

How to Raise Emotionally Healthy Children

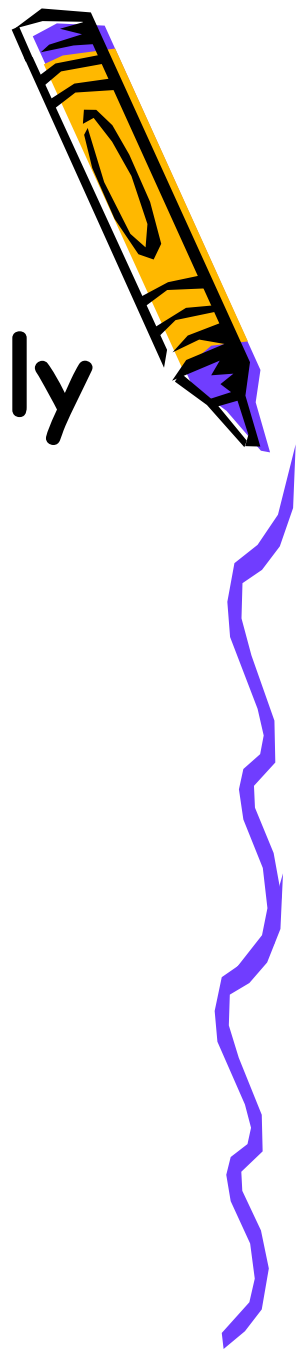


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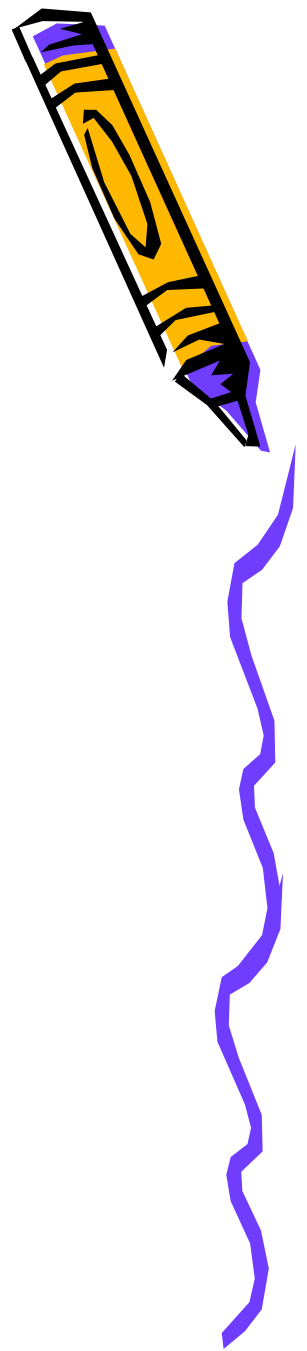
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The Five Critical Needs of Children



1. Need to Feel Respected
2. Need to Feel Important
3. Need to Feel Accepted
4. Need to Feel Included
5. Need to Feel Secure.



Becoming a Professional Parent

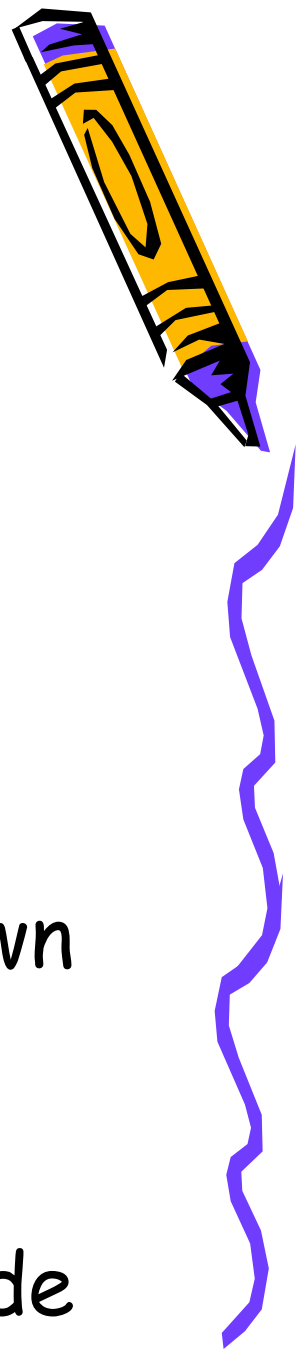


Child rearing is too important
to leave to chance



Elements of Professionalism

1. Making conscious decisions
2. Having a game plan
3. Becoming a student of one's own behavior
4. Having an experimental attitude

