

These are the teaching notes from Remy and Lisa Diederich's seminar on parenting. There is also a three page listing of recommended books and websites.

Raising Great Kids!



with Remy & Lisa Diederich

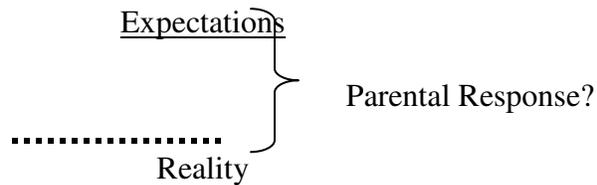


Role of parents:

1. to help them move from *dependent on you* to independent from you and dependent on God.
 - to *release* them rather than *control* them.
 - to *prepare* them rather than *protect* them
 - to *direct* them rather than *limit* them
2. to model God's attitude toward them.
3. to model a God-honoring lifestyle. (What does it look like to follow God?)

Doughboy, Dictator or Coach

Dealing with the disparity of expectations and reality.



The response to our children not meeting our expectations will have a profound impact on them emotional and spiritually. As a counselor, I see the long term effects in adults every day and it has made me that much more aware of how important the role of the parent is.

Parents fall into one of three general categories: the doughboy, the dictator or the coach.

Approach:

Doughboy: Indirect. Wishy-washy. Vague suggestions.

Dictator: Direct. Forceful. Insistent. My way or the highway. Close minded.

Coach:

- Direct
- Clear
- Respectful
- Open-minded: Inclusive/welcoming of ideas (more and more as they get older)

Basis for Approach

Doughboy: wants approval from child

Dictator: wants control and approval from others. (both are self-serving)

Coach:

- Wants to empower the child to find and fulfill their God ordained purpose in life.
- God-serving: desires approval from God.

Attitude & Expectations

Doughboy: Relaxed, "No big deal", no expectations, "Whatever you want to do honey is fine by me". Pushover.

Dictator: Assumes the Worst. Tense. Rigid. Exacting. Accepts no excuses.

Coach:

- Supportive.
- To do your best.
- Makes expectations clear
- Communicates them in advance

- Speaks words of encouragement
- Reminds them without nagging
- Advocate, for them not against them (Romans 8)
- Clarifies and modifies expectations if necessary to make them attainable.

Respect for Authority

Doughboy: Allows to be challenged and to challenge others

Dictator: No questions allowed. The power position is always maintained like a dog on leash. Fear based. “Obey me or else”.

Coach:

- Expects respect but doesn’t demand it. Although there are consequences for disrespect.

Conflict Resolution Style

Doughboy: Avoids it. Quick to compromise. Inconsistent because it’s not grounded in values other than keeping the peace and not looking bad. Doesn’t want to lose.

Dictator: Confrontational. Seeks to win.

Coach:

- Addresses issues AT THE APPROPRIATE TIME and in the appropriate manner.
- Seeks a win-win. Seeks to resolve and restore.
- Encourages reasonable dialogue.
- Understands the real issue at hand. Ex; I felt bad that the yard was a mess but truly was mad that they disobeyed me. Plus I was ashamed of looking like white trash.

Personality:

Doughboy: Complacent, Disengaged, Clueless.

Dictator: Dominant, Controlling

Coach:

- Concerned
- Involved
- Advocate

Discipline:

Doughboy: Afraid to discipline for fear of rejection or harming the child, inconsistent

Dictator: Fear-based. Emotional. Inconsistent. Quick to punish for fear of losing control, often tied to anger

Coach:

- Resolution based.
- Consistent. Unemotional. Doesn’t change based on your emotions.
- Clearing outlined in advance
- Addresses the behavior, not the person
- Reality based: consequence is directly tied into behavior
- Designed to teach not punish/hurt
- Balanced: never wants to break the relationship for the sake of “teaching a lesson”. They need to know that they are more important than the rule.
- Allows for discussion – leaves an open door.
- Asks forgiveness when is inappropriate.

Note:

- Fear-based punishment only works when the authority is in place.
- Discipline teaches principles that will carry into adulthood. It teaches children why a particular behavior is wrong.
- Punishment only causes the child to do whatever is necessary to avoid it: lying, etc.
- Punishment doesn't try to teach or explain. They think the pain alone will keep the child from repeating the behavior.
- In reality, the disciplined child will be more likely to maintain correct behavior even when they are on their own while punished children will want to do what they've never been permitted to do.

