



The 1 Rule to Raising Happy Kids





108 Parenting Lessons in 1 Simple Rule



by **Karen Ryce**

The 1 Rule to Raising Happy Kids

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Acknowledgments

I offer this work to the world in your names with heartfelt gratitude, from me to you. Many thanks to…

Shanti, Tao, and Sita: for being born to me, for being some of my greatest teachers, and for strongly supporting my efforts as a harmonious parent.

(For more complete words of appreciation, you can read the original book *Parenting for the New Millennium*.)

A special acknowledgement to my Mother, who went to Heaven near the beginning of this year. Charlotte Patricia Nieves Cheesman / Vita / Midge / Mrs. Huffman / Mommy / Mother / Noni

Now, I must extend a special acknowledgement to my son Tao, who went to Heaven two weeks from tomorrow. As his younger sister, Sita, wrote in his obituary, he was "Dearly beloved by all who met him…"

Dedication

To Us All…

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A Beginning…

"We are not here to comfort children when they cry,

but to see that they have no reason to cry."

Mr. A.M. Joosten, Director

AMI Indian Montessori Training Course, 1946-1979

Happy people not only get to feel good, but they do not deliberately hurt others. They don't shoot them, beat them up or say cruel things to them. They help things be better. My work is to share the tools, skills, strategies I've discovered and developed that help kids grow up happy, respectful, confident. Let's help improve people's lives.

Initiation…..

The purpose of this program is to help adults raise happy kids and to help today's adults be happy, too.

This program had many beginnings…

Going to India and being accepted into the Indian Montessori Training Course, with the intention of getting a 1-year visa.

Being captivated by the Trainer…

Learning about the importance of childhood, something I'd never had pointed out to me, or thought of during my years of studying anthropology.

Beginning to care about and appreciate children.

Another beginning was when we founded a Montessori school in Garberville, California and I became disturbed by the by way I saw parents treating children. It was nothing different. That was the way parents were expected to treat children, but it bothered me because of the ways I'd changed during the Montessori training.

Another beginning was tied to what I call a revelation, you could call it a "light bulb" moment. A friend and I were visiting a nearby town. We noticed a church was having a rummage sale and went to check it out.

I casually looked at some baby clothes for my year old daughter. I turned one of the price tags over and noticed the price was written on the back of a torn scrap of what seemed to be the Emancipation Proclamation.

Suddenly I had a name for the way adults treated kids (if you want to know more about this, get my original book, *Parenting for the New Millennium*). I came to realize that this was the root cause for all the struggles between adults and kids. I called it The Invisible Root Cause, because although it was a most common way to treat kids, no one seemed to be aware of it. It was invisible.

One of the most important beginnings was when I apologized to my three small children for yelling at them and vowed never to try to force them to do what they didn't want to…and I never did again.

One beginning was when I realized it was impossible to take home all the children I wanted to have happy home lives, it was impossible to take all of them home with me. Some children, a very few, did live with us for a while, but not even all of those who wished they could. I thought I have to teach the parents what I have learned so those children can have happy home lives with their own parents.

Another was when I'd been invited to create educational centers in India and I decided that before I could leave where I was living I had to share what I'd learned about getting along with kids, that I didn't see other adults doing. It turned into my first book and turned into a mission.

…To help kids be treated as they like to be treated…

The 1 Rule?...



Side-Effects Of The 1 Rule

- Harmony With Kids
- Positive Respect Mindset
- Respectful Kids
- Confident Kids
- Harmonious Kids

- Personal Clarity
- Ability To Shift Your Thinking
- Being A Good Model
- Raising Trustworthy Kids
- Ending Conflict
- Self-Respect

What Is The 1 Rule?

Discovering this system started at the beginning of this year when I created Harmonizing With Kids.

Harmonizing With Kids was the first answer to this question:

'What is the least people need to know and do to successfully raise happy, confident, respectful kids?'

The next time I asked myself this question, the answer was the 1 Rule.

I Asked Myself

One evening I was thinking of the 108 tools, skills and strategies I'd discovered, created and used to create harmony with kids over the years, my kids and the kids I've worked with in our Montessori school and in public schools.

I wondered, 'Do people really have to learn all of the 108 (that's what I call them for short) to be able to raise happy, confident, respectful kids?' It seemed so unlikely that very many people would even want to do that. I started feeling discouraged, a little.

Then I asked myself a question, 'What is the least that adults need to know and do to raise happy, confident, respectful kids?' I waited for the answer. Then I searched my mind and even searched my trainings. Some I haven't even made public. Eventually it became clear to me. There was one thing that adults could do to create these results, happy, confident, respectful kids. That one thing is the 1 Rule.

When I explained what I'd discovered to one of my coaches, he named it: "108 Parenting Lessons in 1 Simple Rule"…(I call it the 1 Rule, for short)

Using the 1 Rule means…

You find agreement. That's the Rule.

The 1 Rule = Agreement

Agreement = Harmony

You find a solution that everyone likes. You've found agreement.

You've found harmony.

It is simple, but the wisdom and practical power of the 108 lessons is built into that simple rule. Follow the rule, and as you need one of the 108 tools, skills or strategies, or something equally useful, it appears.

Why And How The 1 Rule Works

Apparently our brain is hardwired to answer questions. When we are asked a question, our brain immediately begins searching for an answer. **The 1 Rule** is like asking our brain a question, so it immediately begins searching for an answer. We ask how we can find agreement. That's how there is a direct connection to the 108 tools, skills and strategies that help solve the problem. There may be more or different solutions, but the 108 is what came up in my life.

Self-Determined Kids

Another important element in why **the 1 Rule** works is what is commonly referred to as, "I want my children to live their own lives." I wanted my children be happy, to feel good, and I also wanted them to be self-determined, to figure out for themselves what they wanted, how they wanted things to be.

My path of discovery = The Path of the 1 Rule:

1. **I made a commitment to never try to force my children.**
2. I wanted them to be, do and have what they wanted to be, do and have.
3. I helped them to the best of my ability.

I've also come to realize that my determined focus on having my kids be happy taught me the 108.

I finally created a simple doorway to all my work...and it turns out to be the path I walked.

Your Foundation Is The Heart-To-Heart Bridge

When you use the 1Rule, you create a heart-to-heart bridge between you and your child. That way you both feel loved at all times. You are loved, and **you also *FEEL* loved**. You and your child get to feel it at all times! **Imagine the blissful power of this…**

Try it. You'll see how great it works!

If you ever want some help following the 1 Rule, just let me know.

The 1 Rule: Agreement

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Chapter One

ACHIEVING OUR GOAL…

Raising Happy, Respectful, Confident Kids…And Having A Good Time!

I have given focused attention to this topic for over 47 years. So I've figured out some things that work. They work for me and for others, as reported by them. When I say 'work' I mean that create harmony and add to the harmony created.

- Imagine children who are automatically respectful to others
- …who are skilled at helping find solutions that work for them and others
- …who are willing, even eager, to cooperate

The Power of Harmony

Who knew that harmony could be such a powerful force? And so simple to achieve?

HARMONY: Agreement / peace / understanding / cooperation …

Why is the 1 Rule so powerful?

- ...because it goes to the root of the troubles between kids and adults. It provides clear understanding and even a formula to harmonize with your kids
- …Flexibility:…One of the reasons this works so well is that it is as flexible as the people involved need it to be. The foundation is what stays the same, everything else can flex. As you read this chapter, you'll find out about this simple, strong foundation.

- Imagine…your family: everyone getting along…getting their needs met…helping each other… enjoying each other…all of you feeling connected, loved, understood, important and you all know how to create this state of well-being and how to maintain it, so that problems between family members do not develop. This is harmony, a harmonized family.

[**DISCLAIMER**: It is my understanding that I am required to share the following **disclaimer**: I don't know anyone who can guarantee everything that's going to happen in the future.

So, although what I am about to share with you has worked well for the children I've interacted with for 40 plus years: my own children, grandchildren and the many children I've

worked with…and although others have reported how well it has worked for them and their children or the children they've worked with…We can't guarantee the future.

The positive results achieved by myself and by others during the past 40+ years cannot be considered typical results. Your success may greatly surpass ours, or it may not. In case you don't realize this on your own, I am required to tell you. **(End of Disclaimer)]**

So Kids Always *FEEL* Loved

Kids love this method! Period. The kids in one classroom gave me a spontaneous standing ovation after I shared this method with them. Because of the positive results I have achieved with kids, I've been called the Miracle Worker of Education and Parenting. One teacher who sat in on a session I did with three of her students, proclaimed, "That is a miracle!"

