

Raising Happy Kids

...in Harmony

Magazine: 3rd Issue Winter 2021

How the 1 Rule Can Help YOU

"Taking Care of Each Other"



(Story Example)

Harmony with Babies through 2Yr Olds



(Training)

Harmony As A Parent



Lisa Wasikowski

Agreement NOT Sacrifice



(Training)

"Appreciation"



(Story Example)



This Issue...

FROM THE EDITOR

When You Use the 1 Rule You Are Sharing These Messages With Your Kids...

- “I want us all to be happy”
- “We are all important”
- “We can solve our problems together”
- “You are important”
- “You matter”
- “I believe in you”
- “I love you”

Lisa Wasikowski is our guest contributor sharing “Harmony As A Parent,” a powerful movement from not much harmony to her deep understanding of the point of harmony.



Harmony with the Readers 4



Harmony As A Parent 5
by Lisa L. Wasikowski



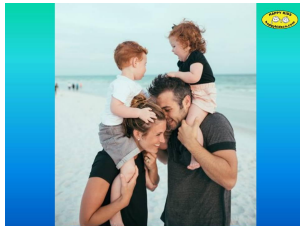
**Harmony with Babies,
through 2Yr Olds 8**
The 1 Rule: The Training
Lesson 1: Part 1: Babies through
2Yr Olds



“Doctor’s Orders” 10



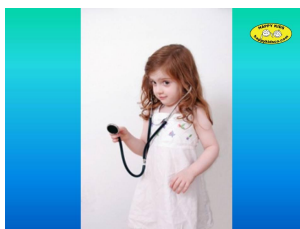
“Errands with Baby” 12



Agreement NOT Sacrifice! 14
The 1 Rule: The Training: Lesson 2:
Agreement NOT Sacrifice



“Traveling with a Crawler” 16



“Trusting Each Other and Getting It Done” 18



“Taking Care of Each Other” 19



“Appreciation” 22



Harmonious Answers 24

Ask Karen

Harmony with the Readers



Lisa sent February 24 at 10:34 PM

I just listened to one of your podcasts. You said what the 1 Rule is pretty clearly. It's agreement. It's not often Joe and I feel like compromise or at least "discussion" isn't needed. Sometimes Helena sets her boundaries, and they're firm, and she doesn't want to compromise or discuss. If her perimeters are not disrespectful of our perimeters, no compromise or discussion needed. We ask the same of her. This helps us with autonomy even while living so closely. This also helps us where discussions and

compromises are concerned. We already know where we stand, individually, so it's easier to know where the "lines" are. Sometimes one of us is feeling a little off or needs some extra leeway, so we are honest and figure that into what we decide as a family. I 100% agree that agreement is crucial. We do not agree 100% of the time, but we feel it important to decide as a family on most things because we live and operate as a team. Sometimes, agreement is basically a choice. Example: Mom needs quiet. If you need your music, you can listen with your headphones on and work on a quiet activity or rest OR headphones off and we can do a silent activity together or rest. She gets to choose. While she didn't come up with the choices, I know her well enough to provide at least one choice she'll be happy about. If I don't provide a choice she wants, she'll usually tell me a different choice she wants, and if it's respectful, no questions, she gets to do it.

Being respectful also keeps in mind our schedule. We are very scheduled during the week. If she wants to play in the backyard but Joe or I are busy or she has a Zoom appointment coming up, we'll take her outside afterward. We feel it's important to let her know her needs are important to us, and we will do all we can to meet them in the ways she prefers.



HARMONY AS A PARENT

By Lisa L. Wasikowski

Neither of my parents had much harmony in their lives growing up, and neither healed before becoming parents, so the vicious circle continued. I never thought I would be a good mom. As a child whose parents did not prioritize creating harmony, I have struggled my whole life to attain it, and I knew if I ever became a mom, I would have a heck of a project in front of me.

“Harmony means agreement.” – Karen Ryce

I never felt I deserved better than being the figurative welcome mat or punching bag. If nothing else, it gave me purpose. Love has never been easy for me to come by, and harmony does not exist without love. My parents were my parents, and to question them was wrong. I hated it. No room for me in there, no room for my inquiries, concerns or requests. We are products of our environment. We teach what we know. We do what we know. I want to be better for my daughter.

As a woman in my late-forties, I am still learning how to love myself in order to create harmony, and as a mom of a child with cognitive and developmental delays, including with speech and language issues, I try to understand that love is not always soft and comfortable. Sometimes love is a well-kept schedule or a nudge. Sometimes love is an important question answered or a puzzle cleaned up after use. Sometimes love is admitting guilt, apologizing, and letting it go. Sometimes love is just stepping back for a few deep breaths, honoring personal boundaries, and redirecting ourselves.