Highest Priority:

Doughboy: No conflict, friendship.

Dictator: Order and obedience

Coach:

- Engagement with child
- Emotional and spiritual growth
- Independence

End Result:

Doughboy: Worried, Guilt ridden parents. Did I do enough? Regrets.

Dictator: Angry, Guilt ridden. Regrets.

Coach:

- No (few) regrets.
- Relationship intact.
- Confident that you have sent them off with good tools and a working model.

Outcome:

Doughboy: unpredictable. Some kids rebel looking for boundaries and engagement.

Dictator: unpredictable: Some kids rebel, some comply. "Good" Christian kids will often go off the deep end the minute they get some freedom.

Coach:

- More predictable.
- Their internal compass guides them, not external rules.

Rules without relationship = Rebellion

Relationship without rules = Anarchy

Relationship with rules = Respect

Part 2, Parenting Seminar – Lisa

Before I had kids, when I saw a child losing it at, say, the grocery store (crying, screaming that they want something), I wanted to rescue kids; I thought "that child needs more love & direction". Afterward having my own kids, I wanted to encourage the parents to hang in there, to not give in! And that's my goal tonight - I want to encourage you to stick with the job even though it's hard; to not take the path of least resistance (and there's often lots of resistance!), but to thoughtfully determine what's needed and purposefully provide it.

There is no easy-to-follow formula. Parenting is simply a lot of hard work –

it's saying "no" when that's what is right, even though saying "yes" would be so much easier;

it's listening & encouraging your teen to think & make his own decision even though you know *exactly* what he should do;

- it's watching "G" movies on movie night because the kids are all under 10;
- it's playing another hand of "Go Fish", and another, and another.....;
- it's losing sleep, learning to understand soccer plays, & paying for music lessons (& listening to them practice),
- it's rushing home from dinner with friends so that homework can be finished before bedtime;
- it means being unselfish, patient, & encouraging day after day after day after day.
- It's hard & we need the encouragement of other parents to keep giving it our best.

One of the things that has helped me the most is understanding that my heart attitude is the most important factor, for both my "success" & my peace of mind. How I perceive my child & my role in his life has much more affect on the outcome than any one thing I do. You see, you *have* great kids – *producing* great kids is not your goal – encouraging the development independent, healthy adults of mature character. We are responsible for the process, not the outcome. God's in charge of the results.

Raising kids is Attitude versus Approach – so I tonight will walk us through some questions to check yourself on your attitude

Two Questions to ask Yourself about Attitude:

1. Do I respect my kids?

Value, honor them?

- Shown through eye contact, physical touch, undivided attention, & time?
- Kids bloom with this attention & become whiney & clingy without it
- Sometimes kids are just whiney & clingey, but it's worth asking yourself if you've given them enough attention lately

Do I pay attention: "Watch me!" Do I applaud?

- I've been with parents when their kids asked to be watched & they are ignored; the fear is that they will monopolize all of the attention, but they deserve an honest response: "Wait just a minute while Aunt Lauri finishes her story, then I can watch."

Do I give permission to have feeling, thought, questions, ideas?

Emotions are good. Telling someone not to feel:

- it confuses them,
- they feel bad,

- they will stuff their feelings and then
- put on masks to please you.

This is not allowing hurtful words, but encouraging the expression of valid feelings. “I can tell that you feel strongly about this, but in this family we don’t call each other names. Tell me more about what you’re feeling.”

I am the best role model for that, so what am I doing with my feelings?

Do I allow choice?

Dallas Willard : “*In creating human beings God made them to rule, to reign, to have dominion in a limited sphere. Only so can they be persons. Any being that has say over nothing at all is no person...They would be reduced to completely passive observers who count for nothing who make no difference.*” *The Divine Conspiracy, p. 22*

This is a sensitive issue & there are differing parenting styles. Remy grew up in a home where kids basically didn’t have choice & initially he felt I was way too permissive with our kids – that I would teach them to run all over me.

