



Handouts for Tarbiyat Program

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Session 6:

1. Tools to focus on solution

- Family Meetings
 - Joint Problem-Solving (similar to family meetings only one-to-one)
 - Involving children in the creation of a Wheel of Choice
 - Involving children in the creation of Routine Charts
 - Curiosity Questions
 - Limited Choices
- Having faith in children (show empathy and then be quiet and allow time for your child to figure it out)
 - Brainstorm for solutions with your child
 - Each randomly choose a Positive Discipline Tool Card and decide together which tool might work to solve the problem
 - Connection before Correction
 - Listen for understanding

Just go with the flow and keep working for improvement!

Tips:

Breathe: When you catch yourself creating a problem.

Encourage yourself: Remember that you are human and will never be perfect.

Model: Use the Four Rs of Recovery from Mistakes

2. Review 4 Rs of recovery

1. Recognize your mistake (awareness)
2. Reconnect (sit or stand at eye level as you share your mistake)
3. Reconcile (apologize)
4. Resolve (focus on a solution)

One of the power tool you can use whenever faced with a challenge is: **Mistaken Goal Chart.**

You have learned that belonging (connection) and significance (contribution) are the primary goals of children. Making sure the message of love gets through is one of the best ways to create connection and inspire contribution.

To make sure the message of love gets through when mistakes are made, verbalize it. Examples: "Do you know how much I love you?" "I love you so much, AND I need some time out right now to calm down." "I need a hug. Come find me when you are ready."

3. Mistakes as Opportunities to Learn

When you were a child, what messages did you receive about mistakes?

What did you decide about yourself? I am

What did you decide to do when you made mistakes? (Hide them, avoid risks, blame others?)

How do your early decisions affect how you feel and what you do about mistakes today?

4. Empowering Vs. Discouraging

Discouraging: Getting between young people and life experiences to minimize the consequences of their choices through punishment or permissiveness.

Empowering: Turning control over to young people, as soon as possible, so they have confidence, skills, and power over their own lives."

Tips:

Breathe: Take time to think about the long-term results of your communication with your children.

Make sure the message of love gets through: Some children think their grades are more important to their parents than they are. This hurts and is likely to invite revenge. Children often hurt themselves when trying to get even for their hurt.

Take time for training: Your children are more likely to make healthy decisions if they have had practice focusing on solutions during family meetings, using a wheel of choice, and creating routine charts.

Note: Go through all the lessons and start journaling about your experiences and learning and which tool works for you and your children in different situations, you can always refer back to it and find better solutions

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