The 1 Rule is specifically designed to help you create harmony with the kids in your life, **without using punishment** or feeling like you are losing out on what's important to you.

It prevents you from slipping backwards into negative interactions with your child, interactions that don't feel good to you or your child.

Using the 1 Rule creates an unbreakable love bridge between hearts. It ensures that you and your kids always ***feel*** loved. This is what helps you raise a happy child. Because the process and the results feel so good for everyone, it quickly becomes a habit, so maintaining it becomes almost effortless.

Root Cause of Conflict Between Adults and Kids

First let's get to the nitty gritty of conflict, especially the conflict between adults and kids.

In just about anything you can think of there can be differences between two people.

Picture this: no one has the same point of view. That means that no one physically looks out of your eyes, except you. If two or more people are looking at the same thing, each person's point of view is different, if only slightly. And that's just the beginning of differences.

That's not to say that we don't have many things in common, but when we have differences that seem to oppose each other, **and** do not know how to resolve them in a humane and peaceful manner, conflict develops.

When the relationship between adults and kids is involved, the Invisible Root Cause comes into the picture. Root Cause: because it is the cause of the problems. Invisible: because although it's one of the most common ways for adults to treat kids, it's never talked about. It's as if it were invisible. In case you haven't yet learned about the Invisible Root Cause of problems that develop between kids and adults, it's this:

- It's an attitude that adults have been programmed with from the time they were children. It dictates how they are to relate to the kids under their care. As an eight-year-old boy once told me, "They treat me like I'm a slave!" The attitude that adults have developed says, "I'm in charge. I get to have things the way I want. I can make you do what I say, in fact, it's my duty to do so. And I don't care what you want!"

Believing that just because you are the adult, you get to have things just the way you have thought of having them, without any consideration necessary for any kids involved is bound to create a situation of conflict. It's conflict waiting to happen.

This attitude, the Invisible Root Cause, adds to the conflicts that develop because everyone has differences, and often people don't have the skills to resolve their differences peacefully.

I'm sure you can imagine some of the differences: differences in interests (some of us like to read and some of us would rather play video games), differences in beliefs (some of us believe in 'the work ethic' and some of us believe that 'life is a playground'), differences in values (some of us value cooperation and some of us value competition), differences in likes and dislikes (some of us like chili and some of us don't).

You may say that conflicts with kids develop because the kids did something you didn't like, or that made you mad, or that was wrong, but the differences between you are at the basis of what they did and what your reaction is.

Think about it: when you are angry with your children it's because they wanted one thing and you wanted another, whether it was over bedtimes (you wanted them to go to bed – they wanted to stay up), homework (you wanted them to do their homework – they wanted to watch TV), chores (you wanted them to do their chores – they wanted to go to their friend's)...whatever the issue.

Learning how to harmonize differences and resolve the resulting conflicts in a humane and peaceful manner is what the 1 Rule is all about. You also learn how to avoid getting into conflicts in the first place.

The following insights, "Kids' Work", "Developmental Blueprint", and "Adults First", were for a Breakout Session I conducted at a National Assembly for the Women's Federation for World Peace in Washington, D.C. I was asked to provide the most healing information I could, to help heal the relationship between parents and their children.

Kids' Work

First, do you realize that children have a very important job to do, as important as any job on earth? It's their job to create an adult, specifically, the adult they become. And one of our jobs is to help them do this, and hopefully do an excellent job of it. The 1 Rule is created to help this happen. It is distilled from over 47 years of focused attention, observation, experimenting, inspiration and caring. That's why experiencing, understanding, and using the 1 Rule is so

important. It not only makes your child's job much easier, but it makes your job, as a parent, easier, too.

Developmental Blueprint

The second point concerns the developmental blueprint of your children. It has been suggested that this is in our DNA. No matter what you think they are doing (testing you, defying you, following orders…), their primary goal is to create the adult they become.

When a baby exercises the necessary muscles and develops the necessary coordination to begin walking, this is evidence of the developmental blueprint which dictates how to accomplish this.

Can you imagine creating the training schedule? Are you equipped to do that? Also, how could you provide the baby with the motivation? Think of all the skills and the perseverance it takes to develop from being unable to move much to being able to stand erect and to walk.

Imagine all that an infant must learn and develop in their first three years of life. How is it that all the coordination necessary to speak comes about? Within three years a child develops from no known spoken language to a basic knowledge of the language or languages in their environment complete with fairly accurate pronunciation and great understanding.

It is not the parent who makes sure that the baby discovers how to make the sounds of their language and then practices them, and yet the baby, on their own, practices enough to be able to speak the language by about two years of age, if not sooner. By three they are fairly fluent.

Something motivates human beings to master the necessary complex coordinated actions, whether the parent pays attention or not. This developmental blueprint with its inner motivation ensures that a child masters certain abilities. **The child must do what the blueprint dictates.**

Adults First…

Here's the third healing point, one of the most important and one of the most easily missed: Kids learn from adults. That seems to be built into the human species. Kids are not born speaking a language and ready to fully participate in family life. Human beings need to learn the language or languages spoken by those around them, especially their parents. They also need to learn how things are done, from those same adults.

Keep this in mind. Think about it. When it comes to respect, parents need to give respect to their kids first. They need to show how it's done. They are the models. Your kids need to observe you when you treat them respectfully, see what you do and how you do it, and experience how it feels. Then they can imitate you.

If you can't think of another reason for being respectful to your kids, you can think of respecting your kids this way: Their job of creating a wonderful adult human being is certainly a job worthy of respect. So let's help them do it.

Why Positive Respect?

You might ask, as some have: Why respect? Why not love? As I explain, parents do love their kids, even though sometimes the way they are treated might seem like punishment to the kids. So they don't **feel** loved.

Respect changes this situation. When you are committed to being never less than respectful, a foundation is created that ensures that your child always feels loved. 'Never less than respectful' means that you only treat your child in ways that feel good to them. The 1 Rule ensures this.

I discovered many years ago that treating kids respectfully brought about a very enjoyable relationship. They became cooperative instead of resistant. They were not only willing to do what I asked, they were often eager to do what I asked, because they trusted me. They became caring and respectful to other kids and to other adults. They were happier. I was happier.

I began to make every possible effort to ensure that I was never less than respectful to kids. This became the foundation of our relationship. They treated me the way I treated them.

I didn't fully understand what I was doing at the time. I knew I was being respectful. In fact, when I was asked to share this, the phrase 'The Power of Respect', was what came to mind and what I used.

Years later I realized that I was actually demonstrating how to use Positive Respect. That means that I treated the kids respectfully **AND** I treated myself respectfully, **at the same time**. This little word 'and' is what makes Positive Respect so powerful and so different from what most people think of as respect*. That 'and' stands for **a huge difference, a whole person difference! It creates the bridge between hearts and it results in harmony.**

(**The **traditional practice of respect** is that you treat others respectfully, no matter what you think of them, even at your own expense. In other words, you learn to treat someone else respectfully even if you have to be **dis**-respectful to yourself. This practice is so common, that it is actually a modern dictionary definition of respect. In the Microsoft Encarta College Dictionary: The definition for respect says "…admiration," that's fine, "and deference toward somebody…" Deference means that you put someone else's needs **before** your own! So they get good treatment, because they are 'worthy' of respect, and whether you have to suffer or not is not considered important.*)

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Your Positive Respect Mindset

A Positive Respect Mindset is knowing that there **is** a respectful solution and being determined, committed to finding it. It is built into the 1 Rule.

A core belief of a Positive Respect Mindset is that you and your child are equally important. Here are three agreements of a Positive Respect Mindset:

1. We are each important
2. We each deserve to have what we want
3. We use Positive Respect to help this happen

There is a way that everyone involved can get their needs met, and together you can discover it.

Three year old children have found this very easy to master once they discovered that it's an option. The 1 Rule is even easier.

Most likely, to some degree or another, this is going to involve adding new habits of thought and action and releasing habits that don't help you stay respectful.

Your love for your kids, wanting the best for them is all the motivation you need to get started.

Once you feel the pleasure of finding mutually agreed upon solutions, you'll never want to stop.

The Power of Respect or Positive Respect is the foundational work that has lead to the 1 Rule. The 1 Rule is the streamlined, easily accessible system based on the Power of Respect. It was my second major revelation. The first was the Invisible Root Cause of the problems that develop between adults and kids. The 1 Rule is the perfect solution to that. Just using it prevents problems between adults and kids from developing.

