



The 1 Rule to Raising Happy Kids





by

Karen Ryce



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We Are Each Important

HARMONY: Agreement / peace / understanding / cooperation …

- Imagine children who are automatically respectful to others
- …who are skilled at helping find solutions that work for them and others
- …who are willing, even eager, to cooperate

Happy people not only get to feel good, but they do not deliberately hurt others. They don't shoot them, beat them up or say cruel things to them. They help things be better.

My work is to share the tools, skills, strategies I've discovered and developed that help kids grow up happy, respectful, confident. Let's help improve people's lives.

The purpose of this program is to help adults raise happy kids and to help today's adults be happy, too.

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, 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.

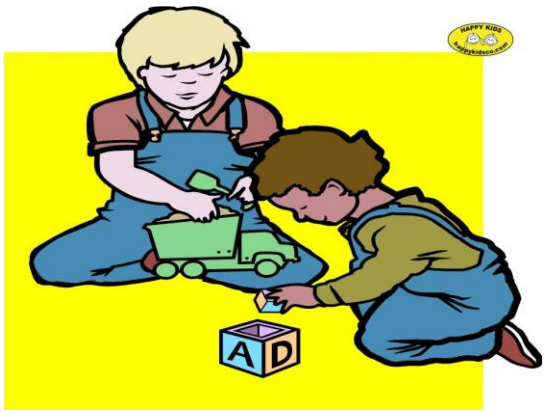
The 1 Rule = Agreement

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 at least about this aspect of their lives.

- **Harmonious Kids**
  Kids who are used to using the 1 Rule are bound to be 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. Whenever differences with your kids seem like they might lead to a problem, you know to use the 1 Rule. You can even use the 1 Rule in your own mind when you want conflicting things. You can find a harmonious solution for you in your own mind, by looking at what you want and why you want it.
- **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.



The 1 Rule: The Training

by

Karen Ryce

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.

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The 1 Rule: The Training

PRE-WORK: Plan for Calm

TIME OUT: This keeps coming to mind. So let's start with this. It's best if you explain to your family, that in order to keep in a good mood, sometimes you are going to have a time out. And ask them to please not bother you until your time out is over.

Where: As long as everyone is safe, choose your place. If you need to be present, in the room, you might sit in a corner, or even just be there, listening to something on your ear buds (enjoyable music, something inspirational or calming)

How Long: Hopefully as long as you need to get into a good frame of mind. You could decide beforehand and tell everyone, set a timer, or just tell them you'll stop when you feel good again.

During your time out, do something that is satisfying for you, with the intention to feel better:

1. Breathe deep, slow breaths
2. Read for a while
3. Listen to music / play music / sing
4. Take a shower / a bath (if you can)
5. Meditate / visualize / Quiet your mind
6. Work out / dance
7. Call a friend
8. Go work in your shop (if you can)

9. …Something that makes you feel better

Questions

1. Create your own plan for calm, or several options.



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. **Remember the exercise you did in Start Strong.**

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. 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.

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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LESSON 1: Part 2: Everyone Else

The 1 Rule = Happy Agreement

Use the 1 Rule when differences between you and your kids might lead to conflict.

Today just think about this.

When you are interacting with your kids, just think about this.

Think about everyone feeling good.

Think about happy agreement.

Think about easing stress for you and your kids.

Sharing the following three (3) Agreements makes using the 1 Rule even easier:

1. "We are each important." (Demonstrate this by pointing to each person involved and saying, "You are important" and "You are important"…if you are involved, point to yourself and say, "And I am important.")
2. "We each deserve to feel good."
3. "We are going to find a way for this to happen."

When you actually give this a try, after telling each other what you want, start bringing up possible solutions until you settle on that idea or combination of ideas that you all agree on. You put the solution into practice for a limited period of time, like a week, checking back with each other to make sure it is still working.

If you like, write about it in your journal.

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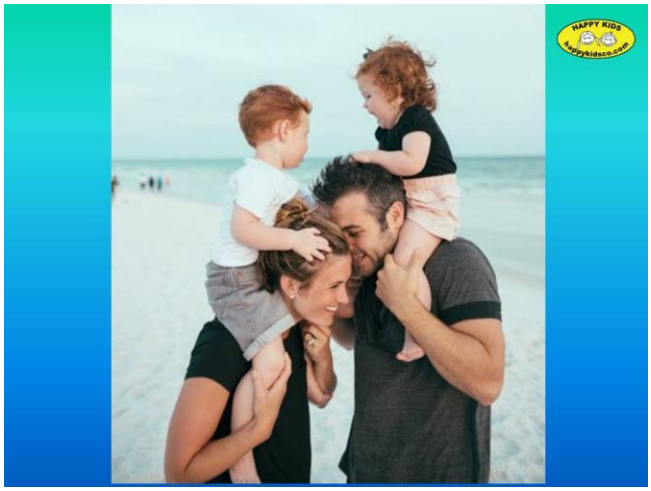

The 1 Rule: The Training

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, daily, if possible, to make it a habit.

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As you may have experienced by now, knowing and following the 1 Rule is all you really need to create harmony between you and your kids.