

HELPING KIDS UNDERSTAND BEHAVIORAL DO'S AND DON'TS

PARENTS

No one has to remind us that kid's behavioral training begins with and is fostered through parental guidance and role-modeling. Some parents are well equipped to help their kids build a broad base of quality behaviors, while others aren't. Guiding a child toward healthful behavior involves a coaching form of parenting. When parents understand particular psychological modes of coaching, they become more empowered to guide their child toward a higher level of healthy mind function and behavior, such as improved curiosity, patience, honesty, discipline, and motivation.

Advancing Emotional Development

Kids need to learn as early as possible that there are helpful emotional reactions to practice as well as harmful reactions to avoid. The more emotionally under educated a child's mind, the more influence harmful emotions may have on her/his thought process and behavior.

IQ testing was employed in the 20th Century to measure how well a child's mind was functioning. Yet this type of testing hardly addressed the psychological challenges of emotional development. Today the academic testing results that define how well a child or an adult's mind is functioning, emotionally, is what we refer to as EQ (Emotional Quotient) testing. With current research evidence mounting, the importance of EQ testing is surpassing that of IQ testing in measuring healthy mind development.

As this century progresses, we are hopeful that more and more educational facilities will grasp and teach students vital EQ knowledge—which includes better understanding of our mind's emotional make up, along with a significant number of related behavioral do's and don'ts. Such understanding helps keep us safe and improves our health and well-being throughout life. Thus, attaining optimum EQ understanding ensures a level of developmental success that far surpasses many of the mythical ideals of fame and fortune.

The Weight of Parental Responsibility

For safety and healthy development, we all wish that our kids could have been born with numerous guidelines already programmed into their heads, or that they would be more cooperative in accepting and memorizing the direction that parents provide. Our efforts would be far less frustrating, of course, if kids only had the foresight to realize that someday they would be grateful to have learned healthy rules and limits. Yet because of the reality that children's minds are under developed, they perceive most rules or limits as being unnecessary and overbearing.

At each stage of development, parents have an abundance of related behavioral do's and don'ts to verbally repeat over and over, until this knowledge is etched firmly into a child's memory. Some do's and don'ts can be explained at earlier ages, while others are too difficult to comprehend until kids are well into their teens. If we were to compile a list of helpful do's and don'ts to last a lifetime, it would undoubtedly span thousands of pages.

People might say that experience is the best teacher, but for certain lessons learned by experience, disastrous consequences can result. Behavioral do's and don'ts that kids learn from those in teaching roles will greatly reduce the number of consequences they have to endure throughout a lifetime.

Much of what we see and experience during childhood defines our adult behavior: our likes, dislikes, tolerances and intolerances. So as parents, we want to avoid modeling inappropriate behavior that children could imitate. Parents must be responsible for guiding a child's behavioral compass for nearly two decades, assuming a role comparable to that of manager, caregiver, or teacher. Naturally, the quality of supervision possible ranges from excellence to neglect. Most parents already spend at least 40 hours per week earning a living, so that devoting adequate time to motivate, support, and psychologically educate a child can amount to the equivalent of a second full time job. Thus, with so little spare time to guide their children, parents must utilize the most helpful resources available to promote this cause. We encourage parents to study our free program carefully and to utilize our strategies in guiding their own lives as well as their children. For additional resources, type "Behavioral Do's and Don'ts" on your computer search bar.