Benefits of Using the 1 Rule

Here is some of what you can look forward to when you use the 1 Rule:

- Kids
  - Always feel loved
  - Become competent problem solvers
  - Are respectful
  - Learn to make wise decisions
  - Have self-respect
  - Are confident
- Parents
  - Get what they want without struggles
  - Have more time for themselves
  - Feel confident in their parenting
- Everyone works together in harmony, which creates…

- More fun
- More peace and quiet
- More learning
- More adventure
- More joy

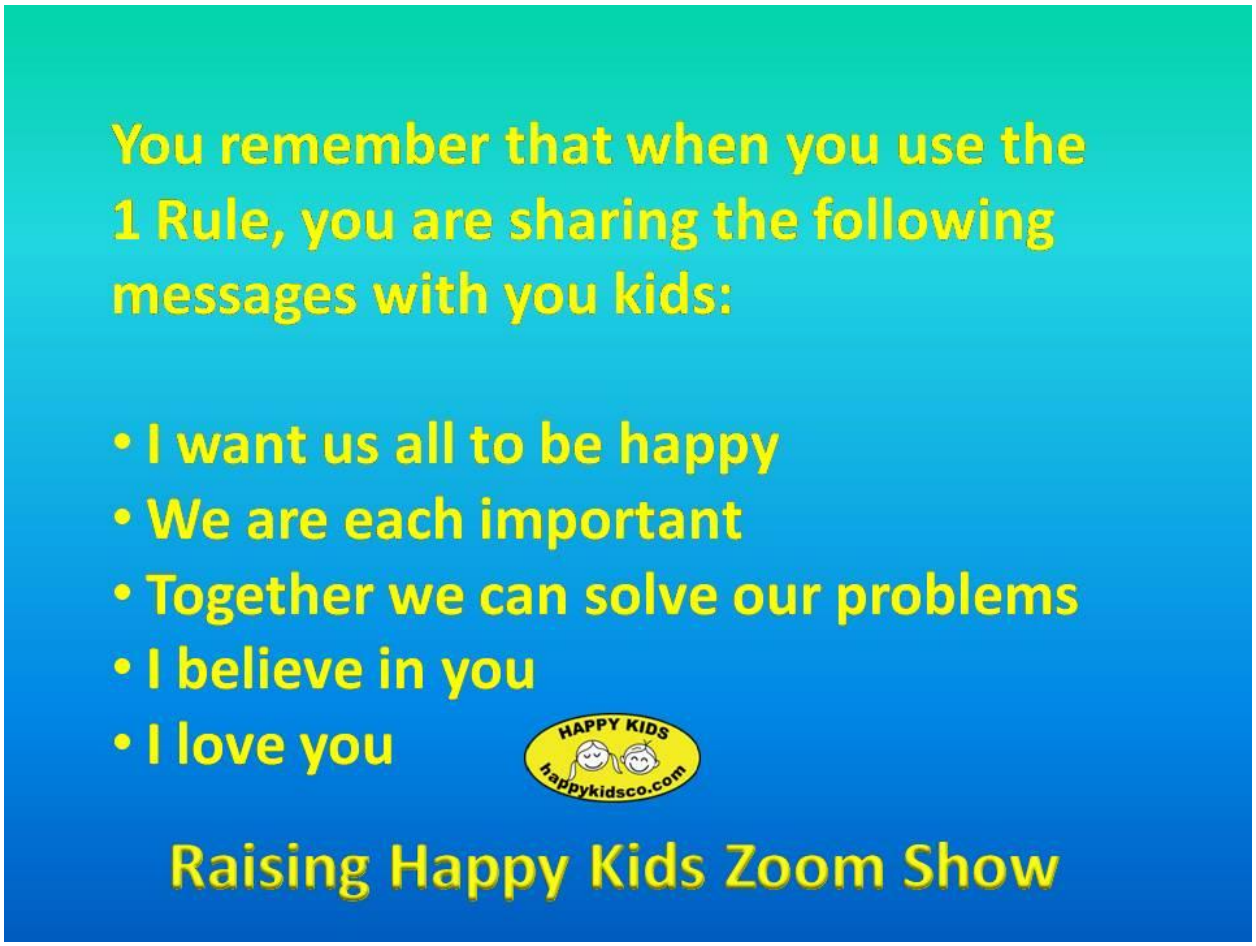
Side-Effects of the 1 Rule

- **Harmony With Kids**
  Harmony is the result when you are in agreement with someone, even according to the dictionary. It is the inevitable result of using the 1 Rule.
- **Positive Respect Mindset**
  A Positive Respect Mindset is knowing that there **is** a respectful solution and being determined, committed to finding it. It is built into the 1 Rule.
  A core belief of a Positive Respect Mindset is that you and your kids are equally important.
- **Respectful Kids**
  The 1 Rule is a very respectful practice. One thing I learned long ago is that if you are consistently respectful to kids, they automatically become respectful people. That's what they are used to experiencing.
- **Confident Kids**
  Kids who are practiced at solving problems so they feel good and so do the other people involved, develop a feeling of confidence at least about this aspect of their lives.
- **Harmonious Kids**
  Kids who are used to using the 1 Rule are bound to be used to being harmonious with the people around them.
- **Personal Clarity**
  When it is your practice to use the 1 Rule, there is less confusion in your life. Whenever differences with your kids seem like they might lead to a problem, you know to use the 1 Rule. You can even use the 1 Rule in your own mind when you want conflicting things. You can find a harmonious solution for you in your own mind, by looking at what you want and why you want it.
- **Ability To Shift Your Thinking**
  When you use the 1 Rule you often practice shifting your thinking. This becomes one of your abilities.
- **Being A Good Model**
  Since you are obviously into harmony, you are being a good model of a harmonious person as you use the 1 Rule with your kids.
- **Raising Trustworthy Kids**
  Since you obviously have great communication with your kids, you've seen how they make decisions and work things out, so you already know that you can trust them. If you have any concerns, you can just bring them up. Then you can come to agreement.

- **Ending Conflict**
  Since using the 1 Rule creates agreement before disagreement is created, you have put an end to conflict with your kids. Disagreement is another word for conflict.

  Self-Respect

  Self-respect is basically feeling good about yourself, thinking good thoughts about yourself. You are bound to do that when you have created harmony in your home.



(This Zoom Show is live every Tuesday at 10 AM Pacific Time, otherwise available at Karen Ryce on YouTube or youtube.com/karenryce.)

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Chapter Two

Benefits Of The 1 Rule

I could tell you that this would improve your life…and that would be true, but really it does more than that, so much more that it seems like hype…but it's not.

The 1 Rule changes the habits of parenting and makes it **so** much simpler for everyone and much, much more enjoyable. Think of the most fun you have had with your kids. Now you get to have as much of that as you and they want. Think of the peaceful, quiet times. You get those too, as much as you and they want. Think of the serious, focused, learning, getting things done times. Those are yours too, as much as you both want…

Imagine your child smiling, laughing, moving joyfully through life…looking with wonder at life's beauty and mystery, experiencing the thrill of discovery, the challenge of adventure, fulfilling their gifts, living a life full of blessings.

This can be theirs and yours to share…

Endless Reasons Your Kids Are Grateful To You

Now the sweet joy of their parent's love reaches them, instead of the pain and suffering of punishment.

Instead of punishment, kids participate in finding harmonious solutions to all family problems, learning attitudes and skills that will serve them well throughout their lives. They become competent problem solvers and learn to make wise decisions.

Now they feel secure, valued, appreciated, loved. Their self-respect is strong, which makes them strong. They are confident and able to make the best of situations.

They know that their needs are always going to be considered and their family is going to help them get what they want, as they are going to help their family members get what they want.

Their ability to be respectful and create harmony makes them welcome among peers, as well as among those who are older or younger. What they give out comes back and because they have strong self-esteem, it feels natural and comfortable to be well-treated by others.

Because they are helped and encouraged to do what they love, their efforts result in the excellence that comes from making the extra efforts that come when you do what you love.

Their home life is filled with fun and happiness, peace and harmony, with all family members working together to make this happen.

Reasons For You To Be Grateful To You

You introduced the 1 Rule into your family. You have made and continue to make all of this possible, and now you have the help of your family.

Your family: where everyone gets along, where everyone gets their needs met, where they help each other, enjoy each other, where problems, troubles and struggles...simply vanish…as if they were never there at all…

All of you feeling connected, loved, understood, important and you all know how to create this state of well-being and how to maintain it, so that the problems, troubles and struggles of the past do not develop.

