

BONUS EXTRAS!

Maintaining Progress

Tips to Maintain Progress

1. Make each day a new start!
2. Review your successes & mistakes
3. Talk to your child about what will be different today.
 1. Remember consistency
 2. Last resorts don't work!

Teaching & training is an ongoing thing and the more consistent & immediate your response, the sooner they learn good behaviors!

Remember each new day is a new beginning! You can start again to overcome the mistakes you might have made the day before!

Teach & train immediately upon initiation of bad behaviors.

Once you have implemented the mindset & methods consistently for 7 days, you will see a permanent change in your child's behavior.

Sibling Rivalry Page 1 of 2

3 Things Every Child Should Know

♥ You love them.

♥ You know what's best for them.

♥ You will make sure what's best for them is done.

Rivalry: competition for the same objective or for superiority in the same field.

Quick Solutions for Bickering Children

1. Memorize Ephesians 4:29 - Have them repeat it.
2. Have them cover their own mouth until they can say something nice.
3. Go to their room until they can say 3 nice things.
4. Make them sit and hold hands until reconciled.
5. Make them go away and come back with happy spirit together.
6. Lose 5 minutes screen time for each bickering session - earn it back by reconciling.

10 Things to Do for Your Child's Mindset

1. Make time for yourself and your spouse apart from your child daily.
2. Have a trusted person babysit once a week while you go somewhere else.
3. Take your child to places that you want to go and not just where they want to go.
4. Do not stop everything whenever your child calls. Make them wait.
5. Do not allow them to elicit sympathy from you through manipulation.
6. Make sure your child serves others inside and outside of the family.
7. Limit birthday festivities and gifts.
8. Allow them to fail and learn from their mistakes.
9. Encourage them to praise others and do so often in front of them and with them.
10. Make family contributions a priority in their daily life.

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Sibling Rivalry

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Never create competition.

Don't look for someone to blame.

Build their relationship

NEVER allow physical altercations.

Continue Eye to Eye time.

Ideas to help them BUILD Their Relationship

- ♥ Lego Project
- ♥ Board Game
- ♥ Helpful Jobs Jar

Tattling - to get the other person in trouble.

Telling/informing - to help and let authority know if there is going to be bodily harm or property damage.

Teach your children that motives matter!

Ask them if they have discussed the matter with their sibling first.

"Your job is to facilitate and support your children to find the good in each other."

Doing family projects can help siblings learn to work together to accomplish a common goal.

"Parents, you can do this!"

Main Points

1. Make sure they know they are loved.
2. Help them recognize they are not the center of the world.
3. Give them a purpose in the life of their sibling.
4. Encourage them to build their relationship.
5. Help them respect the talents & abilities of others.

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Welcoming a New Baby!

Assess what may be lacking in parent/child relationship

Is it consistency in eye to eye time?

Could it be they have not learned their role in society and believe they are the center of it?

Do not accept bad behavior and do not expect it!

Before Baby Arrives

- ♥ Always remember eye to eye time.
- ♥ Teach child development in the womb.
- ♥ Do a Countdown!
- ♥ Make them a part of the preparations.
- ♥ Don't make everything about the baby.
- ♥ Roleplay baby care!

When Baby Arrives

- ♥ Have a present ready for the older child.
- ♥ Let them pass out little gifts.
- ♥ Don't suddenly change routines.

Notes



Your relationship is the key to your child's heart.



Each week talk to your child about their sibling's growth.

Extended Family Dynamics

♥ Fundamental Parental Responsibilities ♥

1. To teach them about & provide for their physical & spiritual needs
2. To protect them from physical & spiritual harm
3. To give them love & emotional support
4. To teach them how to socially relate to the world
5. To ensure they have an adequate education for a successful adult life.



Basics Regarding Undermining Family Members

- ♥ You are in charge of your children & you must make sure your relatives know this.
- ♥ You will not be undermined by anyone in regards to raising your children. Period.
- ♥ You will listen to sincere and wise advice and consider it when making decisions. You are not always right.
- ♥ You will show respect for all family members to every extent possible and teach your children to be respectful of all.
- ♥ You expect respect in return and will protect your children from influences that cause disrespect or acceptance of lifestyles that are unacceptable to you.

Two Reasons Relatives Might Undermine

1. They are trying to help.
2. They are purposefully trying to show dominance in the relationship.

**You set the boundaries.
You determine the amount of interactions family members will have with your children.**

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Mealtime Battles

Goal: Present healthy, nutritious meal to family. They all eat & enjoy and have a pleasant conversation throughout.

Rules for Ending Mealtime Battles

- #1 One bit of everything to get more of anything!
- #2 Don't stress or contend over food.
- #3 Snacks are not meals.
- #4 Don't make snacks & meals dependent on each other.
- #5 Have them feed themselves as soon as possible.
- #6 Desserts are a privileged special occasion.
- #7 Don't be rigid about food!
- #8 Don't beg, plead or prod.
- #9 Mealtime has a limit.
- #10 Food allergies should be tested.
- #11 Don't label your child's eating habits.
- #12 Have them show appreciation.
- #13 Require appropriate table manners.

