

# HABITS IN THE HOMES



Put First Things First Habit 3

April 2015

## Put First Things First

I spend my time on things that are the most important. This means I say no to things I know I shouldn't do. I set priorities, make a schedule, and follow my plan. I am disciplined and organized.

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

I am organized, I am in control of my day and I will accomplish what I set out to do.

As a family, we are organized and proactively plan and accomplish our goals.

Organization, planning results in happy parents and happy kids.

By getting the necessities out of the way you will have more quality time available for your children.

| Goals   | Actions   | Outcome   |
|---|---|---|
| We will only speak words that will communicate the other persons worth and potential. We will not say things we will regret   | <ul style="list-style-type: none"> <li>Treat others as you wish to be treated yourself</li> <li>Make a conscious effort to base your conversations within the home around the good qualities and strengths of others.</li> <li>Praise and affirm the contributions made by family members</li> <li>Within your schedule reserve time to self reflect. Sometimes what seems to be a priority in reality may not be.</li> </ul> | All family members feel valued and have the confidence to contribute to the family without ridicule or put downs  |
| Adults in the home set up a schedule for the day.<br><br>Priority 1)your schedule is constructed around the important events of the day. Nothing is more important than what your children are involved in. | <ul style="list-style-type: none"> <li>Document on a Blackboard/Whiteboard/Journal/On the fridge -your plan for the day.</li> <li>Inform your family members what your day looks like, what you plan to achieve and where they can assist you to achieve your goals.</li> <li>Ensure you stick to your schedule. Only an emergency or a quality family moment should alter the plan.</li> </ul>                               | Children understand that the adults have adult responsibilities and they gain an understanding of the importance of the parents/caregivers role.<br><br>Children can see where they can assist the adults and provide support.<br><br>A well planned achievable day will allow you time to share with your family |
| Children have a schedule for before school and after school.  | <ul style="list-style-type: none"> <li>Children plan their week for before school and after school on a Sunday. They put the documented schedule on their door as a daily reminder.</li> <li>Parents/ Caregivers praise and affirm the positive actions of their children.</li> </ul>   | Without constant prompting your children contribute to the family proactively.<br><br>With consistent organization, by putting first things first you will find additional time to spend time enjoying the company of your family.  |
| Putting first things first is all about priorities. Your family is always your priority. Ensure they are!!  | <ul style="list-style-type: none"> <li>Ensure in your daily schedule you make time for the important things in your child's life. Attend sports, cultural events, parent interviews, concerts etc</li> <li>Make time everyday in your schedule to sit down with your children and enjoy their successes, meal times (habit 1), afterschool, at bedtime.</li> </ul>  | Being part of your children's life fills you with joy and happiness.<br><br>Putting your children first shows them you care and you love them, that's all your children want.   |

*Things to ponder!*

*The things that matter the most must never be at the mercy of things that matter least. Check the issue below)*

*Choose your battles. Do not engage in arguments over matters that have no relevance to what is truly important.*

*Urgent matters are not always important.*

*Act on problems at the right pace; do not allow them to fester and grow.*

*Relationships are more important than things.*

*Stick to your values ,do the right things.*

*Seek to prevent future conflict.*

### A Key Issue.

**How often do we put our own needs ahead of our family's?**

**Your son is playing rugby at 9.00am and you feel you have to paint the fence. How often do we make the wrong choice and choose to paint the fence.**

**Will missing my son's football game make a difference? The answer is yes, the fence will be there when you get home . Your son knowing you were their means everything to him. Put first things first.**

## 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