Not only that, and even that would be enough, you have saved yourself, and everyone else countless hours struggling over issues that now take minutes, even seconds to resolve.

You have saved yourself and everyone else hours, days, weeks, months, years, even a lifetime of feeling bad, feeling like a failure, feeling sad, hurt, frustrated, angry, so many bad feelings that none of you have to live with.

Now when any of you face challenges and want help, you all get to experience the exhilaration of directing your intelligence and inner power and resources to conquering or transforming this challenge. This experience would not have been possible without you.

It is also comforting and reassuring to know that your family members are there and will do whatever they can to help if you want it. This is also due to you.

Not only that, you have saved your family a fortune that could have been spent due to harmful situations which now, thanks to you, all of you, do not develop.

Why Your Community Is Grateful To You and Your Family

Each of your family members has developed an excellence in relating to themselves and others that is greatly appreciated by the other people in the community. It makes them feel as good as you all feel relating to each other.

You are welcome everywhere because everyone enjoys your presence. Even people who have trouble relating to others do not have this trouble with your family members because you all know how to create harmony, even if others are not being respectful to you.

You have all learned how to get what you need and want in life, but not at the expense of others, and you are happy to help others get what they want in life, but not at the expense of yourselves.

You are all known as people who make a positive difference, people who know how to live in harmony with others and with themselves.

As you relate to others, the skills and attitudes that you have each acquired and developed are picked up by others. The ways that you interact in your family begin to spread to others in your community, creating more good feelings and harmonious interactions, whether this is done consciously and deliberately or unconsciously.

Some people start taking each other into account and not only themselves. Other people start taking themselves into account and not only others. There's less bickering and more laughter. People are more helpful and less rigid. More people communicate their needs and more people are respectful to others and to themselves. Cooperation and common courtesy are on the rise.

Skills Learned in a Household that Uses the 1 Rule

How to:

* Respect and value yourself and your contribution to life.
* Alter your behavior because of the needs of others—but not at the expense of yourself.
* How to distinguish your heart's desires and how to follow the path of the heart.
* How to make wise decisions.
* How to cooperate.
* How to treat others with genuine, spontaneous respect.

These skills can result in people who are centered, content, considerate, cooperative, willing, if not eager, to help one another, and generally able to achieve what they are determined to achieve.



Chapter Three

The Practice of Self-Respect

It is common to wish you had done things differently after receiving new knowledge. This can be a valuable learning experience, giving insights and causing you to change in ways you desire.

Remember, as the well-respected family therapist, Virginia Satir, tells us in her book *Peoplemaking*, "It will help you to realize that, whatever may have happened in the past, it represented the best you knew how to do at the time."[1]

It can be challenging to learn how to use the 1 Rule with your kids. It's a new practice. To keep things in balance, be sure to treat yourself respectfully. If you have not been raised by respectful parents, this may involve changing your beliefs about yourself (beliefs are just thoughts you think over and over, habitual thoughts). This helps you change the way you treat yourself, and change the way you act and interact.

When you truly respect someone, your respect even extends to your thoughts about that person. You think of his or her pleasing qualities, words he or she has said that you admire, actions he or she has taken that make you feel good, even proud of your connection. You tend to overlook or accept weaknesses and mistakes.

When you are with that respected person you do your best to consider his or her feelings and wishes in whatever actions you take or what you say.

You do your best to cooperate with them. If you know there is behavior that pleases them, you do your best to behave in this manner and to avoid behavior that they do not like. We want them to have a pleasant life and we wish to contribute to it.

Now is the time to apply respectful behavior to yourself. Self-respect involves self-discovery. Pay attention to how you feel, what you think and how you act to help you develop self-respect.

"I like this. This suits me. It is good for me to do this." It may be easy, or not, but when you do what suits you, you easily remain at peace with yourself and your world. You are open to enjoyable experiences.

You would learn this naturally from infancy onward, with practice and inspiration, unless you were prevented. When you do what suits you, you give your full attention to that task. Even jobs take on new dimensions, "Wow, this is living! I get to read (or ski, type, think, work outside), which I love (or which helps me build my strength, makes me feel good), and I get paid for it!"

Doing what suits you makes you feel good and makes you feel good about yourself. When you feel good about yourself you feel like being good to your children. You're glad you know the 1 Rule and can create harmony with them.

Make the best of your life. Who knows best whether something suits you or not, whether you are eager for an experience or wish to avoid it? **You know best**. You may have been trained to believe that someone else knows better than you do what you ought to do—your parents, your teachers...

However, you are surely the one who can best be in touch with what suits you, and satisfies and fulfills you.

It seems to be true that when you do what you most enjoy, you not only have inspiration, you are also willing to do that extra work which results in excellence. Your self-esteem, your self-respect, is bound to soar when your efforts result in excellence.

Helpful Techniques For Change

To develop good, strong self-esteem, besides learning what suits you, you can become aware of what you think about yourself. It is best to think good thoughts about yourself, thoughts that feel good.

Give yourself the benefit of the doubt. Realize that this moment, *NOW*, is when you have the power to make things different, even just by the way you think about them. Think about how you would like it to be, to help you transform it to the way you want it to be.

Cease being critical of yourself. Pat your own back as much as possible. Be on the lookout for the good that you do. "Yes! I did a great job on that!"

By raising and strengthening your self-esteem, you are developing into your own best friend, someone who is always there for you, who thinks and wishes the best for you, who loves you no matter what.

Practicing The Skills Of Self-Respect

You can be confident that if you keep moving in the direction you wish to go, eventually you get there. If you keep practicing this new behavior, you can master it, and it can become second nature.

Instead of making rules for yourself, which could make you feel guilty when you break them, use guidelines that support your values. Let them gently help you along your way. Guidelines can serve as reminders of the direction you want to go in, but they are flexible, and can bend when you need them to. Except for the 1 Rule, of course, but that never makes anyone feel bad.

Finding your natural rhythm can be a supremely satisfying experience. Say *yes* to what you like, to what suits you. When you are faced with a situation you do not like, immediately focus on what you do want, and say *yes* to that. Use your creative force to create the experiences you love.

With determination and persistent practice you can develop strong and unfailing self-respect, even if today you cannot possibly imagine it. You can move from low self-esteem to having strong self-respect. From one who has made the journey, it is worth every effort. I wish you the best. You deserve it.

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Chapter Four

Getting Started with the 1 Rule

A Formula: Here is a four-step formula that can help change any habit or pattern you wish:

STEP ONE:
* Prepare the soil
* Start your process

* Be open to change

STEP TWO:
* Plant the seeds of change
* Take action

* Practice cooperation

STEP THREE:
* Nourish the plant
* Nurture the process

* Recognize and appreciate your changes

STEP FOUR:
* Weed
* Be willing to let go of what you no longer need

Taking The First Step: Preparing The Soil

You only have to be willing and open to wanting to change. You don't have to know that you can change. You don't even have to decide to change. This openness, this little step, is big enough to start you moving in a new direction. Think of yourself at the center of a circle. A tiny turn, even one degree, even a part of a degree, and you are now headed in a different direction along a different path. There is also a saying that reminds us that a journey of a thousand miles begins with one step. This is the first step on your journey. I remember a translated Chinese proverb that says that if you keep walking in the same direction, you're bound to get where you're headed.

Second Step: Taking Action: Planting The Seeds of Change

Now the ground is prepared. You can begin to plant the seeds of change. One of the most important ways to plant these seeds is to take inspired action. Be open to being inspired to do something concrete, however small, that moves you toward your goal. Keep doing these concrete inspired actions moving you toward your goal.

You can:

* Use the 1 Rule instead of punishing your kids

* Write yourself a note to put on the refrigerator reminding you of *your new goal*: "I remember to use the 1 Rule with my kids. We find solutions we all like."

* I discover **My Cue**. **My Cue** is what I experience physically that tells me that I am getting upset: tightness in my neck, shoulders or stomach, beginning to clench my fists.

* Write out a plan of action, such as, "When I feel **My Cue**, that's my cue to use the 1 Rule."

* Tell your kids what you have learned about the 1 Rule. Ask for their help in reminding you to use it, because you might forget at first.

* Decide to apologize to your children every time you forget to use the 1 Rule and are harsh with them. Also ask them what you can do to make amends.

* Make an arrangement with someone else who is making the same change to be your "partner." Either of you can call the other for support when you need help to use the 1 Rule.

