LESSON THREE:

Preparation and Pre-Work

The 1 Rule is simple. So simple, that it was actually discovered and co-created with 3yr old children. We didn't know we were doing this until it was revealed to me many years later.

If you actually put to use what you learn in the first and second lessons, you end conflict and replace it with harmony, and no one has to give up what is important to them.

Preparation

The 1 Rule: Start Strong

The 1 Rule is going to become your new habit.

To create this new habit, you are going to start with yourself and what you want.

If it feels good, then you can agree with it. If not, you cannot. To start with:

- When you are looking at situations, you can do it in your mind.
- You can write them out and even journal on them.

You look at situations with kids, one by one, and decide: is this situation okay with me just as it is?

If yes, your work on that is done. Go on to another one.

If no: what would have to change, be different so that I could feel good about this?

Maybe several versions of this situation would feel fine with you. Maybe only one.

This is your first practice as you create this new habit: following the 1 Rule. This is a good practice no matter what age your kids are. It helps ensure a strong start and makes following the 1 Rule so much easier.

As you know, 'Agreement' is what the 1 Rule is about.

Although I'm going to focus a little on children younger than three right now, the fact that you are doing the work of finding harmony with them, gets you into the habit in a way that is helpful when you introduce the 1 Rule to <u>anyone</u> who does not know about it yet.

When we are dealing with babies, toddlers and 2yr olds our role with them is to do the work. Just like we do in the Start Strong exercise. It is up to us, the adults to find harmony with our little

ones. They are finding harmony with their lives, their developmental blueprints (more on this later).

We do this by becoming used to finding what is agreeable to us and seems to be agreeable to our little ones. How do we know? They go along with it. They don't resist. They don't cry.

If you are not used to doing this, it make take trial and error to start with, but you will eventually become skilled at this.

It will give you time to become dedicated to finding solutions that are agreeable to all involved. Their cooperation or non-cooperation will help, as a clear guideline. It becomes a habit, a good habit that leads to harmony.

One thing to keep in mind as you are forming this habit, **you never have to agree to something that you do not want to do**. If you think about it enough, or even better, ask your inner being, you'll find something that feels okay for you to do and you can tell that you child is comfortable with your choice.

I had no background of being able to do this. I didn't even know it was a 'thing.' But it is what felt best to me. It never felt good when I did not follow this practice, when I tried to force my kids to do as I wished, without considering what they wanted. Now I know it is a 'thing.' It is following the 1 Rule, finding agreement, finding harmony.

When you child is about 3yrs old, they can become partners in following the 1 Rule. I am using the age of 3yrs old as a guideline. It is not meant strictly. As soon as your child is able to accept easily that you might need something, then you can go for agreement with them. Then they can relate to, "Just a minute." Then they can relate to, "I need a drink of water before we go."

That's when you can start pointing out, when there seems to be conflict, "You are important and I am important and we both deserve to have a good time. So let's figure out how we can do that." Then you can make a suggestion, unless they come up with something first that sounds good.

Questions

1. What are some of the harmonious thoughts you might have about the person you are working with?

2. Notice situations between people. Especially look for harmony in action. Choose at least one situation to write about.

3. Think of situations and various ways you might deal with them harmoniously. Write these as a regular practice, maybe daily, or record them, or draw them, or act them out, alone or with friends. Do something creative with them. This gives power and emphasis to what you want.