

In Parenting 180 you will not find a bunch of rules that guarantee a straight A student who never messes up. Truth be told if there was a fool proof Parenting Method to achieve that goal, then we all would not be spending our time and effort to learn how to parent. Our goal is that you will learn some new principles and answers to questions you never knew you had, that will in turn allow you and your child to make it through the next stage of life. I tell people all the time, that grandchildren are my reward for not killing my children when they were teenagers.

The other important factor you need to know about this parenting book, is that it's going to be more about YOU the parent.

Please do not beat yourself up if you have done things wrong or think you have messed up too much. Admitting you are not perfect and that you are teachable is half the battle. The other part is being humble enough to say "I messed up, but I don't what to stay there."

This parenting class may be hard at times, easier at others. But the ultimate goal of this Parenting class is to take the children that God has given us and Raise Children to be Healthy Adults.

*Children are a gift from the LORD; they are a reward from him.
Psalms 127:3 (NLT)*

Just a little about us before we get started. I was young, a freshman in college when the nurse told me I was pregnant. The very next thing out of her mouth was "would you like the number for the abortion clinic?"

I was young, and messed up a lot with my first child. I wish I could say it got better with number 2 and 3 but all three of my girls had different temperaments (personalities), therefore what worked with one, did not work with the other. We tell of the story when my oldest and the most strong-willed child you would ever meet was a teenager. She had gotten in trouble and we had a rule; if we start to count, that is how many spankings you got. **(I am not advocating spanking, I am telling you a story)** Amanda, stood her ground with her arms folded and as her father counted, she added to it. Needless to say she had a choice all those spankings or 3 big ones... with the first swat the paddle broke. I am sure she did not learn her lesson with this, because at age 17, her father and I had her arrested for being an unruly child. You see we wanted to see her sorry, more than a behavior change, as to why she was in trouble in the first place. To this day though, she will tell us that was the best thing we ever did for her.

So stay strong, ask questions, get a mentor and let's get started.

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Week 4

Did you know that Children learn 85-95% of their words by age 3? And where do they learn those words? From their parents. It is said that if you listen to a parent and a child that 86-98% of their words will be the same. Because of this statistic they also get this statistic: 30-million-word gap by the age of 3. It is said that children raised in poverty will have a 30-million-word gap from those raised in a professional home. ¹

If you find yourself on the lower end of the word spectrum it can change. But you as the parent are responsible to change that. There once was a Central Asian Tribe called the Tar-Tar's. It was said that before they went into battle they would speak over their opponent these words no matter how strong or how weak they were, "May you stay in one place forever". Basically what they were saying is that we want you to "stop learning, stop growing and fail to improve". They went on to explain that a group or individual that fails to continue to learn is slowly learning to fail.

I want you to read the statistics about a study done between a mom and her children:

There was a study where one mother agreed to tape record her interactions with her children over a two-year period and to write notes about her activities with them. Within approximately 500 hours of tape and over 1,000 lines of notes, she initiated talk to one of her three preschool children (other than to give them a brief directive or query their actions or interactions) in only 18 instances. On 12 occasions, she talked to the children as a result of introducing some written artifact to them, in the 14 exchanges that contained more than four turns between mother and child, 12 took place when someone else was in the room. Written artifacts, as well as friends or family members anxious to listen to talk about the children's antics, stimulated the mother's talk to her preschoolers.²

Based upon everything we have just talked about is there anything you, as the parent need to change? _____

As part of your homework this week; I want you to think about this study and take notice of your interactions with your children.

¹ <https://www.aft.org/sites/default/files/periodicals/TheEarlyCatastrophe.pdf>

² Heath & Branscombe, 1984, 1985; Heath & Thomas, 1984



Lets transition into how you talk with your children. Depending on the age of your child(ren) your questions and their freedoms will be different.

Do you ask your child(ren) questions because you really want to know about your child(ren) and the things they are participating in?

Do you ask question in an accusatory tone?

Example:

Where are you going! Or is it....

Hey was that _____, are you all getting to go on that bike ride finally?

Hey, you going to go hang out with _____ at his/her house? Tell his/her parent I said hi.

Hey I haven't seen or heard you talk about _____, in a long time, is everything ok with your friendship?

What I wanted you to see is accusatory tone versus asking a question. Asking a question gets you the information in a nonthreatening way if it's NOT done with our overbearing parental attitudes getting in the way.

Remember that Gods word is not just for adults but also our children.

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10 (NIV)

When you read that scripture and you think of the expectations you have for your children what comes to mind? Are there still some things you need to do as the parent?

Journal your thoughts: _____



Now that you have spent time journaling your thoughts answer these questions truthfully.

How do you parent: What I say goes? I own you. Because I said so. Don't question me.

I wonder what my kids are up to. As long as they are home by the time I lock the door, all is good.

Statistics show that children that grow up with these types of parents are more susceptible to getting into trouble. Some will get into trouble just to get your attention. Others will get into trouble later in life because they were never allowed to make choices and there was never an explanation except because "I said so".