* Start a journal to record your progress.

* Make a reward plan for every time you use the 1 Rule.

One of the most powerful things you can do is plant seed thoughts and nourish them until they form into beliefs. For example, you may choose to plant the following seed thought: "I am so glad I use the 1 Rule." Just follow the directions for using affirmations and watch this seed thought grow into a belief. A belief is a thought that you think enough for it to have its own powerful momentum.

Affirmations, thoughts of how you would like it to be, can be quite helpful, as can the following instructions and assumptions: It is important to be as precise as possible, to make your statements positive, "I am…" rather than negative, "I am not…" and to phrase your affirmations in the present tense. These are instructions to your subconscious mind. They even work for Olympic athletes, who go through their events in their mind. It may not feel logical, since you may not yet believe what you are saying. But if you keep it up, you come to believe what you are affirming.

A simple affirmation, such as, “I am willing to use the 1 Rule” can plant a seed that can help you make all of the changes you wish to make.

It’s good to repeat the affirmation to yourself as often as you think of it. Some people say their affirmations in front of a mirror, some write them down, some record them and listen to the tape.

When what you are affirming manifests, then the affirmation has served its purpose. You can change your affirmations as more helpful ones occur to you.

Think the thoughts that you wish were true. Tell yourself, as often as you feel the need, or as often as you remember, “I love using the 1 Rule.” These thoughts plant the seed and help it to germinate.

The 1 Rule

This is a simple system you can learn to effectively develop harmony in your household.

You could start with a family meeting. Be sure to find a time when it is convenient for everyone. Explain that you want to solve problems differently in your family. Say clearly how you think they have been solved in the past. Ask if this seems right to everyone else. After you have reached an understanding, tell your kids what you want to do now instead.

Explain that from now on you would like it if everyone does their best to solve problems in ways that feel good to everyone involved, and that you are going to use something called the 1 Rule. Tell them that the rule is just that you have to find a solution that everyone involved likes and agrees with.

You can also start one-on-one, at a time that feels good to you and them, even if it’s a time that prevents a struggle.

In either case, share the following three Agreements to make it clearer why we use the 1 Rule:

1. “We are each important.” (Demonstrate this by pointing to each person involved and saying, “You are important” and “You are important”…if you are involved, point to yourself and say, “And I am important.”)
2. “We each deserve to feel good.”
3. “We are going to find a way for this to happen.”

After telling each other what you want, everyone can start bringing up possible solutions until you settle on that idea or combination of ideas that you can all agree on. You can put the solution into practice for a limited period of time, checking back with each other to make sure it is still working.

At the end of the meeting or the one-on-one session, you can say that you would like all the fights and problems in the family to be settled this way.

Once everyone is practiced at using the 1 Rule, finding agreements becomes almost automatic. The peace in the family seems worth all the efforts at changing in the beginning.

Third Step: Nourish And Celebrate the Changes

Now watch your development and transformation. Notice and appreciate…

* The times you remember to use the 1 Rule

* When you let people know what you need

* When you help someone have a good experience

* The times your kids remember to use the 1 Rule

These experiences are like young plants peeping through the earth. As Louise Hay points out in her book, *You Can Heal Your Life*, the tendency is to discount little, beginning changes, to consider them worthless. She points out that you do not do this in a garden when you wait and watch for the tiny sprouts to push above the earth. The changes you are making also deserve your patient, eager anticipation and celebration.

Watching for opportunities to practice your new skills encourages their appearance by keeping the 1 Rule in your awareness. However, remember this: **What you hold in your thoughts, positive or negative, is reflected in your life.** When you have a new car, suddenly the world is filled with those cars, in magazines, on television, through friends, and of course on the highway. So remember that the only reason you want to use the 1 Rule is because you want harmony in your life. So although right now you want to master using the 1 Rule, the real goal is harmony. The 1 Rule is just a way to harmony. However, for now when you are determined to use the 1 Rule, you find yourself using it more and more. You remember it more frequently. You catch yourself doing just what you want to do.

Another helpful technique for guided change that goes well with affirmations is called visualization. This is using your imagination to help create what you want. When you think of interacting with your kids, imagine it being as harmonious as you want it to be. It helps to make these images as vivid and detailed as possible.

The thousand-mile journey is completed step by step. It is completed with perseverance. When you decide to take on any long-term task, knitting a sweater, growing a garden, building a house, if you persevere, eventually, most likely, you complete the task you have set. Some days you may not work on it at all. Some days you may only be able to work on it briefly. Other days you may work on it all day. It takes determination. When you have completed this task, harmonious interaction has become a part of you and you find it difficult to behave otherwise. I know. I have made this journey.

Fourth Step: Weeding And Letting Go

It is important to be open and willing to let go of beliefs that no longer suit you.

If you watch your thoughts and what you say to others about kids, you can get a clear picture of your present belief system relating to kids. As you become aware of the beliefs that get in the way of your changes, you can affirm your willingness to replace these beliefs with beliefs that help you make the changes you want to make.

When you become aware that you are thinking a thought that you want to change, it can act as an alarm. Let it remind you of your newly chosen ways of thinking, greatly speeding up your pace of substituting one belief for another. You are using the old weeds as mulch to help the new growth. "I am so glad I am finding harmony in my life." This affirmation can help create harmonious solutions.



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Chapter Five

Raising Harmonious Kids

Building A Harmonious Foundation

When you use 'Harmony is my foundation' as your affirmation, then, whatever else happens, not only have you opened yourself to this possibility, not only do you want this to be true, but you have even made a concrete step in the direction you want to go. This step may seem like a small thing, but, like a seed, it can be very powerful.

It can help to realize that, whatever our age, **we each have our own agenda**, our own motivation, our own needs to satisfy. Whether it is a baby crawling toward the coffee table, to pull themselves up so they can better investigate the shiny object on it, or a two-year-old who is determined to choose their own clothes and to dress themselves, or anyone else doing anything else, simple or complicated, it is part of their agenda. You are naturally motivated to pursue your own agenda.

You are also motivated by your own beliefs and values, which can and do differ widely among people. This is even true for very young children. Some kids value dirt, while others value water; some value noise, while others value silence; some value taking risks, while others value being safe. Some believe they are lucky; some believe they are intelligent; some believe they are alive to be loving human beings.

Sometimes people believe one thing and sometimes another. It can help to remember these differences.

Misunderstandings cause many problems. It is important to be sure that communications are clearly sent and clearly received.

Deal with mistakes with compassion. See them as opportunities to learn, and to increase one's self-esteem while rectifying the mistake.

Forgiving is essential for peace of mind. When you believe that everyone, yourself included, does the best they can in any given situation, given their circumstances, it becomes harder to blame others because you are more understanding and more compassionate. It becomes easier and easier to forgive—sooner and sooner.

Practice being kind to your children, to yourself and to others. It can be very soothing and relaxing to be kind. Your energy can now be used to care about the needs of others, to make sure

your needs are being understood and considered, and to work toward agreeable solutions with those involved. The 1 Rule makes this extra easy.

Looking for the good in each person and situation can be very helpful in the practice of harmony. It allows you to enjoy life more because you find what pleases you in every situation and in every person. When you give your attention to what you like, what you like increases.

Respectful Self-Talk

One of the most helpful talking skills that you can share with your child is to help them develop supportive, empowering self-talk.

As parents we have tremendous power over the self-esteem, the feelings of self-worth of our kids, their self-talk. In case you don't know what self-talk is: It is part of our mind chatter that goes on telling us what we believe about ourselves.

Do you say or do things that help your kids feel good about themselves? Do you give them approving, supportive, uplifting self-talk? What do they hear you say about them, to them? Do you say "I love you so much!" "You can do or be anything you want to do or be in your life." "You make great choices!" "I'm so proud of you!"

You may not have known these facts or been aware of them, but they are very instrumental in how your kids are now.

Of course, we can and do change our self-talk, our beliefs, but it's better and easier if we form good, self-serving, harmonious beliefs and self-talk from the beginning. Are you helping your kids form beliefs like:

* I am good at….
* I make good choices
* Everyone likes to help me get what I want
* I like to help others get what they want
* I can…
* When I want something I can get it
* I am great and powerful

I'm sure you can think of wonderful, helpful beliefs you'd like for your child.

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Chapter Six

The Model Parent

As an adult, especially as a parent, you are a model for kids. A parent is the most intimate example to a child of what it means to be an adult: how they act, how they think, speak, feel, treat others, treat themselves.

