LESSON ONE:

One evening I was thinking of the 108 tools, skills and strategies I'd discovered, created and used to create harmony with kids over the years, my kids and the kids I've worked with in our Montessori school and in public schools.

'What is the least people need to know and do to successfully raise happy, confident, respectful kids?'



What Is The 1 Rule?

When I explained what I'd discovered to one of my coaches by asking that question, he named it: "108 Parenting Lessons in 1 Simple Rule"…(I call it the 1 Rule, for short)

Using the 1 Rule means…

You find agreement. That's the Rule.

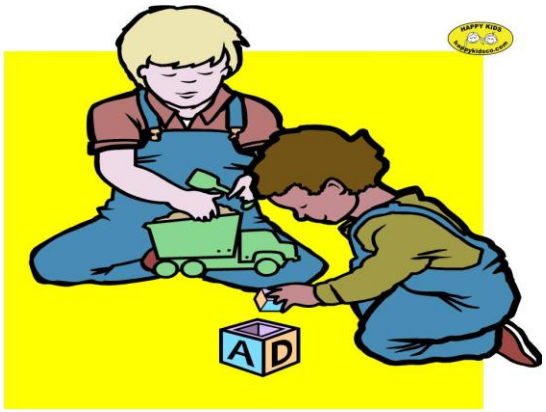
The 1 Rule = Agreement

Agreement = Harmony

You find a solution that everyone likes. You've found agreement.

You've found harmony.

Follow the rule, and as you need one of the 108 tools, skills or strategies, or something equally useful, it appears.



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Why Does The 1 Rule Work?

Apparently our brain is hardwired to answer questions. When we are asked a question, our brain immediately begins searching for an answer. **The 1 Rule** is like asking our brain a question, so it immediately begins searching for an answer. We ask how we can find agreement.

I wanted my children be happy, to feel good, and I also wanted them to be self-determined, to figure out for themselves what they wanted, how they wanted things to be.

When you use the 1Rule, you create a heart-to-heart bridge between you and your child. That way you both feel loved at all times. You are loved, and **you also *FEEL* loved**. You and your child get to feel it at all times! **Imagine the blissful power of this…**

Try it. You'll see how great it works!

Learning how to harmonize differences and resolve the resulting conflicts in a humane and peaceful manner is what the 1 Rule is all about. You also learn how to avoid getting into conflicts in the first place.

The Following Insights…

"Kids' Work", "Developmental Blueprint", and "Adults First", were for a Breakout Session I conducted at a National Assembly for the Women's Federation for World Peace in Washington,

D.C. I was asked to provide the most healing information I could, to help heal the relationship between parents and their children.

Kids' Work

First, do you realize that children have a very important job to do, as important as any job on earth?

It's their job to create an adult, specifically, the adult they become.

And one of our jobs is to help them do this, and hopefully do an excellent job of it.

The 1 Rule is created to help this happen.

It is distilled from over 47 years of focused attention, observation, experimenting, inspiration and caring. That's why experiencing, understanding, and using the 1 Rule is so important.

It not only makes your child's job much easier, but it makes your job, as a parent, easier, too.



Developmental Blueprint

No matter what you think your kids are doing,…testing you, defying you, following orders…, their primary goal is to create the adult they become.

This developmental blueprint with its inner motivation ensures that a child masters certain abilities, walking, talking, etc. **The child must do what the blueprint dictates.**

Adults First…

Kids learn from adults. Kids are not born ready to fully participate in family life. They need to learn how things are done from adults.

When it comes to respect, parents need to give respect to their kids first.

You need to show how it's done. You are the model.

Your kids need to observe you when you treat them respectfully, see what you do and how you do it, and experience how it feels.

Then they can imitate you.

Their job of creating a wonderful adult human being is certainly a job worthy of respect. So let's help them do it.



Benefits of Using the 1 Rule

Here is some of what you can look forward to when you use the 1 Rule:

- Kids
  - Always feel loved
  - Become competent problem solvers
  - Are respectful
  - Learn to make wise decisions
  - Have self-respect
  - Are confident
- Parents
  - Get what they want without struggles
  - Have more time for themselves
  - Feel confident in their parenting
- Everyone works together in harmony, which creates…

- More fun
- More peace and quiet
- More learning
- More adventure
- More joy



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Side-Effects of the 1 Rule

- **Harmony With Kids**
  Harmony is the result when you are in agreement with someone, even according to the dictionary. It is the inevitable result of using the 1 Rule.
- **Positive Respect Mindset**
  A Positive Respect Mindset is knowing that there **is** a respectful solution and being determined, committed to finding it. It is built into the 1 Rule.
  A core belief of a Positive Respect Mindset is that you and your kids are equally important.
- **Respectful Kids**
  The 1 Rule is a very respectful practice. One thing I learned long ago is that if you are consistently respectful to kids, they automatically become respectful people. That's what they are used to experiencing.

- **Confident Kids**
  Kids who are practiced at solving problems so they feel good and so do the other people involved, develop a feeling of confidence.
- **Harmonious Kids**
  Kids who are used to using the 1 Rule are used to being harmonious with the people around them.
- **Personal Clarity**
  When it is your practice to use the 1 Rule, there is less confusion in your life. You know how to find harmonious solutions, with your kids and others, and within yourself.
- **Ability To Shift Your Thinking**
  When you use the 1 Rule you often practice shifting your thinking. This becomes one of your abilities.
- **Being A Good Model**
  Since you are obviously into harmony, you are being a good model of a harmonious person as you use the 1 Rule with your kids.
- **Raising Trustworthy Kids**
  Since you obviously have great communication with your kids, you've seen how they make decisions and work things out, so you already know that you can trust them. If you have any concerns, you can just bring them up. Then you can come to agreement.
- **Ending Conflict**
  Since using the 1 Rule creates agreement before disagreement is created, you have put an end to conflict with your kids. Disagreement is another word for conflict.

Self-Respect

Self-respect is basically feeling good about yourself, thinking good thoughts about yourself. You are bound to do that when you have created harmony in your home.

Question

1. Think of at least one situation with your kids where you want harmony, maybe a conflict or a plan. You can write or journal on it. Anymore?