Once there was a social experiment done on a playground with children. One group had a fence around the playground, the second group did not. It was found that the group without the fence did not venture out, but stayed close to the equipment. But the group with the fence, knew the boundaries. They were clearly laid out so they felt a freedom to venture away from the playground equipment, because they had structure.

Kids love, whether they tell you or not, structure and discipline. But rule number 1... it has to be consistent.

We are going to look at 3 types of parenting.

Authoritarian

- Always in control of the children
- Strict rules
- No expression of warmth or affection
- Critical of children not meeting your standards or expectations
- Not explaining "why" - Just saying "because I said so"
- Children do not learn to think for themselves

Permissive

- No rules or very few
- Giving children as many choices as possible even when child is not capable of making good choices
- Accepts behavior – good or bad
- Give up control to the children



Authoritative

- Help children learn to be responsible for themselves
- Think about consequences
- Provide reasonable expectations
- Give explanations for “why”
- Give child choices based on their ability

What parent are you? _____

Is this a good parenting style or do you need to change? _____

Scenario: You just mopped the kitchen floor and “Tommy” walks in and tracks mud all over. Immediately you yell, “I can’t believe you did this- you are so stupid- what were you thinking? Oh that’s right you weren’t”.

Next week same scenario, but this time you don’t say a word. You just clean it up.

Parenting like this, they never know what to expect if they do something wrong, so in reality when they get older they will never tell you anything because they don’t know how you will respond.

Parenting is also consistent discipline, watching your words carefully and picking your battles.

Consistent Discipline means that if they get in trouble for walking in with muddy shoes today, they get in trouble (same punishment) or worse, if they had already been talked to and understood the rule) tomorrow (or next week).

Watching your words carefully. Remember in Week 3 we talked about our words and expectations?

Picking your battles? Does it really matter if they wear a non-matching outfit? But it does matter if they are lying and stealing. Sometimes you let things go because in the realm of eternity, wearing plaids and stipes or a short sleeved shirt versus a long sleeve shirt, is not a big deal. Unfortunately, when we let lying and stealing slide, we are setting our children up for failure as adults.

But will ask it again are your actions speaking so loudly that your children are not hearing your words? And is there something or a few somethings that you need to change in your life?

- _____
- _____
- _____



Tell me about your childhood when it came to being disciplined:

What was a punishment like when you were younger?

Was there anger involved.... violence...or was the punishment done through passiveness?

I remember when I was younger I was trying to help unload the dishwasher and I dropped a dish. It broke and I got into so much trouble. I remember thinking I was just trying to help; I also remember thinking that I will never yell over a broken dish when my children were trying to help.

It matters how you were parented because statistically that will show how you will parent

Dr Kevin Leman is a well-known author and psychologist. He says that it is not always easy to teach children why or how; but we need to raise children to think and not follow the crowd. So in reality we need to learn to parent and parent well. He also has ABC's that are basics for raising healthy children. The ABC's are as follows

A is for Acceptance. Accept your child(ren) for who they are as an individual. Your child must know that you love them for who they are. If you continue to say "I love you", but then compare them to their sibling, or worse yet have a condition upon your love, they will begin to wonder if they really are accepted into the family.

B is for Belonging. Make sure children have a sense of belonging to the family. It was once said that whoever loves a child first will get their allegiance. So if you are not loving your child but the "streets" are, then your child will feel they belong to the "streets" and their allegiance to the "streets" will follow.

C is for Competence. You need to develop in your child the ability to do something well or efficiently.



If you do not Acept your child someone will, this is where gang activity starts (as a worse case example, or just running with the wrong crowd.)

Again your child needs to Belong, if they do not belong to your family they will fulfill that longing somewhere else. This is especially important for girls to prevent teen pregnancies. Psychologists agree the need to be accepted into a group is one of the deepest needs in humanity.

When I say nurture your child's self-esteem what comes to mind _____

Well think about these few things and think about how it affected your upbringing? Maybe a tone of your voice, body language, an expression (especially those expressions we can make that say "yeah right I hear what you are saying, but I am not believing a word you are saying", then come to find out they were telling the truth all along).

Think about the words that someone said to you when you were younger and how they affected you. Maybe words came at you like "you are overweight, you are ugly, you are bad at sports" etc... there are so many words that kill a self-esteem but also your actions as a parent or lack of actions affect your child's self-esteem also.

If you as the parent are NOT nurturing your child's self-esteem and you are NOT doing the ABC's, someone or something will and you will find yourself with an uphill battle.

What are your disciplining methods? _____

When disciplining set limits but more importantly be consistent.

We are going to use our "Tommy" tracking in the mud again scenario.

If your child tracks in mud and all he/she gets is a now lets get this cleaned up. Then when they track mud in tomorrow the discipline had better be the same UNLESS yesterday after you had them clean it, you then talked to them about the importance of taking off their shoes at the door and what mud does to carpets and told them what the consequence would be for tracking in mud.