Kids observe what adults do. Even when kids train themselves to be obedient to adults, part of their behavior is motivated by the behavior of the adults in their lives, how these adults respond to various situations, and especially how these adults respond to them.

Remember, you are always an example to the kids around you, and at some point they may try out your behavior. Realize that kids observe such behavior at close range.

Become clear about your values and about yourself as a model. Do you model the qualities and behavior that you value and would like to see in your kids? Do you value honesty? Are you a model of honest behavior for your kids?

Do you value helpfulness? Do you value a non-complaining attitude? Do you model these toward your kids? Do you use the 1 Rule to find harmonious solutions?

Being A "Good" Model

Once you are clear about what your values are and whether you model these values, you can decide whether you have more to do, changes to make, to become a living example of those values.

Each of us is responsible for the actions we perform. You can decide not to do something, and then ***not*** do it. You ***can*** train yourself to behave differently. Some people say it takes two weeks, some say three weeks, some say six weeks, but you can change your behavior patterns.

After you have decided to change your behavior, it can be extremely helpful to choose an acceptable action to take the place of the behavior you intend to change. If you are only training yourself to ***stop*** doing something, without planning a substitute behavior, you might not find it so effective. That's another reason the 1 Rule is so powerful. This is the substitute behavior for punishing, scolding, getting into conflict.

You can refer to Chapter Four for a guide for change. Don't forget, persistence is essential and very effective in this kind of work.

* Be willing to change.

* Take action.

* Celebrate the changes.

* Be willing to let go of what no longer suits you.

New Directions

Although your plan is to use the 1 Rule to find harmonious solutions to any problem situations, if you are too upset for this, tell your child that you need a time-out and you'll talk with them when you've calmed down and the time-out is over.

It is not a sign of weakness to leave a situation that you do not like. On the contrary, it shows strength, inner strength, to practice this amount of self-control. It takes a powerful human being to want to do this.

Using the 1 Rule shows your children, at close range, how to deal with conflicts in peaceful, respectful ways that help retain the dignity of all participants.

Adults who model the qualities and behaviors they admire when they interact with their children—respect, consideration, good manners, forgiveness—are very likely to end up having helped raise adults with just such qualities.



Chapter Seven

Trusting Children

Trusting children is important. Trusting people means that you believe that they are reliable and truthful. You believe that whatever they do will probably be satisfactory. Trusting children is just part of the picture of trust. You must remember to trust yourself, also.

In terms of believing that someone is speaking the truth of their experience and understanding, It has been said that if there are fifteen witnesses to an incident, there will be fifteen different stories about what happened. It can help to remember this when you consider judging whether someone is speaking the truth.

Children Need To Be Trusted

It is up to you to trust them to develop the ability to handle their life experiences responsibly. Most likely, they often want to decide about areas of their lives which seem beyond their abilities. Do what you can to strengthen your faith in them and the life process within them.

Unless your heart cannot find peace with the decisions they make, let them practice. You are still available to help them, so it's a great time for them to practice making decisions and learning from the results, for increasing and developing their skills and abilities and for expanding their interests.

Children can be trusted with control over many aspects of life that adults often assume they cannot handle. As Bob Schwartz points out in his book, *Diets Don't Work*, they can even be trusted to choose the food they eat. "I once read of an experiment in which children suffering from malnutrition were put into a room filled with food. There were all kinds of delicious things to eat, including sweets and candy, and in the corner there was a kettle of gruel. The gruel wasn't as appetizing as the rest of the food, but it was loaded with all the nutrients the children's bodies lacked. The children were told they could have anything they wanted, and almost without exception they headed for the gruel. They couldn't get enough of it."[1]

The younger the child, the more you can trust them to be inner directed. They are closer to the time when their life was totally motivated by their developmental blueprint. It guides development until about two and a half, and helps guide us from then on.

Using the 1 Rule whenever you and your kids have differences that could be heading toward conflict can make trusting them a natural process. Then in agreed-upon circumstances you can learn to trust their decisions and their actions, and they can show you they are trustworthy people and vice versa.

Benefits Of Trust

Trusted kids develop into trustworthy kids. It is so exciting to trust kids and to have them prove that your trust in them was warranted. Perhaps not the first try, or even the third, but then how often among humans is the first try the only one needed to achieve competency? As you watch for it and expect to see evidence of trustworthy behavior, you see it more and more.

Trustworthy kids are a joy. You don't have to be filled with worries and anxieties about them. You know they've learned a lot about what's good for them and what's not. Also, since you trust them, they can't help but trust your good judgment and come to you easily when they need help.

It is better for kids to practice decision making as soon as they have an interest in doing so.

This does not mean that you do not offer guidance. Share information and feelings with your children. Your needs, feelings and beliefs are a critical part of any situation you are in.

Sharing your needs and feelings with your kids and asking them for help is also a form of trusting them. This information encourages your child to figure out how to help you, especially if you have modeled this to your child. That means that when your child has shared needs and feelings with you and asked for help, one of your first thoughts has been how to help them.

Since your kids are practicing making decisions, you are not the only one to come up with solutions. Besides learning to solve their own problems, they also practice being sensitive to the needs of others. They are learning to adjust their behavior when others need them to in a way that is harmonious with all involved.

In his book, *Teaching Children Self-Discipline*, Thomas Gordon mentions several studies about this way of relating to children. This approach has been found to be much more effective in getting children to modify their behavior to help the adult, than when the adult gave orders and expected the child to follow them.

He also says it has been demonstrated that this approach greatly increases the self-esteem of the children.

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Chapter Eight

Frequently Asked Questions (FAQs)

1. **Shouldn't my children be respectful to me first? Don't I deserve their respect?**

   That would be good, wouldn't it? However, what I offer you is almost that good. In fact, really, it is much better.

   That's like asking that your child be born speaking whatever language you speak. You might like it, but that is not how it goes.

   Children learn from us. You be respectful to them from the beginning and they will automatically be respectful to you…you do deserve it.

2. **You mean I can't tell them what to do?**

   For sure you can tell them what you want them to do. If they don't want to, maybe when you explain why, they'll agree. If not, use the 1 Rule.

3. **Why are you against punishment?**

   Punishment causes pain. It is so much more effective to explain, to educate, to create understanding. If the harmonious solution is to fix what they caused to go wrong, this helps ensure that the behavior is not repeated.

   That's the goal of punishment, right? That the behavior is not repeated? Why not get to that goal in ways that are agreeable to all involved? Just use the 1 Rule.

4. **What about logical and natural consequences?**

   Natural consequences are just that…natural. I may or may not allow the natural consequences to play out. It depends on what I want to do and what my child wants.

   Logical consequences seem like a type of punishment. They have to be created, they don't happen naturally and they result in suffering for the child. That seems like punishment to me. Use the 1 Rule.

5. **What if my child runs into the road?**

   Of course, if you see your child begin to run into the road, you would stop them. Then I would suggest that you teach them about the dangers of doing that, so that they don't want to do that again.

6. **You mean I have to go to bed at the same time my child does?**

   Certainly not. You just have to work things out with them, so you both feel good with what you all choose to do. Use the 1 Rule.

7. **What if it's cold outside? I can't tell them to put on a jacket?**

   You can tell them, but if they don't want to, I suggest allowing them to go out without it. Tell them that if they feel cold they can come get their jacket. If you are going with them you can bring the jacket along. Then when they experience the cold for themselves, they might want to put the jacket on.

   If this is a problem for you, use the 1 Rule

8. **What if they don't do what I tell them to do? What then?**

   If they already agreed to do something, ask them why they didn't do it.

   * They may have good reasons for not doing it.

   * They may have forgotten about it.

   * They may be planning to do it at a later time, but didn't tell you about that.

   * Maybe they misunderstood you and did what they thought you meant.

   * You may have said one thing, but meant something different, and they already did what you said.

   In any case, use the 1 Rule to solve all potential conflicts.

9. **What if I'm afraid to trust my child's judgment?**

   You may have good reasons for this. However, you can move from where you are to where you want to be: trusting them because they've proven themselves trustworthy.

You could start with small, safe situations. Discuss this process with them. Tell them you want to be able to trust their decisions. Make sure they agree that this is a good idea. Now you can both learn what you need to learn. They can learn to be trustworthy and you can learn to trust them. You both need practice. Keep this going.

It might be more effective, though it might be more difficult for you, to start with something that means a lot to the child. Discuss it thoroughly. Make sure you both understand how you want it to go. They are likely to make their greatest efforts to be successful if it is something they want to happen.

