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Parenting Made Easy System

# iCAN CONFIDENCE PARENTING COURSE FOR KIDS AGED 7-13

## DAY 10: THE SEVEN Cs TO SUCCESS

**In a nutshell** – In this session, we will be looking at the seven Cs of successful parenting! …

*Welcome back!*

**The Seven Cs to Success**

In her excellent book "Getting Your Little Darlings to Behave" Sue Cowley suggests that there are seven steps to disciplining children successfully. So let's take a look at them in more detail:

1. Being Certain
2. Being Confident
3. Being Consistent
4. Being Calm
5. Being Caring
6. Being Careful
7. Being Creative

## Being Certain

Children need you to be absolutely certain and clear about what you want. This gives them security but also clarity. Earlier in the TOOLKIT I asked you to write down exactly what you would and wouldn't accept from your child so you are definite and certain about the sort of behaviour you expect. Being vague stresses everyone and sends mixed messages to your children.

This is known in teaching as “having clear expectations” and the higher your expectations for your children the better they will behave, but here’s one piece of common sense advice

Let your kids in on the secret!

So many parents forget to tell their kids what they expect from them and think that they will just pick it up. Assume at your peril - kids need to be shown or told what is expected of them!

When things go wrong, as of course they will at some point, just be calm and state again what you do want.

Try being surprised when things go wrong rather than angry - it works wonders!

## Being Confident

If you are sure of what you want from your children you appear confident and they sense that you mean what you say so are less likely to mess you about!

One of the lovely things about being a Parent Coach is that I am privileged to watch parents grow in confidence and self-esteem and gain more overall self confidence in everything that they do as a result of getting the bounce back into their parenting.

As parents start to feel more in control of their family life they send out more positive signals and their children pick up on that and react more positively too. Sometimes I get parents to “fake it till they make it “and to just act more confidently and assertively. This seems to work well with children, like a self-fulfilling prophecy - the more confidently you act the more confident you become. Remember, you really do know what’s best for them as you are the adult and what you say goes. We all have to do things we don’t like sometimes.

## Being Consistent

We've had a good look at consistency earlier but it means being clear about your expectations and always handling the same behaviour in the same way. It avoids confusion and it gives security and familiarity.

## Being Calm

It takes a lot of practise to stand back from a situation and not "lose the plot": ask my kids! It feels quite unnatural to stay calm, not shout or press your "pause" button when you're confronted with a rude or difficult child or a completely trashed bedroom! But as a constant role model and an adult it's up to you not to lose yourself control because you can frighten, confuse or encourage another repeat performance if your child really enjoys winding you up!

The advantages of staying calm are that you can deal with the situation far more effectively and you are setting a good example to your kids. Also you are teaching them about self-control which is a very important life skill to learn for adulthood.

I think it helps you gain control by thinking of the situation as your child's problem because they are not yet mature enough to act responsibly, so it shifts your perception to correcting them and teaching them - away from blaming them which can build up resentment and anger in you - and that's only increasing your stress levels!

## Being Caring

Being caring is also not allowing your kids to run riot! As parents we all care for our children, but we also have a responsibility to teach them the rules - either the rules of your house or the rules of school or the rules of society as a whole. You need to prepare them for the BIG world and caring means tough love sometimes.

Being caring means listening to your kids, talking with them, spending time together, giving hugs and providing a safe and secure environment for them, but it's also about remembering how it feels to be a child and putting yourself in your kids' shoes sometimes. It means lightening up, being playful and having a laugh.

## Being Careful

It's easy to confuse caring with allowing your children to do exactly what they want, but actually it's the opposite! Parents who care want the best for their children and that means guiding them and teaching them in a responsible way. It is preparing them for the big wide world and what the world expects of them.

Being caring means being sensitive to the needs of your children and seeing the world through their eyes. It's remembering that childhood is a special and magical time in all our lives and should be a time of laughter, joy and discovery. So it's finding time for a cuddle and a laugh, listening when we are tired or bored with the story and finding ways to show our children that we care about them enough to spend time with them.

It's also about treating your child with care and consideration to their feelings. You may shout because you are tired but they may not understand and feel really hurt by your words or your attitude. Just imagine you were at work and someone shouted at you - how would you feel?

So try to speak to your child with respect because sometimes we lose sight of who the most important people are in our lives.

## Being Creative

My approach to Parenting is to relax and think of new ways to relate to your kids all the time - make your own reward stickers, get messy together, paint, draw or cook. Hit a cricket ball around or try a score a few netball goals - become a "Big Kid" again. Look for different ways to solve problems and get your kids involved in coming up with ideas.

"Patience is a virtue;" it is also a skill, a talent and a gift and as we all know as parents it can be hard to find some days.

The real challenge is to be patient when it's all going horribly wrong!

But It's hard to be patient when your two-year-old has lovingly written all over the wallpaper, or your 14 year old has decided to bake some Butterfly cakes but left the mess

for you to tidy up, or your 17 year son rings the bell at 1 o'clock after a party as he has forgotten his keys and is a bit tiddly, or your daughter wants picking up from the station just as the football has started on the telly.

The secret is pressing the "pause "button like on your DVD, taking a deep breath, and remembering the bigger picture - the relationship between you as a parent and your child. Try lightening up and seeing the funny side and the pettiness and trivia of it compared to really important things in life (Oh and I often find the odd large glass of wine helpful!!)

Managing your child's behaviour takes hard work, persistence, dedication, a sense of perspective and a healthy sense of humour but with time and effort you will succeed. Expect the best from your children, get the basics right, stay positive and they will grow up well-mannered and well behaved - adults to make you proud.

# Now it's your turn!

Take a little time out, grab a pen, and record your thoughts on how you attempt to embody each of the 7Cs as a parent:

# A Quick Recap

- We have learned about the seven Cs of successful parenting
- We have considered the importance of being certain, confident, consistent, calm, caring, careful and creative

We all need some new ideas and support from time to time, so I hope this course has improved your confidence, given you hope and some practical techniques to believe in yourself and enjoy these interesting times and years with your teenager.

Keep learning, but most of all keep laughing.

All the best

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**As seen in:**

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