If you were in a great mood yesterday because you and a friend had just had coffee, and today you are stressed because all the bills arrived in the mailbox, is that your child's fault?



Just because now is the time they decided to track mud in and you went off screaming and yelling in a fit of rage, what does that say to the child who yesterday got an, "its okay lets just get it cleaned up." What signals are you sending to your child?

Do you have house rules? _____ if you have house rules do you stick to them? _____

If you have house rules are they written or are they unspoken rules you have depending on how you are feeling that day? _____

Writing down on a big poster board house rules and writing them so all ages can read them or understand them is important. First of all, it reminds you the parent of the rules that you have made so that you will be sure that you are not disciplining of breaking a house rule just because you feel like it should be a house rule today.

HOUSE RULES	
1.	Do your assigned chores
2.	Clean your room before you play with friends, watch TV, or play outside or play videos
3.	_____
4.	_____
5.	_____

Hopefully this not only helps you stick to the rules, but also the children will know what the rules are.

Rules to change family rules: Rules stay house rules until you have a sit down family meeting and decide that it is not going to be a family rule anymore.

Don't just decide you are too tired to enforce chores or cleaning rooms and will let things slide today.



The inconsistency of enforcing rules will confuse children and will create in children the idea that “rules don’t really mean anything”.

So what do you do if they don’t obey the written rules? _____

When disciplining are you a counter?

If I count to 3 you are going to _____

First rule in counting, **don’t count**. If your child knows the rules; I have asked you to do XYZ and if you do not do XYZ then this is your consequence. Period end of story.

Example: If you have given your children 5 minutes to clean a room and they know that at the end of those 5 minutes you are heading to McDonalds for a treat

If it is not done in the 5 minutes by one child, but the other child(ren) have finished the task; you get in your vehicle with all children and go to McDonalds. Only the child(ren) that gets the treat are the ones that finished the task.

Now if the reward was going out for dinner, again you still go but pack a sack lunch for the child who did not finish the task.

Do not take away a reward just because one did not have the desired outcome i.e. clean room.

Now, back to if you are a counter, the most important thing is follow through.

Follow through, if you say you are going to have XYZ as the punishment, then make sure you do what you said you would do.

This is why you never say “you do that again I’m going to break your leg”, come on really are you going to break your child’s leg... NO and if the answer is Yes then we have a bigger problem than disciplining a child.

Do you know what the real goal of discipline is? _____

The goal of discipline is to help children choose acceptable behaviors and learn self-control.

So this week’s homework will be a little different. You will find a verse but it will also have questions for you to answer about parenting.



Day 1

“Take your son, your only son—yes, Isaac, whom you love so much—and go to the land of Moriah. Go and sacrifice him as a burnt offering on one of the mountains, which I will show you.”
Genesis 22:2(NLT)

If you read the beginning of this book, you would have read the story about Amanda my oldest and our stint in Juvenile jail. She will tell you that was the best thing we ever did for her. You see we could not get her attention and needed help. She was running with the wrong crowd and her choices were reflective of her surroundings.

Do you love your children enough to let them sometimes fail at something so that they will learn the lesson?

We don't want our children to get hurt so we try to fix it. If God told you to stand back while your child went down a path of destruction could you? Or would you have to fix it? (I am talking about an adult child)

God does not always fix all our problems the way we want them to be fixed, but He fixes them the way they need to be for us to learn the most.



Day 2

Then the LORD passed in front of him and proclaimed: Yahweh--Yahweh is a compassionate and gracious God, slow to anger and rich in faithful love and truth, maintaining faithful love to a thousand generations, forgiving wrongdoing, rebellion, and sin. But He will not leave the guilty unpunished, bringing the consequences of the fathers' wrongdoing on the children and grandchildren to the third and fourth generation.

Exodus 34:6 and 7 (HCSB)

Slow to anger, wouldn't it be cool to parent this way? We are so lucky to have a Father that loves us so much that He is slow to anger. Not only is He slow to anger but when we do wrong our punishment is not done out of anger. Can we punish without regard to our anger? Or does our anger dictate the punishment? Think about your earthly parents in light of this verse.

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Day 4

Young people are prone to foolishness and fads; the cure comes through tough-minded discipline. *Proverbs 22:15 (the Message)*

Who is the parent and who is the child? _____

If you as the parent are just as prone to foolishness and fads then you may have bigger issues as a parent. So stop right now and reflect on what changes you still may need to make?



Day 5

My son, do not take the Lord's discipline lightly or faint when you are reprovved by Him, for the Lord disciplines the one He loves and punishes every son He receives. Endure suffering as discipline: God is dealing with you as sons. For what son is there that a father does not discipline? But if you are without discipline—which all receive—then you are illegitimate children and not sons. Furthermore, we had natural fathers discipline us, and we respected them.
Hebrews 12:5b-9a (HCSB)

God disciplines those He loves. Teaching your child through discipline is love. It is ok to tell your child no sometimes. Being a loving parent is more than just giving us what we want. So what does these verses say to you?

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