Love is the waterfall. Harmony is the bridge.

True love flows effortlessly, like a waterfall. Harmony is different. Harmony takes time, effort, and continued maintenance. Compromise is not easy for me, never has been. Even now, I struggle with the rejection. I struggle with transitioning to compromise. Fortunately, my daughter was born knowing how to love without bounds or conditions. I am the teacher, but I am also the student. No matter how far behind I fall or how caught up in my own head I get, I know she loves me. The teamwork part, neither of us come by naturally.

Both my daughter and I are neurodivergent and require different protocols to keep us safe and feeling loved. We are two very different people with two very

different sets of needs and desires. Sometimes I go to where she is, and we build. Sometimes I bring her to me, and we build. Sometimes she brings me to her, and we build. There really is no meeting in the middle until we have enough of the bridge in place to support our requirements.

When it comes to the day-to-day, my husband and I generally give her choices. A choice is a vote, and the vote is hers to cast. I find this is an important component of agreement.

Recently, my energy levels have been low. It is up to me to self-regulate, but it requires being truthful. My perimeters are figured into the lowest common denominator before we even begin. The same goes for her when she is not feeling great. Health and wellness come first in this house, and we honor self-care as self-love. I offered her a few options I could deal with, and let her choose. Choice: watch what you want with your headphones on while completing a school assignment, voices off. Choice: practice handwriting, voices off. Choice: silent reading, voices off. She asked for outside play. I chose to stick by my boundaries. My husband took her out after his meeting ended. While she waited, she chose to watch a program and work on her assignment. Everyone's needs were met. Everyone felt acknowledged. I cannot teach my daughter how to set healthy boundaries if I cannot make and maintain healthy boundaries of my own, and I cannot teach harmony at least until I attain it.

The point of harmony is to love ourselves and to love each other in synchronicity.

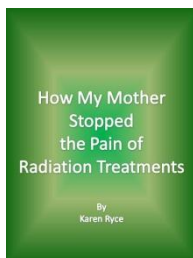
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DISCLAIMER: This true story "is not intended to diagnose, treat, cure or prevent any disease." It is just my mother's story.

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She wanted to share how she went through radiation treatments so comfortably...

Harmony with Babies, through 2Yr Olds

from The 1 Rule to Raising Happy Kids



The 1 Rule: The Training

LESSON 1: Part 1: Babies through 2Yr Olds

Since you became aware that you were pregnant, you might have created a harmonious situation with them while they are still inside of you. Thinking harmonious thoughts, feeling as peaceful, blissful, in flow as possible. Radiating love.

Once they are born you can expand your practice of relating harmoniously with them. The 1 Rule in action is your primary focus in terms of harmony with your child for the next three years (approximately).

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

However, when we are dealing with babies, toddlers and 2yr olds our role in the agreement is different.

Our role with them is to do the work. It is up to us, the adults to find harmony with our little ones. They are finding harmony with their lives, their developmental blueprints.

We do this by becoming used to finding what is agreeable to us and seems to be agreeable to our little ones. 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.

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 to be different than what they want, then you can go for agreement with them. They can relate to, "Just a minute." They can relate to, "I need a drink of water before we go."

Then you can point out, "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 that sounds good.

Questions

1. What are some of the harmonious thoughts you might have about the baby growing in you?
 2. Notice situations between parents and their babies. 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.
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DOCTOR'S ORDERS

Yesterday Lindy hurt her back and her chiropractor gave her strict instructions not to lift heavy objects, she said that included Matty. Lindy is certainly glad that Matty can walk now, but she is not sure how this is going to work.

Everything went fine until she was making dinner. Matty was hungry and tired, and he wanted her to pick him up.

“Matty, my back is hurt. I can’t pick you up right now.”

“Uppie,” he leans against her leg stretching up his arms.

She knows he wouldn’t ask if he didn’t need her, but she really can’t lift him. She turns off the stove, walks to a chair and sits down. “Come here, Matty. I can hold you here.”

Matty runs over and climbs up into her lap. They hug each other for a couple of minutes. Then they sing a few of their favorite songs.

“Matty, now I have to finish making dinner. Randy and Eva and Wendy are coming for dinner. Your daddy will be home soon and he really appreciates it when food is ready. He is usually so hungry. I need you to get down. You can go find the kitty. She is probably hungry, too.”

Matty clings to her neck.

“Oh, Matty I really have to finish dinner. I’m sure you want food, too.” She doesn’t want Matty to be unhappy, but she can’t hold him while she is standing up and she wants to finish preparing dinner.

