Welcome to…

Raising Happy Kids Zoom Show

Episode 11

The Guardians

When Creating Harmony Is Up to You



During this one hour Zoom Show
I focus on sharing tips and lessons on the 1 Rule to Raising Happy Kids.



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Each episode has at least one example of the 1 Rule in action demonstrating how it helps you raise a happy child.
Then we have Q&A and discussion.



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When I talk about raising happy kids
or creating harmony with kids,
I bring up the 1 Rule.



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The 1 Rule = Agreement

Agreement = Harmony

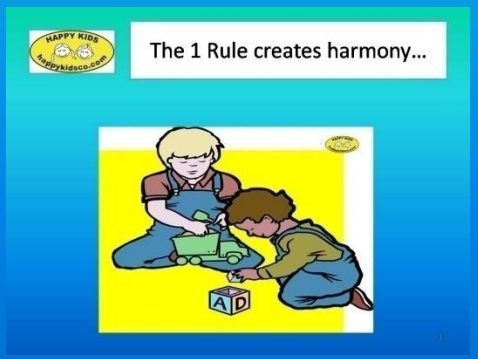
Using the 1 Rule means…

You find agreement. That's the Rule.

You find a solution that everyone likes.

You've found agreement.

You've found harmony.



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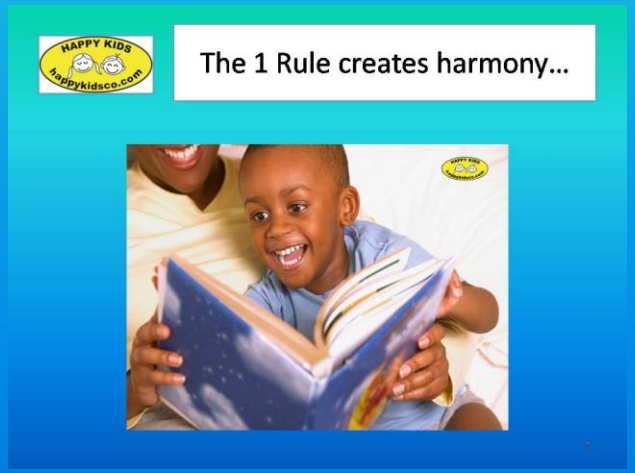
Knowing and following the 1 Rule is all you really need to create harmony between you and your kids.



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In any situation where there are differences that might lead to conflict between you and your kids, use the 1 Rule.



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I learned this strategy from 3yr old children. I was teaching them a complex conflict resolution strategy, actually intended for adults, and they taught me this.



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So don’t think you’re in for a rough time. It’s simple. It’s easy. It’s powerful and effective. It works....if you use it.



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In today's slide show we explore a situation where creating harmony is up to you because the other person is too young to be able to participate.



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Jenny and Pam were walking Timmy home, as usual. “You’re right, Jen” said Pam. “I’ll bet Kathy can help me with this. I’ve just been dreading it. I totally forgot what Kathy said about how we can use the 1 Rule with 2yr olds, but that it is different than what we do with older kids.”



“Remember we can use it with grumpy adults, too!” laughed Jenny.

“It works really well with grumpy adults,” said Timmy. “We have a neighbor who used to be grumpy.



I've been using the 1 Rule for 2yr olds with him when I have to talk with him. Now he isn't mean. Sometimes he doesn't say anything, but at least he isn't mean."



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“See, Pam,” said Jenny. “I’m sure Kathy can help you.”

“Yeah, I’m sure she can, but Dean is a real terrible two. No one can stand to be around him and I got volunteered to take care of him while my cousin is visiting.”



“You got volunteered? Don’t you use the 1 Rule at home?” asked Jenny.

“We usually do, but this was a kinda’ family emergency. They couldn’t reach me to ask me about it.



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Mom said that with all my experience with the Guardians, she was sure I'd agree and do a good job."

"Would you agree?" asked Jenny.



“I guess. My cousin really needs the help and I’m the best one to do it. I was letting this get to me. I’m glad you reminded me about talking with Kathy.



Maybe that's why this is happening, so I can learn about taking care of 2yr olds using the 1 Rule. I just hope it works. Then I could get really good paying jobs babysitting 2yr olds when I'm a little older. If it works, it could be my specialty."

“Now that’s the way to think, Pam,” said Jenny. “This could turn out great.”

“My mom should be home if you want to talk with her,” said Timmy.



“I may as well,” said Pam. “The sooner I feel good about this, or at least better, the more I’ll like it!”

As they got to Timmy’s house,
“Mom! Mom!” shouted Timmy.
“Pam needs to talk with you!”



Kathy came out on the porch. “Hi girls. Come give me a hug, Timmy and tell me what’s happening.”

Timmy ran up the stairs to hug his mom. “Pam has to babysit a terrible two and she really needs some help.”

“What’s this all about, Pam?” asked Kathy. Kathy had become the coach of the Guardians right from the beginning when Pam and Jenny first walked Timmy home. She taught them the 1 Rule and did weekly sessions with them where they practiced using the 1 Rule.



“Do you have some time to coach me, Kathy?” asked Pam.

“Yes,” said Kathy. “Let’s have a snack first. I was just fixing something for Timmy and me. Are you girls hungry?”

“Yes!” the girls exclaimed.

As they ate, Pam explained what had happened in her family and that Jen had suggested that Kathy could help her.



“I’m sure we can figure out a good plan for you, Pam,” said Kathy. “I’ll tell you what I’ve learned about interacting with 2yr olds.”

