

# Lesson 1 - Mature Parenting

## Mature Parental Mindset

It does not:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Mature parenting solves the problem in the \_\_\_\_\_.

A mature parent will \_\_\_\_\_ and \_\_\_\_\_ the child by addressing the underlying issue with the future in mind.

"Learning the difference between mature parenting and immature parenting has probably been the most helpful and influential in my decisions, solving issues now before they escalate into bigger problems." - Heidi W.

## CALL TO ACTION

Write down:

1. Child's misbehaviors
2. Thoughts to have
3. Goals for future





# Establishing an Effective Parental Mindset

## Lesson 1 - Mature Parenting

### CALL TO ACTION

**My child's behaviors to work on...**

**Parental thoughts to have when these behaviors happen...**

**Goals for the future...**



# Establishing an Effective Parental Mindset

## Lesson 2 - You Are In Charge

Not in Charge

In Charge

No \_\_\_\_\_

Confident

Awaits Instructions

\_\_\_\_\_

\_\_\_\_\_ for compliance

Expects compliance

Your mindset will determine your  
\_\_\_\_\_ to them and their  
\_\_\_\_\_ to you.

You must claim  
your \_\_\_\_\_!

### Who is in Charge?

Check one in each box.

- ☐ My decisions are based on what my child's response will be.
- ☐ My decisions are based on what is best for my child.

- ☐ I ask my child to do what needs to be done.
- ☐ I communicate my expectations.

- ☐ My child announces the desires and I comply.
- ☐ My child asks permission.

- ☐ I feel free to answer as I see fit.
- ☐ I am afraid of making my child angry.

You CAN stop your child from  
whining, crying and fussing  
or having temper tantrums...  
FOR GOOD!

1. Answer questions on download.
2. Make statements rather than asking questions.
3. Keep a log

**Call to Action**





# Establishing an Effective Parental Mindset

## Lesson 2 – You Are in Charge

### CALL TO ACTION

Changes I need to make in my speech...

Log of my mistakes and successes in changing my speech...





# Establishing an Effective Parental Mindset

## Lesson 3 – Sacrifice

### **Sacrifice:**

Giving up something for the \_\_\_\_\_ of something else.

The \_\_\_\_\_ you make now will determine the outcome of your feelings of success or failure.

Spending quality time with your child is an essential part of getting \_\_\_\_\_ issues under control.

Everything you accept your children will accept and possibly \_\_\_\_\_.

Put your child's best interests ahead of your \_\_\_\_\_ no matter what the cost.

One of the most important relationships you will have in your life is with the other \_\_\_\_\_ of your child.

Caring, loving & respecting your spouse IS \_\_\_\_\_ for your child.

**"Scheduling time for you will make you more patient, more thoughtful and more mindfully \_\_\_\_\_ to your children!"**

### **Notes**

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### **CALL TO ACTION**

1. Schedule time with your child each day.
2. Schedule one hour of free time for you.
3. Schedule one day alone to relax.
4. Schedule a regular date night with your spouse.





# Establishing an Effective Parental Mindset

## Lesson 4 – Building Trust

**"Trust is the cornerstone of the relationship between you and your child."**

\_\_\_\_\_ is a key element to raising well-behaved and happy children.

Your children must trust that you have their \_\_\_\_\_.

Never \_\_\_\_\_ or chuckle at your child's problems or concerns.

\_\_\_\_\_ your children to take care of themselves if needed.

They need to know you will \_\_\_\_\_ for their own bad behavior.

ALWAYS tell them the \_\_\_\_\_.

Do what is best regardless of the \_\_\_\_\_

or \_\_\_\_\_ around you.

Trust is the \_\_\_\_\_ of the relationship between you and your child.

### Notes

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### CALL TO ACTION

1. Ask your child about their day.
2. Think of any time you may have been less than honest and apologize.
3. Commit to always telling them the truth.
4. Talk this over with their other parent and grandparents.

**"Follow through creates trust between a parent and child."**