Eventually you'll be able to trust them and they'll prove themselves worthy of that trust.

Then even if things don't go as you both intended, you'll both know that they've done their best to be trustworthy and there is no reason to stop trusting them.

10. What is the importance of the 1 Rule and harmony in raising children?

If you develop the habit of using the 1 Rule and the resulting harmony as your foundation in relating with your children, then you don't do anything that is less than harmonious.

This makes children feel safe and important. This allows them to keep their inner strength and helps them make the best of whatever comes their way.

Most of all it allows the love that a parent feels for their child to reach that child, so that that child can feel loved. There may be other ways for this to happen, but this is one way that works.

11. Why focus on the 1 Rule and harmony instead of love?

Love is there. Love is a given. Unfortunately, when punishment is one of the common ways that parents relate to kids, this does not feel like love to kids. Kids do not feel safe, important and loved.

They are loved, but they don't feel loved.

It is so that kids feel loved at all times that we focus on the 1 Rule and harmony.

Chapter Nine

Harmony With Baby

There are many reasons to admire your babies.

A.M. Joosten says that besides admiring them, we can also recognize, according to Dr. Maria Montessori, "that (0-6 years) is the time when man's intelligence…is being formed…But not only his intelligence; the full totality of his psychic powers…At no other age has the child greater need of intelligent help, and any obstacle that impedes his creative work will lessen the chance he has of achieving perfection."[1]

According to Mr. Joosten, Maria Montessori says, "A peaceful world comes from a peaceful man."[2] You can begin raising a peaceful citizen even before they are born.

Preparation For Pregnant Mothers

Be sure your self-esteem is strong. If not, before the child is born is a good time to work on healing it, so all the goodness that comes your way does not run out the cracks in your self-esteem. You can believe you deserve to have good experiences. Then you can be full of goodness to pass on to your child.

Practice centering, quieting your mind, and getting in touch with your innermost being.

Actually, I recommend that as soon as you know you are pregnant, you begin, if it is not already your practice, you begin a practice of quieting you mind. It is actually possible to silence your thoughts. In place of thoughts you get a feeling of bliss.

I have found that it is best, most powerful for me to do this first thing in the morning. Then you can tune into that during the day. I've included My Pattern Interrupt in Lesson 6 of The 1 Rule: The Training. It is very helpful to use for tuning in throughout the day.

Once your child is born, your practice of quieting your mind and tuning into the peaceful, blissful feelings and that quiet space, the space of flow, is going to help you a lot in opening your lives to include this new person, your newborn.

Now, you have been opening your life to this new person as they have been growing in your body. You might try creating harmony with them while they are still inside of you. Thinking harmonious thoughts, feeling as peaceful, blissful, in flow as possible. Radiating love.

Keep physically active doing what you love to do.

It seems best not to change your diet drastically once you are pregnant. You can improve your nutrition by adding more uncooked fruits and vegetables to your diet. You can also add freshly made, unheated fruit and vegetable juices, sprouts of various types, seaweeds, green smoothies. Whatever you do to improve your diet, be sure that it tastes good and makes you feel good.

Preparation For Pregnant Fathers

Fathers! You had better prepare yourself also. The attention that you have received from your mate is, very likely, about to take a serious drop. You must prepare to share the mother's attention with the new baby, maybe even more than you have expected.

The loss of much of the new mother's attention can be made up for by being sure your self-esteem is in good shape. If it's not, before the child is born is a good time to work on healing it.

Also practice centering, quieting your mind, and getting in touch with your innermost being.

Think positive thoughts about the new human being taking form.

Do your best to have paternity leave so you, too, can enjoy time welcoming the new member of the family, establishing new family patterns, and, of course, helping out in the home.

Making time to bond with the infant can help to make up for losing some of your mate's attention.

Spending time giving attention to and receiving attention from your other children, if you have any, can truly help the whole family.

Harmony with the Newborn and the 1 Rule

A newborn is a very unique being. During the first ten days, those I have held radiated such wondrous energy that I felt I was touching a saint.

For a gentle, smooth transition, during the first ten days or so of the newborn's life create an environment as similar as possible to their life in the womb: warmth, dim light, quiet sounds. Ask visitors to be peaceful, to interact gently with the baby, and, of course, to be healthy.

A baby needs as much holding as they want, day or night. There are many baby holders which allow you to work while holding your baby against your body. If the baby is happier, more peaceful sleeping with you, you can sleep with them. Close to their mother, or some other loving, devoted human being is a natural place for a baby.

From the time your child is born you can begin your practice of the 1 Rule. You'll have about three years to make harmony with your child your solid practice.

Once they are born you can expand your practice of relating harmoniously with your newborn. This is the 1 Rule in action. This is your primary focus in terms of harmony with your child for the next three years (approximately). You do this by making your choices based on what you want and what is agreeable with our baby or child. With the other people in your family, you can use the main version of the 1 Rule. (check out the training that starts on page 64)

The reason I said that you have three years to master creating harmony with your child is because it is from about three years old they are able to accept that you might have needs also. They can relate to, "Just a minute." They can relate to, "I need a drink of water before we go." They can be part of finding agreement, happy agreement.

Before this they are totally engaged in following their developmental blueprint. This is our built in plan that ensures that we learn the language or languages spoken where we are born. We learn how to move our body, like rolling over, crawling, walking. And we accomplish so much more. This takes lots of focus.

Although I said you have about three years to make harmony-with-your-child a solid practice, and this is true. But in another way you have about two years. By the time they reach the "terrible twos" you want to have creating harmony-with-your-child just what you do. We'll go more into this later. For now know that you have two years to establish this way of interacting with your child.

The Older Baby: Preparing the Environment

With Safety in Mind…

Get down at baby height and explore your living space. Look for things that could be within reach of a mobile baby and might be harmful or easily harmed by them—poisons or harmful substances, electrical outlets or cords, sharp objects, heavy things which the baby could pull over on themselves, delicate things or things that need careful handling, stairs or other drop-offs…

Remove, block off, elevate, lock up, make the baby's world as safe as you can.

It's not likely that you can protect a baby from all harmful situations. But do the best you can.

Today there are companies that "baby-proof" for you.

With Stimulation in Mind…

After you have protected a baby from potential danger, take another baby level look, and evaluate the environment in terms of stimulation. Be guided by what you have learned about the interests and the development of young humans, and especially by what you have observed to interest your baby. At least be sure there are objects of interest, common household ones, as well as baby toys, which the baby can easily reach.

As a baby develops different interests, provide what you can to satisfy their changing developmental needs.

Your baby might appreciate learning "baby sign language," so that they can communicate their basic needs before they are able to speak.

With Independence in Mind…

Put things meant for the baby where the baby can reach them:

* For the crawler, that means near or on the floor

* For the sitting baby, a low shelf might be enjoyable and challenging

* For the baby pulling up into standing, things can be put on shelves or low tables that won't fall over if they pull themselves up on them

When you start to use shelves for the baby's things, you are helping yourself and your baby if you have shelf space for each thing and make sure that when your baby is done with something it goes back in that place. This helps lay the foundation for orderliness to continue naturally as your child grows. They will build a mental picture of where things are found.

Although it is traditional, a toy box can be too chaotic and frustrating a place to put a child's toys. Generally, it is hard to find what you want in a toy box without pulling lots of things out, and then you have a huge mess to deal with. Also, the lids of toy boxes can fall, hurting little ones. If you are going to use a toy box, be sure to remove the lids or protect your child from being hurt by them in some other way.

Maybe all of the balls, or all of the stuffed toys, or all of the puzzles and games could be kept in a toy box without causing trouble for the development of orderliness. Of course, having all the toys in the box with no particular order could be adventurous. You never know what gets your attention first.

As much as possible, it is good for your child to choose their own time of weaning. Of course, the timing must suit you also, but for creating harmony, it is important that it suits your child, also.

Providing Developmental Experiences…

Take your baby or toddler with you wherever you go as much as possible.

* Shopping

* Walking

* Visiting

* To work

Expose your baby to situations that might stimulate their interest and abilities.

* Concerts

* Ball games

* Rivers

* Forests

* Ocean

* Dance

* Yoga

* Whatever inspires you

* Whatever seems to inspire your baby

Plan for the outing. Be sure you have what your baby or toddler might need if it is not available where you are going or on the way.