4 "P"s for Mealtime

PLAN - Help children plan the meals.

PREPARE - Have them help prepare the meals.

PRESENT - Help them find fun ways to present the food to the family.

PARTICIPATE - Have your child eat the food and ask their thoughts.

Notes

Instructions for bedtime battles are only referring to children under normal, healthy circumstances.

Legitimate Reasons to Get Out of Bed

Fire
Injury with blood
Vomited or peed in bed

Checklist before taking action

- Eye to eye time
- Regular Bedtime Routine
- Last minute attention grabs
- Recording is done

Goal: a pleasant, non-stressful routine that results in your child going to bed easily, without fussing, and staying there.

SEE NEXT PAGE

Short Method

(Criteria for spanking)

Ask 3 questions first: Fire, injury, vomit/peed in bed?

- Clearly instructed
- Willfully disobedient
- Able to apply without anger

If all is checked, a short spanking is a viable option.

Long Method

(May take several hours)

Ask 3 questions first: Fire, injury, vomit/peed in bed?

ONLY words you speak:
"Stay in bed."

- No hugs
- No kisses
- No attention

Take child back to bed.

For children still in crib

Make sure all safe before leaving room.

If still crying after 1/2 hour

- ♥ DO NOT turn on lights.
- ♥ DO NOT speak at all.
- ♥ DO NOT hug or kiss.
- ♥ DO NOT nurse or feed.
- ♥ DO NOT read, play games, go on car ride.
- ♥ DO NOT rub back.
- ♥ Check diaper & for fever.
- ♥ Leave room and say only, **"Good night. Go to sleep."**

Notes

Other Considerations

Teething pain or other minor, non-serious illness issues:

1. Make sure child is safe and fever is not higher than 101.
2. Check for ear infection and have appropriately treated.
3. Change diaper IN CRIB if needed.
4. If all is well, administer children's pain reliever, give cold teether, stuffed toy and water if needed.
5. Continue regular routine to keep child in bed.

Consistency is the KEY to effectiveness.

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Training Readiness

- ♥ Stays dry longer
- ♥ Follows detailed directions
- ♥ Able to dress & undress
- ♥ Shows self-reliance
- ♥ Uncomfortable with full diaper
- ♥ Aware of urge to go

It's better to start a little late than to start too early!

Don't get discouraged
Don't go backwards!

Training Preparation

1. Schedule 3 full days.
2. Plan fun activities
3. Diaper Countdown!
4. Teach anatomy.
5. T-shirts & Training Pants
6. Get a potty seat/chair.
7. Get a visual timer.
8. Shop with your tot. (underwear)
9. Other rewards - M&Ms.

Rules for Parents During Potty Training

- Be patient & kind
- Be consistent
- Be prepared
- Do not punish for accidents or mistakes.

Potty Training Process

DAY 1

- ♥ T-shirt/no pants
- ♥ M & Ms
- ♥ Talk about body waste
- ♥ Sippy cup all day
- ♥ Look for signs
- ♥ Go every 20-30 minutes
- ♥ Acknowledge
- ♥ Clean-up

DAY 2

- ♥ Decide about pants
- ♥ Continue T-shirt
- ♥ Explain training pants
- ♥ Remind about goal
- ♥ Go over book again
- ♥ Expect accidents
- ♥ Be consistent

DAY 3

- ♥ Repeat Day 2
- ♥ Be consistent

After Day 3

- Inform caregivers
- Remind at least every hour
- Bring extra clothes
- Encourage communication

Nighttime & Naptime

- Stop fluids at least 1 hour before
- Decide about pull-ups
- Consider a wetness alarm
- Check out links!

List of things to gather or purchase

- Children's books on anatomy
- Visual Timer
- Potty chair
- Training pants
- T-shirts
- Sippy cups/juice
- M&Ms (or other small treats)
- Mattress Protectors
- Arts/crafts supplies
- Movies
- Meal prep supplies
- Pull-ups for sleep time if desired

Check out [links](#) to products suggested in Bonus Extras!

How to Train Your Child to Behave

www.mommyanswerlady.com

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The Mommy Answer Lady

Conquering Childhood Fears

A child is looking for signals from you as to how to handle fear.

Rational Fear - a reasonable emotion brought on by logical thought about likely negative outcomes.

Irrational Fear - an emotion brought on by illogical thoughts of unlikely negative outcomes.

The most important point to overcoming fear is information.

Fear of Nature

Help them learn and explore so they are excited rather than afraid.

Teach them truths discern wisdom from irrational thought.

Exposure Therapy

You can help them overcome things by requiring them to have experiences that will grow their confidence even if they resist.

Fear of the Dark

Discuss light and how it works.

Talk about eyes and how they let in light.

Play game with flashlight in dark room.

Get stuffed toy for nighttime

Show confidence in their ability to overcome fear and let them know you understand.

Fear of Movies

Teach them to make wise choices and how to regulate themselves.

Fear of People

Shyness is something to be overcome.
(See Module Four, Social Skills for Young Children)

Fear of Satan/Occult

"In the name of Jesus Christ, you have no power over me! Go away!"

How to Train Your Child to Behave

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