

- Offer Choices so that Your Child Can Make Healthy Decisions

### SESSION 4

- Teach Self Control
- Find Ways to Hold Children Accountable For Their Actions
- Application of Natural and Logical Consequences to Behavior

### SESSION 5

- How to Win the Other Parent's Cooperation
- Planning for Family Meetings
- Opening Communications Between All Family Members

CONTACT SENSIBLE PARENTING TODAY FOR THE



**Become a more confident, effective and understanding parent.**

**In this course you will learn many new skills and techniques that are effective and loving ways for raising children without resorting to rewards and punishment based discipline.**

## Do you believe in Miracles?

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

*Albert Einstein*

"Over and above believing in miracles we must expect and depend on them if we are to experience them."

*Ciro*

"Could a greater miracle take place than for us to look through each other's eyes for an instant?"

*Henry David Thoreau*

"Forgiveness is the answer to the child's dream of a miracle by which what is broken is made whole again, what is soiled is made clean again."

*Dag Hammarskjold*

"The child must know that he is a miracle, that since the beginning of the world there hasn't been, and until the end of the world there will not be, another child like him."

*Pablo Casals*

"If we could see the miracle of a single flower clearly, our whole life would change."

*Buddha*

"When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another."

*Helen Keller*



**"Where there is great love there are always miracles."  
-- Willa Cather**

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1007 Greenhill Drive

Pflugerville, TX 78660

Phone: 512-251-5421

Fax: 512-251-5421

E-mail: [info@sensibleparenting.com](mailto:info@sensibleparenting.com)

Web: [www.sensibleparenting.com](http://www.sensibleparenting.com)

## PEACE BEGINS AT HOME

*Redirecting Children's Behavior™ (the course) was developed by the International Network for Children And Families™ (INCAF™)*

### What people say about the *Redirecting Children's Behavior™* (the course):

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"I was amazed! I learned much more than I could have imagined. Not only am I using these skills as a mom, I find I am constantly utilizing them in my work as an entertainer/businesswoman as well. **Sara Hickman, Singer/Songwriter**

"...common sense easy to apply parenting tools that really work! The inevitable and wonderful result is increased family harmony and closeness." **Donna S. Hurley, M.D.**

"RCB is based on some of the finest and most well respected work in all of psychology. There is no greater gift that a parent might give to their child than this kind of training... your children and you are worth it!" **Mark Shafer, Psychologist**

## Mealtime Madness (Continued from page 1)

- A chance to reconnect
- Opportunities for families to learn about and experience the value of teamwork

Nourishment not only from food, but also emotionally and spiritually

The next step is to create a plan. It may not be feasible to have dinner together every night. You could do breakfast together on certain days and dinner on other days. Have a family meeting to determine meal plans, make a list of mealtime chores and who will do them.

Letting children be involved in the meal planning and cooking can help prepare them to make good decisions on their own and lead to a lifetime of healthier choices and self confidence. The third step is to set some clear boundaries around issues that are important to you, for example, the use of technological gadgets.

This means putting limits on answering phone calls, playing computer games, listening to music, and watching TV. Also, set boundaries about bickering and other non-supportive bantering. Be prepared for your family to resist your changes. Often they will attempt emotional blackmail to get you to go back to your old ways.

Teens may turn up their noses at the prospect of a family meal – not surprising because they're trying to establish their inde-

pendence. Yet studies find that teens still want their parents' counsel.

Consider trying these strategies to entice them to the family table:

- Allow your teen to invite a friend to dinner
- Involve your teen in meal planning and preparation
- Keep mealtime calm and congenial—no lectures, arguing or prying
- Sometimes candlelight offers a safer atmosphere to share feelings
- Excuse annoying younger siblings from the table when they are done eating, so that you can have some alone time with your teen.

Take time for family meals together. It could mean you simply order a pizza and eat together. The food isn't as important as the sense of camaraderie and feelings of support that your family will take with them their whole lives. By implementing some of the principles above you can avoid being on the next Dr. Phil Show!!!



*Kathryn Kvols is the author of the best selling book and popular parenting course, "Redirecting Children's Behavior."*

*She is an international speaker and the president of the International Network for Children and Families. She can be reached at 352-375-6498 or you can view other helpful articles at the website:*

[www.redirectingbehavior.com](http://www.redirectingbehavior.com)

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Sensible Parenting is proud to be affiliated with the International Network for Children And Families (INCAF™.)

INCAF provides an extensive training program for instructors that provide the Redirecting Children's Behavior™ parent education course. All Sensible Parenting instructors are Certified Parenting Educators.