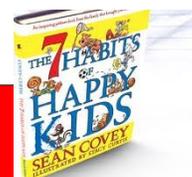


HABITS IN THE HOMES



Think Win Win-Habit 4

April 2015

Think Win Win

"I balance courage for getting what I want with consideration for what others want. I make deposits in others Emotional Bank Accounts. When conflict arise, I look for third alternatives, outcomes that are good for all.

What would this look like in the home?

A respectful environment for all family members to enjoy.

Family members making a conscious effort to take into account the feelings and opinions of other family members.

All family members feeling valued and heard.

Open communication with positive outcomes.

Goals	Actions	Outcome
To make deposits in the Emotional Bank Accounts of all family members at least once per week.	<ul style="list-style-type: none"> Set up one container with a lid for each family member with their name on it. Let them decorate it.. Have a packet of stick its and a pen available for family members to write on. Once per week each family member writes something positive about the other family members . Place the stick it in their tub 	<p>All family members are thinking about the good qualities of their family members.</p> <p>The house has a very positive vibe.</p> <p>We all learn to appreciate each other and respect the differences we bring to the family</p>
All decisions made in the house take into account how that decision will impact on the other family members.	<ul style="list-style-type: none"> Parents lead the way, they model the behaviour they are expecting of their children. Children are expected to consider the impact their decisions have on others. Children explain to the adult why they made the decision and are required to explain why the decision was favourable for all parties. 	<p>The children gain an understanding around supporting others and how considering the needs of others impacts positively on the family.</p>
This goal is for parents .Say no to outcomes that would not help your children in the long run	<ul style="list-style-type: none"> Too often as parents we let things go because it is easier to do so. Often those decisions send the wrong message to our children. Our action is to remain consistent . We must seek out outcomes that are mutually beneficial Every decision must be a Think Win Win decision not what is the easiest option. 	<p>Consistency of your decision making provides confidence for your children</p> <p>Mixed messages will erode away the foundation of our thinking.</p>
Parents goal again– Avoid comparing your child with other children	<ul style="list-style-type: none"> Every decision you make is a Think Win Win for you and your child. Comparing tells the child you value the other child more than them. This defeats everything we are trying to achieve 	<p>Wise adults will develop wise children</p> <p>Love and value your children for their uniqueness.</p>

Lose– lose, lose-win, or win –lose are all undesirable outcomes.

Fairness is the minimum starting point for an acceptable outcome.

“No deal” or agreeing to disagree are acceptable outcomes.

The most acceptable outcomes are those where both parties “win” beyond what they previously perceived as possible.

Make meaningful “deposits in others Emotional Bank Accounts”.

If you have made a withdrawal from your child's Emotional Bank Account, apologize

Balance courage with consideration.

Seek outcomes that are mutually beneficial.

Forgive.

A Key Issue.

Does Think Win Win mean you are a softy and the children rule the roost ?

Absolutely not, it means you are the leading influence and you have chosen to listen and value the contributions of your family before joining with them to make informed decisions.

We must remember we are the parent, to parent in a happy home is a joy for everyone.

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