Examples:

- Food choice – not what do you want? But English muffins or toast?
- Clothing – red tights or blue?
- School – Becca & kindergarten example

Do I encourage their help & appreciate their efforts?

- Example – help in the kitchen; weeding the garden; raking the lawn; making a bed

2. Do I handle conflict appropriately?

Do I handle my own anger appropriately?

- What do I do with my anger? Fight or flight response literally leaves no room for rational thought, so work it out ahead of time; ask to talk at another time; never discipline while angry – come back to the discussion
- Do I use anger to obtain my objectives? Raise my voice, be forceful or shaming to obtain compliance.

Do I handle my child’s anger appropriately?

- Anger breeds anger & it can escalate
- Do I attempt to avoid my child’s anger by seeking to please him?

- Control it?

Can I say “I was wrong – will you forgive me?”

- My kids have never said “no” – they often say I already have, but the exchange is priceless to their esteem

Can I forgive & not hold a grudge or withhold affection?

- This can be very difficult & is very damaging. Asking for the discussion to continue at another time is different – this is withholding touch or eye contact, giving the silent treatment – these are all punishment tactics, not discipline
- Do my kids know that I love them when I don’t like what they just did?
- Make sure they learn the distinction – say it as you express your feelings – I don’t like what you did; boy, I’m angry about that;

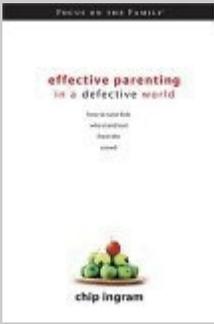
Wet Cement (Anne Ortlund) – great word picture for raising kids

- need frame to hold formless substance (total dependency)
- hardens enough to hold imprint for short periods – needs repetition to stick!
- Hardens to point that you can’t change it without extreme measures (chipping, breaking)
 - Frame can be removed, but it’s not “ready”
- Curing
 - Needs to remain moist, can’t put too much weight on it

Teachable Moments

- NOT: hungry, tired, distracted, short on time, in the meat of emotion
- T: TOGETHER
 - Work alongside
 - Life activities lived together
- I: INVITATION
 - “come spend time with me” – special alone times
 - dates
- M: MEMORIES
 - Reviewing/re-telling family stories
 - “remember when.....”
- E: Every Day Routines
 - Bedtime
 - mealtimes
 - weave into the routines of the day times to connect

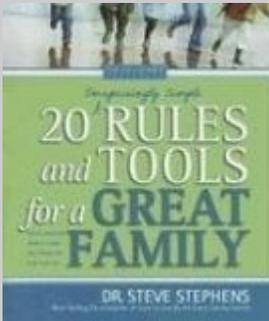
Parenting Books



Effective Parenting in a Defective World

Author: Chip Ingram
Book ISBN: 1414303831
Workbook ISBN: 1885447418

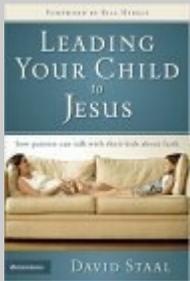
As a parent, you want to know your kids are comfortable in their faith and can approach the pressures that come their way with godly wisdom. But how can you impart those values in a world of over-extended schedules? Chip Ingram shares practical steps for imparting your faith to your kids as well as effective discipline so your kids are equipped to stand firm in their faith — through the barrage of challenges they're going to face.
(synopsis taken from Focus on the Family's website)



20 (Surprisingly Simple) Rules and Tools for a Great Family(focus on the Family)

Author: Dr. Steve Stephens
Book ISBN: 1414305990

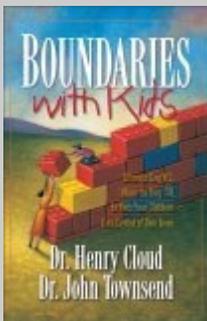
While there might not be a guaranteed formula to building a great family, there are tried-and-true rules that will help you move in the right direction. Discover 20 family-growing guidelines based on the author's personal experience as well as more than 20 years of Christian counseling.
(synopsis taken from Focus on the Family's website)



