



# Handouts for Tarbiyat Program

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## Session 4:

### 1. Punishment and Consequences

Punishment	Natural Consequences	Logical consequences	Focus on solution
<p>When you <b>punish</b> the child for mistakes or for doing something wrong which is not acceptable to adults.</p> <p><b>For example:</b></p> <ul style="list-style-type: none"> <li>• Time out</li> <li>• Naughty chair</li> <li>• Hitting/spanking</li> </ul> <p><b>What to do</b></p> <p>Leave this and change your perspective</p>	<p>A <b>natural consequence</b> is what happens naturally, with no adult interference.</p> <p><b>For example:</b></p> <ul style="list-style-type: none"> <li>• When u play in rain, you get wet.</li> <li>• Not ready to wear socks/sweater, you feel cold</li> </ul> <p><b>What to do</b></p> <p>Show empathy and understanding, do not rescue or fix things. Let children learn and let them know, you trust them that they can handle thi.</p>	<p><b>Logical Consequences</b> are different from Natural Consequences in that they require the intervention of an adult.</p> <p><b>For example:</b></p> <ul style="list-style-type: none"> <li>• If you miss the bus, you may need to walk.</li> <li>• If your clothes are not in the hamper they won't get washed.</li> </ul> <p><b>What to do</b></p> <p>Make sure this is appropriate with the situation and follow the 3 Rs and 1 H formula.</p> <p>If done harshly or with blame - becomes a punishment.</p>	<p>Mistakes are Wonderful Opportunities to Learn.</p> <p>Involving children in <b>finding solutions</b> is an excellent way to help them feel encouraged and empowered.</p> <p><b>For example:</b></p> <ul style="list-style-type: none"> <li>• Child doesnt want to do homework, brainstorm together to see how to resolve this and make it fun</li> </ul> <p><b>What to do</b></p> <p>Involve children to find solutions together.</p>

An effective logical consequence will solve the problem. An ineffective consequence will not because it will feel more like punishment than a logical consequence.

## 2. Family meetings

Holding regular family meetings is one of the most valuable tools you can use to empower your children to learn problem-solving skills. Taking 20 minutes a week for family meetings could create peace in homes and in the world

Remember family meetings are suppose to build connection and help teach important life skills to everyone in the family.



## 3. Dos and Don'ts of Family Meetings

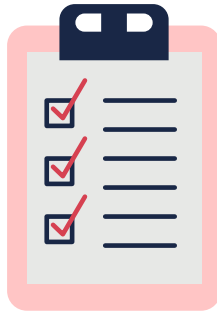
Dos	Don'ts
<ol style="list-style-type: none"><li>1. Remember the long-term purpose: To teach valuable life skills.</li><li>2. Post an agenda where family members can write their concerns or challenges.</li><li>3. Start with compliments to set the tone by verbalizing positive things about each other.</li><li>4. Brainstorm for solutions to problems. Choose one suggestion (by consensus) that is practical and respectful and try it for a week.</li><li>5. Focus on solutions, not blame.</li><li>6. Calendar a family fun activity every week.</li><li>7. Keep family meetings short (10 to 30 minutes), depending on the ages of your children. End with a family fun activity.</li></ol>	<ol style="list-style-type: none"><li>1. Use family meetings as a platform for micromanaging, lectures or any form of parental control.</li><li>2. Allow children to dominate and control. (Mutual respect is the key.)</li><li>3. Skip weekly family meetings. (They should be the most important date on your calendar.)</li><li>4. Forget that mistakes are wonderful opportunities to learn.</li><li>5. Forget that learning skills takes time. Even solutions that don't work provide an opportunity to learn and try again—always focusing on respect and solutions.</li><li>6. Expect children under the age of three to four to participate. (If younger children are distracting, wait until they are in bed.)</li></ol>

Just as there is no such thing as a perfect parent (or child), there is no such thing as a perfect family meeting. However, it is worth it to work through the challenges because of the valuable social and life skills learned during family meetings

## 4. Routine Charts.

Create routine charts WITH your children. Start with a bedtime routine. Ask your child to tell you every thing he or she needs to do to get ready for bed. If your child is too young to write, take dictation.

When your child forgets, ask: "What is next on your routine chart?"



No Rewards - Rewards take away from the inner feeling of capability and change the focus to getting

When your child gets tired of the chart, help him or her make another one.

## 5. Parenting tool cards to use

There are not any parenting tools that work every time for every child. That's why you need many of them.

### Routines



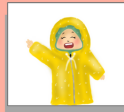
Help children create routine charts to encourage self-discipline.

- 1) Create routine charts WITH your child.
- 2) Brainstorm tasks that need to be done (bedtime, morning, homework, etc.).
- 3) Take pictures of child doing each task.
- 4) Let the routine chart be the boss: "What is next on your routine chart?"
- 5) Do not take away from feelings of capability by adding rewards.

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### Natural Consequences



Children develop resiliency and capability by experiencing the natural consequences of their choices.

- 1) Avoid lectures or, "I told you so."
- 2) Show empathy: "You're soaking wet, that must be uncomfortable."
- 3) Be comforting without rescuing: "A warm shower might help."
- 4) Validate feelings: "Sounds like that was very embarrassing."

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### Logical Consequences



Too often logical consequences are poorly disguised punishments.

- 1) Use consequences rarely. Instead, focus on solutions.
- 2) When appropriate, follow the Three R's and an H of Logical Consequences:
  - Related
  - Respectful
  - Reasonable
  - Helpful
- 3) If any of these are missing it is not a logical consequence.

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### Show Faith



When you show faith in your children they develop courage and faith in themselves.

- 1) Instead of rescuing, lecturing, or fixing, say, "I have faith in you to handle this."
- 2) Children develop their problem-solving skills and disappointment muscles through experiences.
- 3) Validate feelings: "I know you are upset. I would be too. I have faith in you."

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### Family Meetings



Children learn social and life skills during weekly family meetings.

Format for the Family Meeting:

- 1) Compliments and appreciations
- 2) Evaluation of past solutions
- 3) Agenda items—person can choose to:
  - a) Share feelings
  - b) Invite a discussion
  - c) Brainstorm for solutions
- 4) Calendar: events, meal planning
- 5) Fun activity and dessert

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