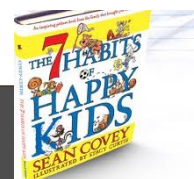


HABITS IN THE HOMES



Seek First To Understand, Then To Be Understood-Habit 5

April 2015

Seek First To Understand, Then To Be Understood

I listen to other peoples ideas and feelings. I try to see things from their viewpoints. I listen to others without interruption. I am confident in voicing my ideas. I look people in the eyes when talking.

What would this look like in the home?

A respectful environment for all family members to enjoy.

All family members feeling confident to voice their thoughts and opinions.

A calm home is a safe home.

Goals	Actions	Outcome
The adults within the home make their own thoughts and feelings understood in a calm, mature manner	<ul style="list-style-type: none"> Children must not feel fearful in their home. Adults will address all areas of concerning a calm, respectful way. Fear will not be used as a tool to finish disagreements. Adults will sit with their children and discuss areas of concern in a calm way. They will listen to their children and give their response when the children have been heard Discipline transaction is the preferred model to use when dealing with conflict 	The children within the home have confidence all concerns conflict will be dealt with in a calm, safe manner.
As adults, listen with your ears, eyes, and heart until your child feels fully understood.	<ul style="list-style-type: none"> Show a genuine interest in the well being of your children Allow time for your children to share things with you. (mentioned in Habit 3). Afterschool, dinner time, bedtime, travelling in the car, sitting outside in the sun. 	A child who feels safe, has a sense of belonging and feels valued will be a loving family member.
Adults– Accept accurate, honest feedback	<ul style="list-style-type: none"> Parents/ Caregivers to create an environment where your children feel confident to share their thoughts with you about what is happening around them or to them. Feedback may not always be what you want to hear. If a child has the strength to tell you, have the strength to take it in and deal with in a mature manner. What does the environment look like– organisation-systems and structures in place for consistency, kindness and respect at all time, a fear free home, fun, parents leading, children responding proactively. 	<p>Children who feel alone or afraid make irrational decisions. This is when children find themselves in trouble.</p> <p>Through positive parenting our children want to share their lives with their family. Parents knowing and understanding their children provide the foundation our children need for success.</p>

Giving people emotional 'airtime' is the first step in allowing them to release and resolve emotions.

Clearly, concisely and calmly communicate your feelings.

Correct inaccurate feedback.

What about this statement?

In a loving home a parent is able to sense even the unexpressed needs of their children.

If you had to describe habit 5 what words would you use?

Valuing diversity

Openness

Honesty

Ethics/Manners

Respect

Teamwork

Problem Solving

Listening

Empathy

Conflict Management

Positive Communication

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