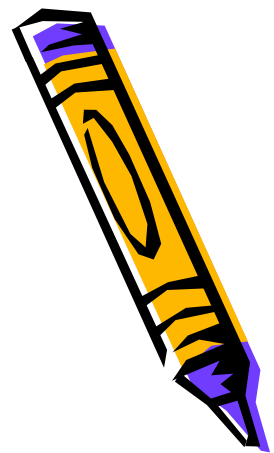


Making Conscious Decisions

- Planned change begins with a conscious decision by parents to focus on the family.
- Change is inevitable.
- Amateurs wait and let things happen.
- Professionals make things happen.
- A family who travels without a plan never arrives. Without a vision the people perish.



Having a Game Plan



- A game plan is a statement of the actions to be taken to accomplish your goal.
- A plan might include reading this book, having family meetings, getting feedback.
- A plan would also include getting coaching or help from a professional if needed.



Becoming a Student of One's Own Behavior

- Journaling - reflect on how you did this day. Is there anything you would not do next time, something you would do?
- Asking for feedback, from your children, spouse, or other adult family member.
- Family meetings: a meeting where people speak openly about themselves and others.



Having an experimental attitude

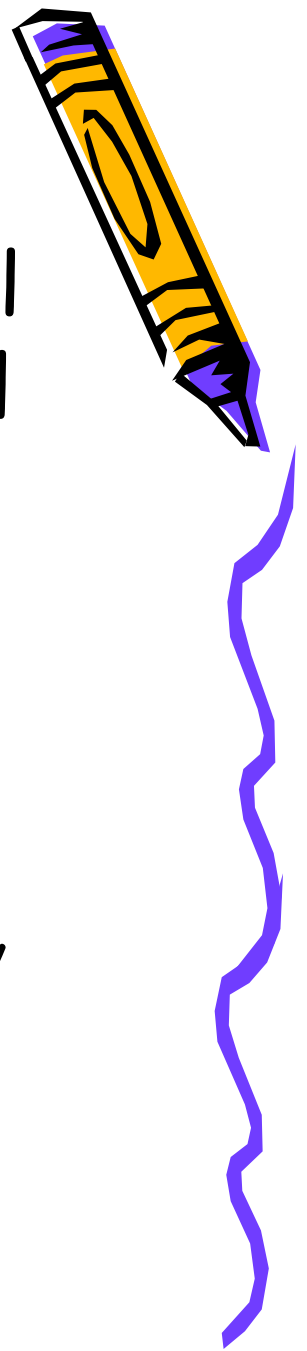


- One definition of insanity is trying the same thing over and over and expecting different results.
- Practice makes perfect. Practicing something wrong only makes you perfect at being wrong.
- If at first you don't succeed, try, try again. However, try something different.



The Family Meeting

- The family meeting is a powerful way to help family members feel respected, important, accepted, included and secure.
- When you meet and ask for feedback and address family problems, issues and the future, letting others talk and express their feelings and opinions, you create an environment where all the 5 needs are met.