Leading Your Child to Jesus: How Parents Can Talk with Their Kids about Faith

Author: David Staal
Book ISBN: 0310265371

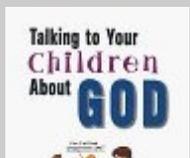
"Although kids may hear about Jesus at church, parents need to know how to help their children make the most important decision of their lives. Leading Your Child to Jesus focuses on the core communication issues that enable parents to confidently engage kids in life changing discussions. Moms and dads learn personal evangelism tools for sharing their own salvation story, explaining the gospel in language children understand, and starting a relationship with Jesus."
(synopsis taken from Willow Creek Community Church's website)



Boundaries With Kids: When to say Yes, When to Say No. To Help Your Children Gain Control of Their Lives

Authors: Henry Cloud and John Townsend
Book ISBN: 0310243157
Workbook ISBN: 0310223490
Participants Guide ISBN: 031024725X
Combo Pack ISBN: 031064450X

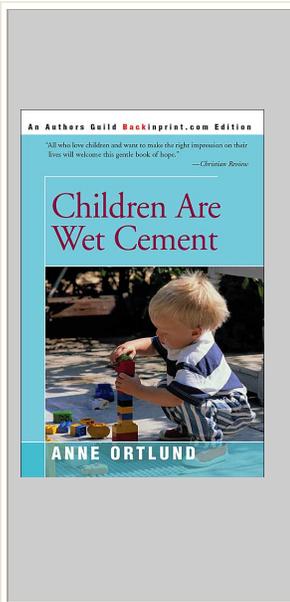
The authors of Boundaries, Boundaries in Marriage, and Boundaries in Dating have created a book for parents (and anyone who cares for kids) to help establish good boundaries with and in their children. They look at how to instill good character in children by teaching them such things as respect for others (instead of being controlling or manipulative) and being responsible for their own behavior. A "must read" for anyone who wants to help children grow up to be healthy adults.



Talking to Your Children About God

Author: Rick Osborne
Book ISBN: B000GG4F86

Osborne states "In reading through hundreds of questions and comments from regular parents in preparation for this book, I found that many parents remember their own childhood religious experience as being...having little practical importance or effect...and leaving them with more



Children Are Wet Cement

Author: Anne Ortlund

Book ISBN: 0595226639

Bestselling author Ortlund takes readers through each age of childhood, offering specific suggestions for practicing verbal affirmation, a simple but powerful technique for raising children to be secure, loving adults. Readers will receive the guidance needed to help children grow joyously toward his or her goals.

From the Publisher

Children are like wet cement—moldable and impressionable. In this best-selling book, Anne Ortlund shows parents how to practice verbal affirmation, a simple yet powerful technique for raising children to be secure, loving adults. She gives specific suggestions for each stage of childhood, from infancy to the teenage years and beyond.

Sprinkled with stories of Anne's own childhood and parenting experiences. Won the 1982 Christy Award as Best Marriage/Family Book of the Year.

<http://www.family.org/parenting/>

www.troubledwith.com This site offers help on topics like ADD/ADHD, children and divorce, special needs children, blended families, adoption, discipline, and so much more.

<http://www.familylife.com/parenting> A website full of parenting topics and tips. Also includes a parent forum where you can post thoughts or questions and read what other parents have posted.

www.christianitytoday.com/parenting This is the online version of *Christian Parenting Today* magazine associated with *Christianity Today* magazine. It offers articles and resources for family devotions, discipline issues, building character, and child development.

www.pluggedinonline.com Gives straight forward content information of many movies, music CD's, TV shows, and video games so we can make informed decisions about today's entertainment options.

www.cpyu.org This is the Center For Parent/Youth Understanding site. It has articles, lists of trends, quotes, resources, and more to help understand the culture of today's youth.

Taking the Next Step

Parenting Club

Lisa and Remy are interested in starting a monthly "Parenting Club" for people of any age to learn and discuss their parenting issues.

The club would be open to anyone; Cedarbrook attender or not. Christian or not.

It would include these elements:

- Teaching through a book
- Discussion of the book and teaching
- Questions and Answers regarding current parenting issues
- Socially interaction; i.e. food, etc.
- Celebrating each others parenting moments: birth, church dedications, graduations, weddings, etc.

Please let us know your interest:

Yes, I am interested.

The best day for me is:

Friday evening

Sunday evening

Wednesday evening

Comments: