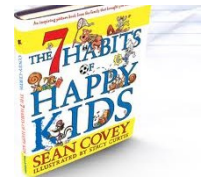


# HABITS IN THE HOMES



Be Proactive—Habit Number 1

April 2015

## Be Proactive

“I am in charge of me”. I am a responsible person . I take initiative. I choose my actions, attitudes and moods. I do not blame others for my mistakes, I can only be offended if I choose to be.

### What would this look like in the home?

Adults having systems in the home that promote positivity

Adults interacting positivity with their children, adults and children working together for the good of the family

Adults affirming the great things the children are doing daily

All family members loving being at home enjoying each others company

Goals	Actions	Outcome
All conflict is dealt with calmly and a positive solution sort	Use the discipline transaction model when you deal with any possible upsets within the family. See the attached form	All family members understand it is not the person who is causing the conflict they don't like it is their behaviour.
Before school our family will share breakfast together and set our goals for the day	Adult and the older children work together to prepare breakfast for the family. The family sit together at the table and discuss their goals for the day	The children set off to school each day feeling great about the day ahead
The children will prepare for school without prompting from adults.	Prepare lunch with an adult, personal grooming for school, pack school bag, make their bed, head off to school.	The children are developing independence which takes the pressure off the adults
The children take responsibility for completing homework tasks	Children come home, have afternoon tea prepared by an adult. While having afternoon tea they complete their homework tasks. If the have no homework it is just a chat about the positive things in their day. Out to play after for a run around or playstation etc.	The adults support the children to take responsibility for their homework by providing a supportive environment
Sharing time at the dinner table	All family members share their evening meal together. Set time to eat and share the successes of the day.	Adults show the children how much they value the efforts they are putting in at school each day
Adults prepare and participate with their children in a short but fun family activity	Family members share a game, charades, cards, connect four, draughts, guitar and singing, etc.	Fostering the concept of being valued and a sense of belonging
Find 2 things you love about your children everyday and tell them	As the children settle for bed, the adults in the house kiss the children good night then tell them the 2 things you love about them (everyday).  Extra: Read every night to your child or have them read to you.	Your children receive what they want the most from their family, your love

Questions we need to ask ourselves

What is the purpose of our family?

What kind of family do we want to become?

What are our families highest priorities?

What are our unique talents, gifts, and abilities?

When are we the happiest?

What do we want our home to look like , feel like, and sound like?

What kind of home do you want to invite friends to?

What makes you want to come home? What would make you want to come home even more?

How can I have a positive influence on everyone living in our home?

**A Key Issue.**

**Am I proactive or reactive?**

**What does reactive look like?**

**Frustration, aggravation, unhappy parents, unhappy children, conflict, anger, moody family members, inconsistencies, fallouts, tension, lack of trust, unloved, no sense of belonging**

## Discipline Transaction

### What is it and how does it work?

Discipline Transaction is a strategy used by teachers to defuse problems instead of inflaming them.

As parents it is easier to use your power as an adult to discipline your children. I've got bad news, it simply doesn't work, all it does is dismantle the relationship you have with your children.

When children are aggressively disciplined they believe it is them that you do not like, they do not understand it is the behaviour that you dislike. This is reactive we need to be proactive.

Discipline Transaction is all about dealing with the behaviour and finding a positive solution that meets the needs of everyone.

Please view the example of how Discipline Transaction works. Refer to the scenario next to this passage.

## Things to consider !

- Your interests are important but your tamariki take priority. Sharpen the saw comes later, Habit 7
- Domestic disputes traumatise children more than anything else. When you have a disagreement do it behind closed doors and use the discipline transaction model to resolve your issue.
- Alcohol is the heart of family violence. Do not drink excessively around your children, have a drink but leave the big nights for adult only time.
- The families who want their children to be successful will make the Habits in the Home work. How important are your children to you?
- Proactive– You are in charge of you! All the decisions made by you are yours alone. You are in charge of you!

## Discipline Transaction– Scenario

Marvin and Moana are fighting over the one playstation control, Moana starts yelling at Marvin and he starts getting cheeky to her causing her to start crying.

Mum “Hey guys calm down and come over here and tell me what's going on”

Moana yells “He is getting cheeky”

Mum “ Sit down and take a deep breathe Moana”

Mum “ Marvin, can you tell me what happened”

Marvin “ I got the control and Moana wanted it and we started arguing, she started yelling so I got cheeky”

Mum “Thanks for your honesty, I appreciate that Marvin however getting cheeky is not going to help sort out the problem is it”

Marvin “I guess not”

Mum “ Moana is Marvin's story pretty true”

Moana “Yes , but I wanted a turn and he wouldn't let me”

Mum “ OK , what could we do to make this situation better”

Moana “We could have turns, 15 minutes then change”

Mum “ Does that sound fair Marvin”

Marvin “Yeah I guess so ”

Mum “ Cool, who knows maybe one day we could get a second controller but until