“Yeah, that’s what I was remembering you said about working with grumpy adults,” said Jenny.



“That’s right and that sure works!” said Timmy. Timmy had become so confident during his time with the Guardians.

“Okay. Let’s get started,” said Kathy. “I’m going to tell you what you have to do differently with 2yr olds, or grumpy adults when it comes to the 1 Rule. I am also going to tell you why the “terrible twos” develop and how to avoid them. Sound good?”

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“Sure. Anything that helps,” said Pam.

“Soon after a child is through the “terrible twos” you won’t have to do this, but for 2yr olds, and really anyone younger, like toddlers and babies, you have to be the one to find the harmony.



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They cannot participate any more than they already are. They are already in harmony with their developmental blueprint and that takes all of their attention."

"What is that, their developmental blueprint?" asked Pam.

“It’s what is built into all of us so that we figure out how to move our bodies, like walking, we learn the language where we are born. We learn so much to help us live our lives, and we all learn these things at about the same time and in the same order. That’s how we know about the developmental blueprint.”



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“I’ll tell you briefly what we know about 2yr olds and their development and why it seems that they are difficult or even ‘terrible.’ 2yr olds are developing their will power.

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They are making themselves into people who know what they want, who know how to get what they want and who are determined to keep going until they get what they want.



“What makes this so difficult for those around them is when they are determined to do and have things that other people do not want them to do or have.”

“That sure sounds like Dean,” said Pam.



“I’m not surprised,” said Kathy,” because of what you have said about him. To be able to work with him, you have to pay attention to him.

As a person at this stage of development, he must practice wanting and being successful. He has no choice. Young children have to do what their developmental blueprint directs them to do.

“So, in a way, he already is in harmony, in harmony with his developmental blueprint which guides his development.”

“Harmony? Then why is he such a brat?!” asked Pam.



“He isn’t necessarily in harmony with those around him, so it is up to them to get into harmony with him,” said Kathy.

“Get in harmony with a brat?” asked Pam.



"He is only considered a brat because the adults around him do not understand what he is doing and do not know how to work with him. It can make all the difference if people work with him instead of against him," explained Kathy.

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“So how do I work with him?” asked Pam.

“First it helps if you find harmony inside of yourself,” said Kathy.

“How do I do that?” asked Pam.

“There are various ways. We have a whole training on this. Before he gets there, you could give yourself a time-out.”

“A time-out? Why do I need a time-out?” asked Pam.



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“Just to have some time to yourself, doing something you enjoy, like listening to music or reading or dancing, or writing a list of things you are glad about in your life, or even sitting quietly and just paying attention to your breath going in and out of your nostrils, or listening to an app on your phone, like dripping water or central air.



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With the first two the idea is to get you focusing on what you appreciate about your life. These help you feel the good feelings of harmony inside of you. With the last two it is to stop your thoughts. This helps you get in touch with the source of harmony inside of you," explained Kathy.



“I think I’ll start with writing a list of things I’m glad about,” said Pam.

“It’s good to do this every day. To make it a practice,” said Kathy.



“Maybe we can tell all the Guardians about this,” said Jenny, “I want to do it.”

“That’s a great idea, Jen,” said Pam.

“I agree, Pam,” said Kathy.

“You can help me with this can’t you, Mom?” asked Timmy. “We can do this together, can’t we, Mom?”

“Sure we can, Timmy,” said Kathy.

“So what do I do next?” asked Pam.



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“It’s very important to remember that your work is to put yourself in harmony with Dean, since he can’t get into harmony with you. Realize that he is doing important developmental work and do your best to think yourself into harmony with him.



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Make sure you keep feeling good about what is going on between you. That is you being in harmony with him. Pay close enough attention to him while you are with him to notice when he first chooses to do something. He needs to keep practicing wanting something and doing his best to achieve it.



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If you notice he is choosing something you do not want him to choose, when he has first made a choice, it is easier to get him to choose something else, something that you feel good about. Once he has become determined to do or have something, it is easier to go along with him and make sure that it goes smoothly," explained Kathy.



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“What did you mean by ‘think yourself into harmony with him’?” asked Pam.



“Let’s say you didn’t realize that he had chosen to take the TV remote into another room. Since he is already doing it, he is being determined. So to think yourself into harmony, you might think, ‘I’m going to follow him and when he is done, I’ll make sure to put the remote back, but where he can’t get it again.’ So you think that and you do that.



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Now, if you see that he is going to put it in the dog's water bowl, you have to interrupt him. Just do your best to make it an enjoyable experience for both of you instead of an unhappy one.

So besides finding harmony inside yourself, paying close attention is one of the most important things. Doing your best to create harmony with the other person is another important part of this."



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“I just had a thought,” said Pam. “What if we came over here, at least for the first time? Then I could see how to do things?”

“Yes, Mom!” said Timmy. “Let’s do that. I have toys he could play with.”



“That should work out,” said Kathy. “Just let me know in advance so I can re-schedule coaching calls, if I have any at that time.”



“I think that I will suggest this as our practice during our next Guardians’ meeting. It can help in all kinds of situations, even with parents. Really with anyone who isn’t familiar with the 1 Rule. We all need to know these skills if we are going to introduce the 1 Rule into our families and communities.”

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“Great idea, Kathy!” said Pam.

“Yes!” said Jenny and Timmy.



I am glad you are here!

Now let's have Q&A and Discussion!

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