

2-26-15 Follow up Discipline #2

Class member: I had a chance to use the apologize properly. I didn't do all 4 rules. I couldn't remember all 4 off the top of my head. My boys learned something. The whole process took almost an hour. We do scriptures at night. The girls had to stay up later and my husband took them upstairs. After it was over my 1 son that is really sensitive was bawling and the other one wasn't angry any more. Over time they are going to get it and it will be automatic. It made a HUGE difference in the end.

When you have your kids who are fighting. When you go in 'He' did it. The first thing is cast the burden somewhere else. The first thing should be is what is my part in this. Even if you don't choose to use those steps when you come to children and you are asking about an event. Don't allow them to discuss what someone else did only their part in it.

Class member: Tried this for FHE...four steps and role playing. We each had a poster board we made of the steps about how to apologize. When you do it that way it was a fun FHE. We laughed and made fun of each other, but it was safe.

It's better to present it not in the moment.

Class member: I have been trying to work with my 12 year old step son. I have been trying to stay at zero. He has had some of the most terrible tantrums this week. We are reading the Positive Parenting together with my husband. He tries it after his Dad leaves. My son's job is set the table at night. When he doesn't do it someone else does and then his place stays empty until he does a job for them. After 2 nights he finally decided to go set the table so he could eat with us.

That is a logical consequence.

Class member: I needed to go apologize to the neighbor. I didn't know if I could go do those 4 steps. It will make me have more empathy for my kids. It was a lot harder. I felt better when it was over. You want someone to know that you understand how they feel. There is so much more understanding.

Class member: I have been focusing on asking questions. My 2 yr old. She left the table with her sucker. I said, "What's in your hands". Now we were talking she was engaged. I got her to go back to the table without telling her to go back to the table.

When I go up to them and engage with them even to say I love you. I will go up to them and get down at their level and take their face in my hands. I say...Look at my eyes. Then you can focus on telling the whatever you want to. They are just too easily distracted.

Class member: I was really sick and had lost my voice. I noticed that the communication with my kids I would choose wisely what I would say. I would look right at them until they looked at me. They would respond quietly and then they would go do it. Now I started getting my voice back and started lecturing again.

Class member: I was using the tools, but I had a different aha with time out. I realized that we are doing great on those. It was my husband's fault we were doing it right. He wanted their rooms to be a happy safe place. He didn't want them to be mad in their rooms. He talked to me about it. When they are feeling angry or upset and we send them there until they 'find their happy'. It was nice to see we are doing something right. It was a blessing to see how it all works out.

I want you to be validated. Most of what you are doing is right. It just probably needs to be tweaked a little.

Class member: At our house we have 8 kids and dinner is a zoo. We are trying to eat and everyone is talking over everyone else. One daughter only talks by yelling. I've tried a bunch of different things. My son came up with the idea of using Parliamentary Procedure. I am the chair you can't talk unless I recognize you. It gives everyone a chance to talk and everyone has a chance to listen.

Class member: I had an aha moment probably last year. My oldest daughter is a bright red and has a hard time saying I'm sorry. She handed it to me and there was one little mistake. I said look at it again. She said "Whoops that's wrong." That same evening she hurt my other daughter's feelings. She is a white. She was crushed. My aha moment was to turn to my oldest daughter even though you don't feel like you did something wrong you didn't purposely put down the wrong answer but you did. Heavenly Father gives us erasers to correct the mistake. Through that she was able to apologize.

Why did it work the second time?

Class member: She helped her understand.

Class member: She had to validate her feelings. She acknowledged that she understood how she felt.

You need to know the principle so you can put it in your home.

Class member: She made her feel loved.

Class member: Forgiveness

Class member: Self esteem

The principle is separating the act and the doer! What she did when she first called her attention to it, the feeling for the defender was defensive. She feels blamed as a person. That doesn't mean that's what happened, but how she feels is 'truth'. She is not her homework. She can separate it.

Class member: I had a similar thing happen last week when my son did FHE. Everyone was riled up. He said you must need to put he to bed. You remove the child. While he was sleeping we do 'Milkshake Monday' after FHE. I just thought 'tough'. I thought don't punish the child. After he calmed down and asked him to come back and deliver the message. He was all smiles. He gave me a hug and he didn't just go to bed. He came back out ready to learn. The lesson was on the wise man and the foolish man. He was able to try both.

Don't get so hung up on the clock. If you are on a teaching moment see it thorough to the end.

"Take your love to your family and your frustrations to the Lord." We usually do it the other way around. So that he can help us resolve them.

Elder Ballard gave a talk called "Daughters of God" about not being able to draw from an empty nap.

I love that 'power hour'...30 minutes of scriptures 30 minute power nap.