“Matty, would you like to watch me work? You can sit on the counter. You can help me.” She puts him down saying, “Come with me, Matty.” She stands up and reaches down her hand as she walks to the stove. She moves the stepping stool over near the counter.

“Mommy, uppie.” Matty runs over to her.

“I can’t pick you up, but you can climb up here. I’ll help you, and then you can help me.”

Lindy puts a small towel on the counter for him to sit on and helps him climb up. She stands in front of him to make sure he won’t fall off. “Here, Matty, will you hold this spoon for me? Do you want a piece of apricot?” She is so relieved; this is working out well. So far so good.

(Advertisement)

Here’s some of what you learn in the online course “Harmony with Your 2Yr Old”:

- HOW a 2yr old can be easy to live with!
- This gives the ‘Terrible Twos’ its name: What to do when your 2yr old is determined to do something you don’t want them to do, while keeping you cool and theirs? This alone is worth the course!
- You’ll learn how easy it is to prevent tantrums and how to do it
- How to use ‘interest’ to help maintain harmony
- And so much more... **To learn more and/or buy, copy/paste the link below into a new tab:**
- <https://www.happykidsco.com/2yrgot.html>





ERRANDS WITH BABY

It's been a busy morning, so many errands to do. One advantage of living in a small town is that all the shops are within easy walking distance. Teri has been so patient, content to sit in her stroller and watch life unfold. Of course the snacks and juice her father Dean brought along have helped a lot. When they stop in front of a pet store so that her father can chat with one of his friends, Teri starts to climb out of her stroller. She is never belted in any more since she started crying every time her parents tried to fasten the belt.

Dean notices what she is doing. "Teri, we're not done with our errands yet. Please get back in your stroller." He bends over to help her in.

Teri twists to avoid getting in and leans away from the stroller. "Out. Out."

Dean lets go of her. "She's been very cooperative this morning. I guess I have to follow her good example and be a good cooperative example myself," he says to his friend.

Teri runs over to look at the puppies in the window. Her father moves close to her as he continues to talk with his friend. Then his friend leaves. "Okay, Teri, let's go."

Teri runs in through the open door of the store. Inside there are kittens, more puppies, birds, mice, rats, hamsters, fish, and bunnies. "Daddy, daddy, wook!"

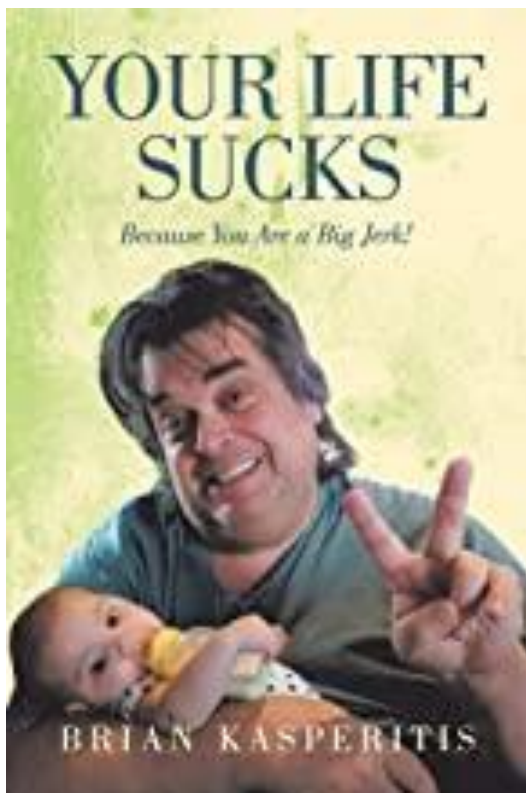
Her father sees the delight and wonder on her face. He still has a couple of errands to do before they head for home. He has a lot of editing to do that afternoon, before his article is ready to mail. He watches the concentration on his daughter's face as she watches the mice scurry around their mouse

house. 'What's another five minutes, or even fifteen? Even half an hour wouldn't really be a problem. Let her have her errand, too.'

After ten minutes Teri comes over to her father, "Up, daddy. I hungry. I tired. No strower."

"Just a second, Teri." He puts packages in the stroller, and then picks up his daughter. She hugs him and snuggles her face against his neck. "We don't have any more snacks with us, but let's get you an apple at the corner. Then I have two more stops and we can go home and have lunch." It feels so good to hold this sweet, loving child, to have her trust and her affection.

At the corner Teri picks out the apple she wants. Her father gives her the money to pay for it. "Climb into your stroller and I'll cut up this apple for you." After she's settled with her thinly cut apple slices, "Let's go, you can help me with my last two errands. Oh, look at all the flowers." He is hoping that the apple, his conversation, and involving her in his errands will be enough to keep her awake until after lunch. Then it would be great if she took a nice, long nap.