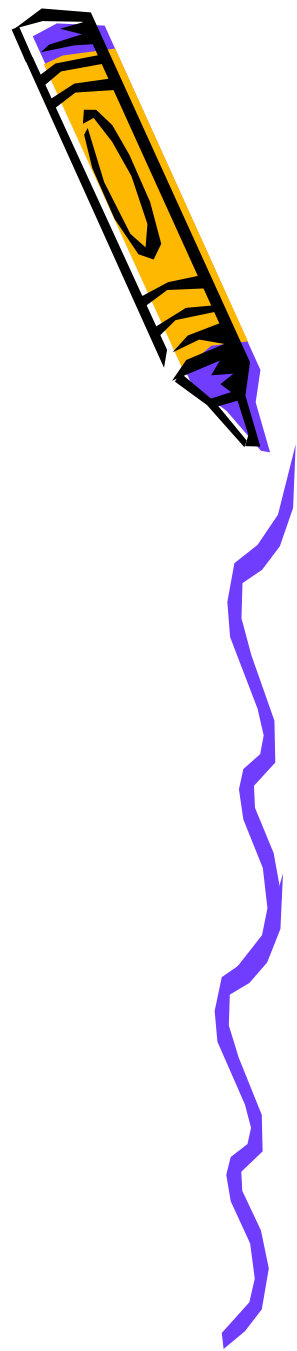
Taking Control of Your Life

- Prepare a "to do" list
- Prioritize and Schedule
- Create additional time for your family
 - Simplify your life
 - Time management
 - Delegate
 - Pay for help
 - Reduce unnecessary worry.



Obstacles

- Feeling Overwhelmed
- Too Many Distractions
- Lack or Neglect of Planning
- Over Seriousness
- Unrealistic Expectations



Self Care

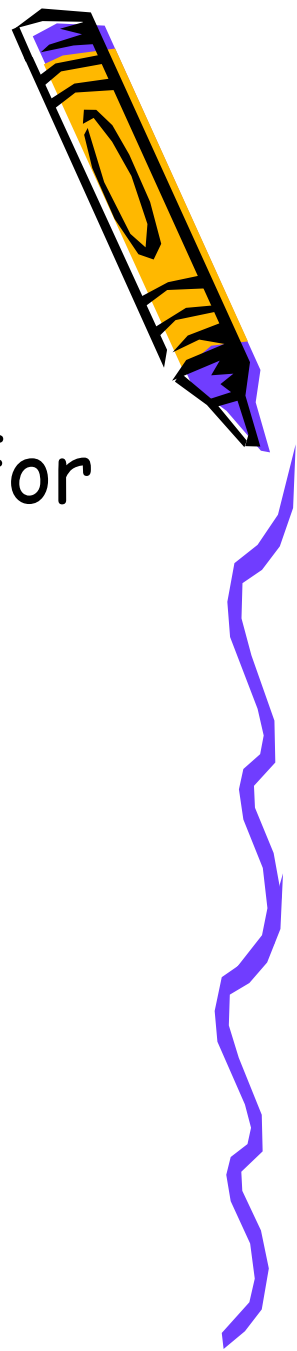


- Creating a community, you can never have too many people who love you.
- Core Values: know what they are and act on them. If your beliefs and actions do not match, you will feel stress, and must change your beliefs or change your actions.
- It is easier to act your way to new thinking than to think your way to new behavior.

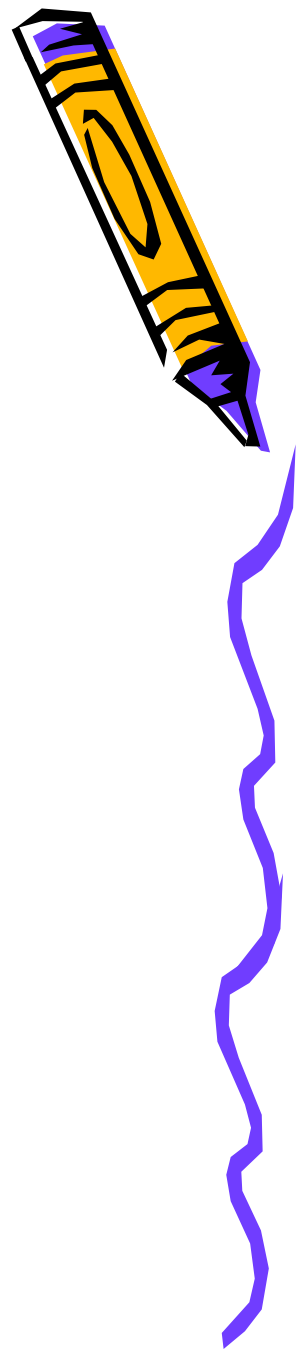


Resources

- Family Activities List
- Daily Journal suggestions for own behavior
- Family feedback summary
- Parent self care survey
- Parent self care evaluation
- Family activity survey
- Family activity evaluation



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