

FunDay: Leman's Secrets for Enjoying the Journey

Dr. Kevin Leman's seminar has walked through steps to change your child's attitude, behavior & character in 5 days. This final session is focused on putting all the pieces together and enjoying the parenting journey.

Little Things Mean A Lot

We need to turn kids loose who are responsible, who care about other people, and who have a heart and a mission within their heart to serve other people. As we strengthen families in our home, we strengthen our nation. We become a better country by having kids who know that the world isn't centered around them.

- Be consistent in your behavior, as long as it's the right kind of behavior. No one can be a perfect parent. In fact, we should show our children our imperfections. Share stories about who you are and the things you've done.
- Follow through on what you say you're going to do. Do not plant the possibility in your kids minds that you are indecisive. If they believe you are indecisive, they will rule you. You need to communicate exactly what is going to happen.
- Respond rather than react. Responding helps kids think, reacting shuts kids down. Stay positive in situations.
- Count to 10 and ask yourself what would "old self" do, what's "new self" going to do different? Approach each situation with fresh eyes compared to the parent you were yesterday. How would you have traditionally approached the problem? Has that worked in the past? What should I do differently this time? If you can change something for a more favorable result, do it.
- Be careful about threatening your kids. Often times threats do not work and they do not make sense. Plus, you do not or cannot follow through with them.
- Treat anger as a God-given emotion and not as a child-driven explosion. You will get mad. Parents need to control their emotions when situations arise that stir anger. You can be angry at a situation without being angry at your child.
- Minimize warnings and maximize actions. Following up a warning with real action will teach your child to respect what you say or take the consequence.
- Ask yourself "Who's problem is this anyway?" Keep the ball in your child's court. Children learn by doing. Let him or her approach their problems, don't do it for them.
- Don't get the idea that the behavior will go away by itself. If there is no consequence for misbehavior, they won't identify the act as bad behavior. If a child doesn't get affirmation from their parents, they will search out attention somewhere else, often by misbehaving. It's not about control, it's about healthy authority.
- Put on a happy face, even when you don't feel like it. Give your children a "yes" face. This shows your child that you are open to their ideas and what they have to say. When your child knows that you are open to their thoughts, they will feel comfortable bringing important things to you. If you constantly shut your child down, they won't feel comfortable opening up to you when it's really important.

The Leman Family Secrets

- Spend 1-on-1 and 2-on-1 time with your children. It does not have to be a big event, something as simple as getting donuts in the mornings will be a memory your child will really cherish.
- Tell them everyday that you love them and how proud you are of them.
- Don't pay for good grades.
- Tell them you believe in them and expect the best in them.
- Do not start habits that you do not want to continue through their college education.
- Go to church and develop a church family.
- Put husband and wife first before the children.
- Eat dinner together every night.
- Avoid the activity track, keep it to church, small group, and children.
- Tell your children what you believe and why you believe it.
- Pray with and for your children every single day.
- Write notes to your children.
- Have traditions.
- Love and accept your children as they are.
- Teach them that God loves and accepts them as they are.

Children Flourish in the Mundane

They don't need grand gestures, they need small consistent things each and every day.

One of the best things you can do for your children is pray with and for them every day. Your child may not come to Christ in childhood but the foundation you lay will help them develop a relationship with God. Set them up for success. Surround them with solid spiritual leaders who can assist you in guiding them.

Implement these key ideas and you can enjoy the journey each and every day.