Reviewed in the United States on
July 17, 2019

What a great book composition ! Anyone can relate to Mr. Kasperitis' subject matter. This is easy to read,concise,and most importantly for me - it reads as if he were talking directly to me ! His text is very thought-provoking while offering suggestions - not commands. The reader can extract other subject matter directly from his text - He does not preach - rather he provides interesting stories and anecdotes to support his ideas. This is perfect for coffee tables doctor's offices and such. If you like encouragement - Buy this book ! And carry it with you!

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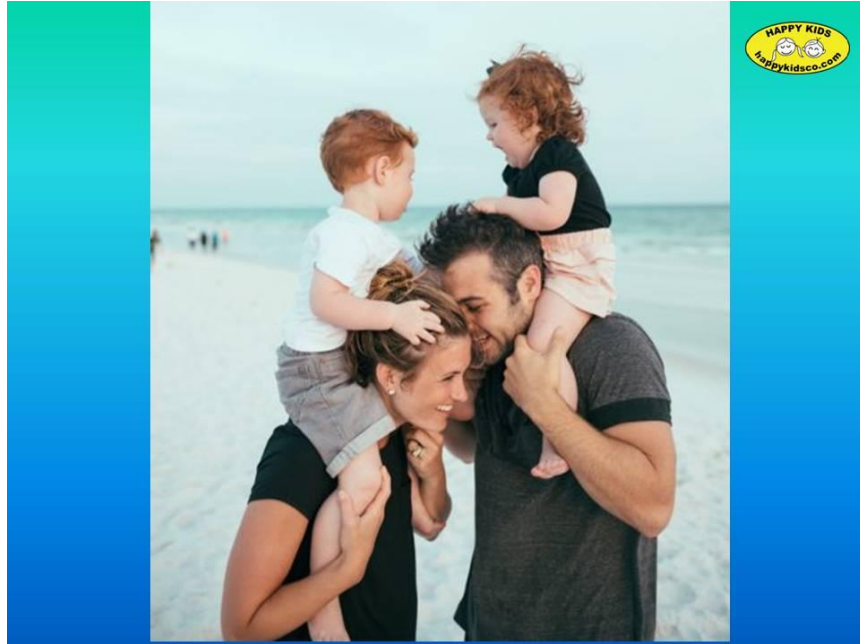
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“Agreement NOT Sacrifice”

from *The 1 Rule to Raising Happy Kids*



The 1 Rule: The Training

LESSON 2: Agreement NOT Sacrifice

Of all that I’ve discovered and created to create harmony with kids, the 1 Rule is the simplest and most powerful strategy I’ve come across so far. It’s a clear, simple version of what I actually did to create harmony with kids, my kids, their friends, the kids I worked with.

The 1 Rule is not to make you agree, it is to help you, support you, as you find something that you all easily agree to. Too often the habit is to insist on what you want no matter what anyone else wants, or to give in to others, no matter what you want. The 1 Rule changes this.

When you become aware that there are differences between you, decide to use the 1 Rule to find a harmonious solution to your differences. You are not giving up on your personal desire, you are expanding it to include someone else, like your child.

The 1 Rule expands everyone’s goal to include harmony and the satisfaction of all involved.

When you use the 1 Rule, you are committed to finding a solution that everyone involved can agree to **because it is a solution that is satisfying to everyone.**

This is what you commit to when you use the 1 Rule:

Everyone involved happily agrees with the solution. That is the rule. I call it Happy Agreement.

Today just think about this. Neither you nor your kids are expected to **have** to agree to something you do not like, or that is disappointing.

You agree to something that you like, that pleases you.

Once you are convinced that the 1 Rule is as strong as I know it to be, you know you can rely on it to get you back to harmony with the kids in your life.

The 1 Rule is so powerful, just using it can help you get to harmony. Of course, you have to use it.

You can't just know about it and not use it.

However, I just became aware of something: knowing about it is like planting a seed. Just knowing about it is the seed that changes how things were. You now know that something exists that might help you create harmony with or between your kids. If it's used.

Most likely, eventually, you'll use it. Someday you'll have to give it a try.

If you take it as far as telling your kids about it, they are very likely to use it. At least that has been my experience with kids.

In fact, that might be a good strategy: tell your kids about The 1 Rule and how it works AND tell them you want to use it but might forget or not be able to...SO...you hope they'll help you out by remembering and actually putting it to use.

When you make The 1 Rule a common way to interact with your kids and help your kids use the 1 Rule to find their own solutions, you have done a lot toward making harmony the foundation of your family.

Questions

1. Think of a situation you would like to solve using the 1 Rule.
2. How would you like the situation to be solved?
3. Write this down, if you wish.
4. What is another way you might like it to be solved?
5. Think of another way it might be solved.
6. Repeat this process with as many situations as you like.



TRAVELING WITH A CRAWLER

Everything and everyone is packed into the car, except Dylan and Amanda, the mother of the family. Dylan is eight months old and has just started crawling. He's been crawling from room to room since he got up this morning watching everyone else get ready to go, exploring whatever anyone would let him explore.

Amanda goes to Dylan and shows him his travel cup with juice in it. She bends down to pick him up, "Come on, Dylan, it's time to go. Would you like some juice?"

Dylan sits up and reaches up to her and the cup. She picks him up and hands him the cup. He drinks thirstily, as she carries him out to the car. When she starts to put him in his car seat, he arches his body, let's his cup fall to the ground, and cries out his protest.

"Oh, no!" says his sister Violet, who had all his things ready for the trip. She was going to be his caretaker in the back seat. His brother Kevin groans.

His mother holds Dylan and comforts him. "It's okay, Dylan. We'll work this out. Don't worry."

"But, Mom, he has to be in a car seat; it's the law.

"Yes I know, but we have to work something out that works for him too. Can you imagine seven hours in a car with him screaming every waking minute? I could not do that."

"Don't worry, Mom, we would hate it, too," says Kevin.

"I think we'd better have a family meeting about this," says Patrick, the dad.

“I’m going to let Dylan crawl out here, so maybe we should have our meeting on the grass,” suggested Amanda.

“I know that most of us are ready to go,” she says, “and that we’ve worked hard to get packed. I realize it might be a little disappointing not to drive right now, but I don’t see how we can. Remember, we have a month of vacation coming up, and I propose that we only drive when Dylan is sleeping or content to be in his car seat. What do you all think of that?”

“I think it’s workable, even if it takes us two or three days to get to the campground. Of course, we could drive at night, that way we’d be sure to be there by tomorrow.”

“But, Dad, I don’t want to drive at night. I like to see where we’re going, and I don’t like to sleep sitting up in the car.”

“It was just a suggestion, not something we have to do. I like to see where we’re going, too.”

“Do you think Dylan will go to sleep soon, Mom?”

“Probably within an hour, or maybe two. This crawling is very exciting for him, but it tires him out, too.”

“I want to go over to Meadow’s house. She said she was going to be home this morning, and I’m sure she’d be glad to see me,” says Violet.

“That sounds fine to me. Why don’t you call her and check it out?”

“Kevin, I’d really like to get out the topo maps and show you some of the hikes I’m planning. Maybe we can decide on one just for the two of us,” says Patrick.

“That sounds great, Dad.”

“Mom, Dad, Meadow is really excited. I’m going over right now. Call me when it’s time to go.”

“Okay, we’ll call you, then we’ll pick you up. Have fun. Patrick, I just love it when we all work together so well, respecting each other and making the best of whatever comes along,” says Amanda.

“Me, too, Sweetheart, me, too. And before long, Dylan will be right in there with the rest of us.”

“That’s just what I was thinking.”

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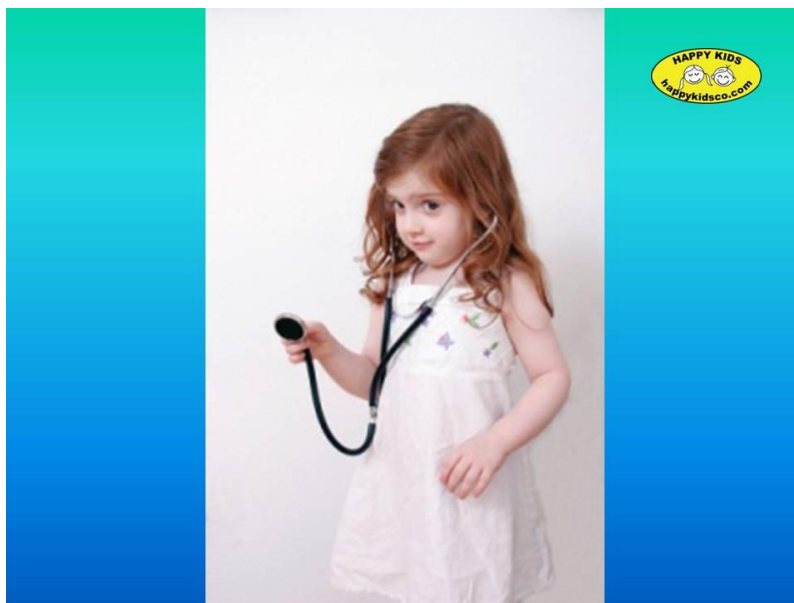


TO HERE?



Email me: karen.ryce@happykidsco.com

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TRUSTING EACH OTHER AND GETTING IT DONE

The family is packing up to go on a vacation. The mother, Andrea, wants to leave within an hour, before road work on the state highway begins. There are several unforeseen, last minute items that must be attended to. She focuses on taking care of business.

The youngest daughter, age seven, seems to be dawdling; she has agreed to wash up, get dressed, eat breakfast, and gather a few special toys that she forgot to pack yesterday. Her mother knows she has not washed up, nor gotten dressed, nor eaten breakfast, maybe she has gathered the toys.

Andrea looks in her daughter's room. Sarah is sitting on the floor playing with toys. Andrea does not want to spend twice as long in the car just because they start late, especially when she has planned to avoid this.

"Sarah, did you forget to wash up, get dressed, eat breakfast, and pack the toys you said you had forgotten?"

"No, Mom, I'll do that when I'm done with this."

"I'd like you to start now, because if we don't leave in fifty minutes, we will have to wait in the car for a very long time while people work on the road. I don't want to do that. I really don't. So please get ready."

"But, Mom, when I was getting my toys, I found this little set that I lost a long time ago. I really want to play with it."

"Let's bring it along, too." "Okay, I'll hurry and get ready."

"Thanks so much, Sarah. I really appreciate your cooperation."

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Here is a chance to see how much more simple the 1 Rule is. In explaining why they interacted the way they did, I could just say they were used to using the 1 Rule. The following paragraph is what I originally wrote about their behavior. I left it in case you'd like to see the difference in what my students had to learn and remember. Now, with the 1 Rule, harmony is so much simpler.

Andrea wanted to help Sarah feel good about herself even though she may have been feeling anxious about getting on the road. When Andrea realized that Sarah had a new agenda and did not fully understand her mother's need for speed, she supplied Sarah with that information. Andrea gave her the opportunity to cooperate. When Sarah let her mother know that she has a need that needed fulfilling, her mother offered a suggestion. Since Sarah is used to trusting her mother and being trusted by her, it was easy for her to accept the suggestion. This allowed her to cooperate; she felt her needs were being met. Her mother expressed her appreciation for Sarah's cooperation, knowing that behavior that is appreciated tends to be repeated.



TAKING CARE OF EACH OTHER

Gordon has just come home from work. In an hour he has to go out again to a meeting. He asked his sons to have dinner ready so he could have a little time to rest. He is really looking forward to the enchilada casserole.

There is no one in the kitchen; the oven is not on; there is no delicious smell of enchilada casserole. Gordon finds the boys in Raven's room playing Nintendo.

"Hi, Dad. How was your day?"

"Well, except for not coming home to enchilada casserole, it was fine, though I am a little tired. The boys look at him with blank expressions. "Remember you agreed to have dinner ready when I got home tonight? I have a meeting and I wanted to be able to rest a little."

"Oh, we thought the casserole was for Thursday, your regular meeting night, not tonight."

"Well, there goes my rest. Let's get busy with dinner. We'll have to work fast if I'm going to get out of here on time. We also have to decide what to make for dinner."

"No, Dad, you need the rest. Remember the 1 Rule. We get to do things that we like. Sage and I can make dinner. We'll make burritos. That will be quick and we have all the ingredients."

"Thanks, boys, you are so thoughtful and give me so much help. You're right. I'd forgotten about the 1 Rule. I don't know what I'd do without you. I just had a thought. If there are things I would like you to do, would you like me to write the instructions down clearly? Then maybe we can avoid misunderstandings like this."

"Sure, Dad. Maybe we could write down all the things we each agree to. Then we'll be sure we understand what we've said we'll do and it will help us not to forget."

"Yeah. Let's write down now that Raven and I will make enchilada casserole and salad before you get home from work on Thursday."

"Good idea. And I'll write that I have to have the ingredients in the house before that."

I added the lines about the 1 Rule. When this was originally written, the 1 Rule did not exist. The creation of harmony did, but it was more complicated to achieve it. The 1 Rule makes it simple.

Gordon was not pleased with the situation that he came home to, but he was sure there was some reasonable explanation. He let the boys know what he needed. When he realized the situation was due to a misunderstanding and, perhaps a lack of communication, he decided to get on with it. The boys took the initiative to make sure his needs were met: he would get his rest, his dinner and even his enchilada casserole, though not exactly as he had expected. The family also took this opportunity to begin a new practice that can help them avoid such mix-ups in the future.

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APPRECIATION

“I’ve called all of you together because I want to tell you what a great job I think you are doing with picking up after yourselves. I must admit I did not expect you to stick so closely to our agreement. I’m sorry I did not have more faith in you. I’ll do my best not to let that happen again. It’s been two weeks and I love the way the house is looking. Thanks loads. Is everything going well for you?”

“Yeah, Mom, everything’s great.”

“Mom, thanks for keeping your part of the bargain, delicious dinners ready every night by 6:30. Aren’t we a great family!”

Now this would be an example of the 1 Rule in action. You can see how agreement and harmony has been a part of my work for many years.

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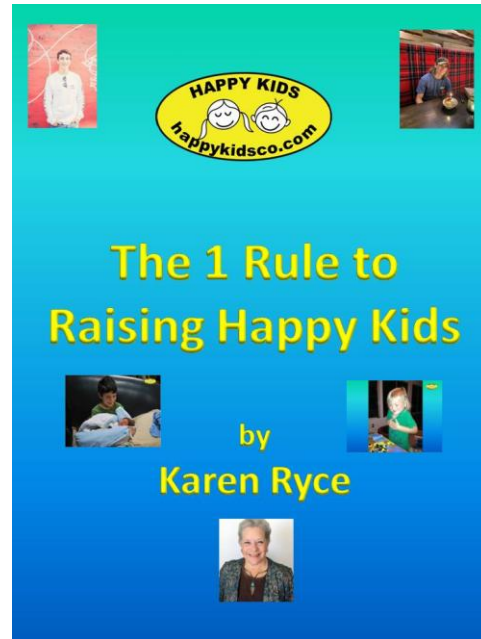


“Hello. My name is Brian Kasperitis. I am an educator and parent from Houston, Texas.

A few years ago, I became aware of fellow educator, Karen Ryce and her educational books; more specifically, ***The 1 Rule***.

What impressed me about Karen’s concept, ***The 1 Rule*** is that it works!

Let me explain: When I started utilizing Ms. Ryce’s suggestions with my 30 yr. old daughter and my 3 yr. old granddaughter, I noticed amazing results, immediately! (to read more copy/paste this link into another tab: <https://www.happykidsco.com/brian>)



For more about ***The 1 Rule to Raising Happy Kids*** (copy/paste link below into another tab:

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Harmonious Answers

Ask Karen...



I am starting by using one of the columns from my newspaper column, The Power of Respect, in the Redwood Record to answer a question I read someone asking on Facebook today. I was planning to change some of the wording to align with harmony and the 1 Rule, agreement. However, I think that my response fits in with harmony and the 1 Rule, just using different words.



*Power of Respect Q&A:
"Standing In Line"*



The Power of Respect: In Line

"I was in the post office last week..."

"In this column the reader is offered practical, respectful options leading to win-win solutions to the problems arising between adults and children in everyday life."

Q: "I was in the post office last week and there was a mother with two young children, one about two and a half, and the other maybe three and a half. The children were running wild, knocking over the waste paper baskets, screaming. The mother stayed in line, but was trying to control them, scolding them; the children just ignored her. I was wondering how you might have handled this."

H.M., Briceland

A: Preparation can be very valuable.

Maybe there was someone the children could have stayed with while she did errands which were boring for them.

If not, maybe she could have brought something along for them to do while she waited in line.

But we are not always prepared and sometimes must make the best of what is available around us.

She could have asked someone to save her place in line, then intercepted her children and got down to eye level with them.

Children this young are not very skilled at obeying orders, it is better to engage their interest, to challenge them.

- They might like to hear a story while they all wait in line together.
- She might suggest that they can help her get what they need from the post office. When they are first in line she can lift them up to help, maybe only one at a time, if they are too heavy.
- If she takes out her important things, they might be entertained by looking through her purse.
- Maybe some forms and a couple of pencils would keep them busy for the necessary time.
- If a parent is determined, peaceful, mutually satisfying solutions can be found.

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The following is the script I used for the 29th Episode of the Raising Happy Kids Zoom Show. It answers concerns that some people have expressed about using the 1 Rule.

When I started working on today's slide show, I thought I understood certain things, but as I worked, more was revealed.

Recently there have been questions and concerns that using the 1 Rule might not work. I understand where these concerns come from. After all, it is such a different approach than "parents are in charge." Not only that, it is so simple. How can something that simple work? It just couldn't be that simple. And since it is so simple, it must not really work. It's got to fail. It doesn't make sense.

Although I really want everyone to adopt the 1 Rule when relating to kids, from birth onward, I do understand the concerns and am going to do my best to address them today.

When I was first introduced by 3yr old children to what I now call the 1 Rule, I told them, to help them understand what I wanted to help them do, that they were each important. Then I pointed to each of them and said, "You are important and you are important." They could agree with that. One little girl's awareness expanded to realize that they were both important. I saw it as her eyes lit up.

I just realized that her eyes may have lit up because she thought of a solution. However, before thinking of the solution she had to accept, that the solution had to be something that they both liked.

Until now I've believed that her eyes lit up because she expanded her thinking to accept that both of them were important. That may be true.

However, it is only now that I've come to realize that whether that is true or not, by following what is now known as the 1 Rule, she found the solution that was waiting in harmony. That is true for anyone who uses the 1 Rule. There may be more than one harmonious solution, but it has been my experience, working with kids, that there is always one solution.

No one has to believe that they are important or that the other person is important, but when a solution is discovered that all involved truly like, so they can agree to it, they are acting in harmony. They are harmony in action. This is built into the 1 Rule.

Even if people's awareness does not expand to include the importance of the other person, as long as they are following the Rule: they find a solution that they both like, or they all like, and they agree to use that solution, the result is harmony.

They also get to feel good about themselves and their life. They are happy with the solution. It may not be the solution they originally thought of, but they like it anyway. That is why they agreed to it. Think about how you feel when things are going a way you want them to go. You feel good, right?

Another thing I mentioned to those first two little girls was that they both deserved to have what they want and that we were going to figure out how to do this.

This is the main thing that people have trouble with. This is why people have trouble believing that the 1 Rule works. They want something and someone else wants the same thing, like the little girls both wanted to swing on the same swing, the only swing available.

Whatever the situation, it seems that there is no way that both people could have what they want. They think that they have to give up on what they want, OR the other person does. That is the most common outcome. That is what people are used to. It's hard to realize that there IS a harmonious solution. It's hard to accept a possibility that seems so uncommon.

I've just realized that when I promised, I vowed to never force my children to do what they did not want to do I put myself in the perfect position to be open to harmonious answers. Harmonious solutions require that everyone involved agrees. This does not mean that they just say they agree, but that they fully, truly agree because that solution is something that they like.

So I have been using the 1 Rule for at least 38 years. For most of those years it was called the Power of Respect and there were 108 Respect Tools, Skills and Strategies I used to make it work. That's why I knew it is a true solution, mighty enough to stand on its own. 1 Rule.

In case some of you don't know, the 1 Rule came into being one night when I wondered if people would actually have to learn the 108 tools, skills and strategies I'd used to create respectful relationships with the kids in my life. That night I asked myself, 'Of the 108, what is the least that people need to know to be able to raise happy kids?'

The 1 Rule was my answer and that one Rule is powerful enough to create harmony between parents and kids, and powerful enough to be your failsafe in your intention to raise happy kids.

The 1 Rule is love in action.

Here are a couple of examples of how the 1 Rule can ensure happy kids and harmony between adults and kids:

My youngest daughter and my 6yr old grandson were visiting. The 1 Rule had just taken on its name. As I was explaining the process to them my daughter used the word, "Agreement" to explain the process in one word. I liked it. I use it. It seems appropriate that the 1 Rule has a one word description.

My grandson liked to watch TV and YouTube video cartoons. My daughter did not really want him to do that, especially as much as he wanted to. One time when he asked me to set up my laptop for him, I told him that I felt uncomfortable doing this because his mom did not feel good about it. I wanted to work this out with her, too.

He thought about this briefly and suggested that he and I play cards. So we did. We had fun.

So here all people involved were honored. Harmony was maintained. Everyone felt cared about.

Another example is from someone I coached on the 1 Rule. One issue she had was feeling uncomfortable always buying her 5yr old daughter things every time they went to the store, especially when her daughter was not behaving in ways she liked.

She came up with an idea that they all liked. She made a chart of behavior that she liked. Her daughter could earn money for those behaviors and buy her own things. The daughter liked earning money and the parents liked the behavior.

Here again all people involved were honored. Harmony was maintained and everyone felt cared about.

So, I hope you'll join me in the movement to help kids grow up happy and in harmony. Use the 1 Rule and become an affiliate or a partner and share this with many, many more. The Affiliate Program and Partner Program are part of the Happy Kids business launch happening soon. JOIN US!

(Advertisement)



Join Me in the Cave of the Heart

Feel the Bliss...

Be a Radiating Presence of Love

Create Harmony

Let's Journey... 1-on-1 & *in any group*

Interested? Message me in Facebook Messenger for the details @karen.ryce

**May All Kids Grow Up Happy
And
May the 1 Rule Be a Blessing in Your Life**