* Food

* Drink

* Extra clothes

* Toys

* Books

* A small folding chair

So often a parent counts on the time their baby is taking a nap to get things done. However, sometimes they delay a nap and seem full of energy at a critical time for you. Then it's time to think of alternatives, so that you can still get your work done. Here's a possible sequence of activities that your baby might find interesting:

* First a baby swing

* Then hand them cup and small wooden spoon

* Then give them cup with a lid with juice

* Then they can sit in front of the plastic bowls and containers

* After that you can give them jar lids to put in the bowls and containers

Finally, when your baby is tired and ready for that nap, you've gotten all of your work done.

Parent and baby have both had a satisfying, productive time.

In your harmonious family everyone takes each other's needs into account, their likes and dislikes, they work together so that everyone's needs get met. If the baby's needs seem to conflict with everyone else's, a way is found to accommodate the baby. Often it is discovered, or realized that what people thought they wanted and needed is not really that important, or it can happen in other ways, or that the timing is flexible. There are so many ways we flex and modify to accommodate when we are clear on exactly what we all need. This is the 1 Rule in action.

Even when the baby's needs are unusual and extreme it is not necessary to disregard the needs they are expressing, crying in certain situations, resisting. This is how they let us know what they need or what they don't want. Pay attention and respond in a loving, harmonious manner. Expand your mind and your awareness of the possibilities. There could be fifteen different ways for something to happen instead of the one that you thought of. Maybe seven of those other ways would work for your baby also.

Don't think that you have to give up something. You just need to become skilled at thinking of how what you want and what they want can happen in a harmonious and satisfying manner. What you are likely to discover is that what you come up with turns out to be even more enjoyable that what you had first envisioned. This is also the 1 Rule in action.

When your baby is being shy, accept it. Work with it. Even when someone comes to visit from far away and has not yet met your baby, if your baby does not want to meet them or to go to them, let it be. Let them warm up to the new person in their own time and their own way. Even if they usually love to meet new people, let them be as they are at the moment. They can be encouraged to overcome their resistance, but let the choice be theirs.

Don't get so caught up in what has to be done that you forget to appreciate the sweet loving presence of your child. When they want to be held or carried, don't hesitate. Soon enough you will not be able to carry them. They'll be too big, too heavy and they won't want to be carried. Appreciate those times when they want to be on your lap and you can feel the joy of holding them close. Those, too, will pass. Hugs will always be possible, but soon they'll be busy with their own lives beyond the scope of the family. Enjoy these times fully while they are there.

Remember, even for such young children, you are models of behavior. The baby or toddler is absorbing all the information available to them, including who you are and what you do. If having the child behave in a certain way is important to you, be sure you behave that way too, especially toward the child, and whenever the child is present.

If you value honesty, be honest.

If you value neatness, be neat.

If you value harmony, be harmonious.

Keeping Up With the Toddler

Physically get to the toddler's level. Reevaluate the living space in terms of safety, stimulation, and independence. Make whatever changes are necessary.

This same evaluation is important when you are visiting a friend's home for the first time, especially the safety issue, but it helps if you can be aware of stimulation and independence, too. It might be good to alert your friend to your baby's needs before you go there. If not then you need to address it when you get there, again especially the safety issue, the safety of the baby and the safety of your friend's possessions. Come up with a plan of action that respects everyone's needs.

When you notice that your child is making a mistake that is not harming anyone or anything, it is better not to interrupt them with a correction. Wait until they are not engaged in that activity and offer to show them how to do it in a different way. Even when they say a word wrong, later you can tell them the correct word by saying it correctly, "Milt, would you like to see a mango? This is a mango. Would you like to eat some mango?"

Once the baby is standing, be sure to put yourself at eye level with them when you talk with them, squat down, sit on the floor, whatever it takes. Don't always pick them up to talk with them, unless they want you to.

When you are walking, holding hands, remember that the little one has one arm stretched high into the air. It may easily get tired and even start to ache if forced to hold it that way for too long. This does not mean that you must not hold hands, just keep this problem in mind.

It's good to do your best to be aware that your child is drawn to a particular activity. As long as these activities are not dangerous, do not interfere at those times, and offer those kinds of opportunities as much as possible. If there is danger, do your best to modify the situation. This is one of the ways that you can help your child develop the ability to concentrate, to center and to know what is important to do at any given moment.

When your child is busy or focused on something, practice not interrupting, if at all possible. If you have to interrupt them, do so at the most appropriate time for them that you can, giving them as much time as possible to complete their activity.

When your toddler is doing something you do not like, take the time to direct them to an acceptable activity. It's good to encourage and help them to find some experience that is satisfying to them and agreeable to you. This not only helps you both feel good about the situation, this helps them learn that if they want to do something that is not available, there is

likely to be something else worth doing, exploring, or experiencing. This effort with the little ones can be helpful for you during your many years of living together.

When shopping with a little one, and they want to touch everything, if you have the time and energy, let them touch and hold things. Watch them to be sure the things get put back and that they do not do any damage. If you do not have time or energy, let them hold something unbreakable that you are planning to buy, either something big that needs two hands, or one thing for each hand. When they are done with that, offer them something else to hold. If you get to the checkout counter and they still want to hold the item, or items, you may have to lift them so the item can be scanned.

Realize that there is always some reason for what they want. Discover it and enjoy wonderful experiences and adventures.

Let them help you become more flexible. You may have a plan in mind, but because you want to be harmonious at all times, you let your plans be modified. Realize that your timeframe can include time to go into a pet store or get closer to a beautiful kite or to stop to play in the park, even when that was not in your original plan.

When, for one reason or another, you cannot do what your toddler is used to having you do, like carrying them, be determined that somehow you are going meet your needs and their needs. Know that it is possible. Realize that even if it seems like it might be difficult it may turn out to be easy. Think of it as an adventure, with unexpected delights ahead, new things to learn and experience for both of you. Think that soon you'll be thinking, 'So far, so good.'

When what you are experiencing with your toddler is putting what you've been learning about being harmonious to the test, be grateful that you've already been practicing being harmonious and that this challenge didn't come when you were just starting. Be glad that you've been developing patience. Be glad that you know how to spot an opening to do what you need to do and that you know how to make the best of it.

Be open to change as your child changes. As you notice a possible change, begin to think how you can accommodate this change and still do what you need to do and be the way you need to be. This awareness and thinking and planning will help transitions be easier on everyone.

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Chapter Ten

Transitional Twos:

The Age of Willpower

It is important to understand that human beings of this age are developing willpower, which, if properly developed, will serve them well for the rest of their lives.

Willpower has many important functions:

* It is the power behind wanting, wishing and desiring

* It is the power of determination, of commitment

* It is the power that motivates you to action

* It is the power to persevere, to carry through

2-year-olds are constantly practicing, doing their best to create well-developed willpower which is then put at the service of their intelligence. Their intelligence is at the service of their developmental blueprint. Then their will is used to want what best serves the developing human being.

A 2-year-old can be very easy to live with when treated harmoniously. They need to make as many of their own decisions as they can. Whenever possible, follow their lead. If you want them to make a different choice, encourage them by pointing out what they might find interesting and challenging about your choice. If you don't want a major struggle, offer the alternative before they have become determined to pursue their choice.

The 1 Rule and Your Happy 2Yr Old

One of the most difficult periods for many parents is what has been called "the terrible twos." Actually, because it is difficult for parents and because they do not understand what is going on developmentally, this time can be "terrible" for the 2yr old, too.

However, if you have been creating harmony with your baby and young child, the 1 Rule can also help you get through this time fairly easily and smoothly, too. It might help you to understand that what they are creating. They are creating themselves to be:

- a person who is clear about what they want,
- who knows how to figure out how to get it and

- who can persevere until they are successful.

You do not want to interfere with this creation!

Also, in terms of your dedication to finding agreement, since you have been practicing the 1 Rule, it is important to remember that with 2yr olds your role in finding agreement is like it was with babies.

Your role with them is to do the work, find the agreement, be the example of finding harmony. It is up to you, the adult to find harmony with your 2yr old. They are finding harmony with their developmental blueprint.

Here again you do this by finding what is agreeable to you and agreeable to your 2yr old. They will let you know whether you have come up with something that is good for them or not. Be determined to find solutions that you like and that they like.

Harmoniously Living With a 2-Year-Old

Interest is the key. Encourage your child to do the tasks that attract them as soon as they show interest. Their work may not be up to your expectations of perfection, but they can improve with practice. You can offer them jobs that are simple and specific, with clear, physical evidence of proper completion. For example:

* All their clean clothes put in their drawer

* All their toys picked up off the floor and put in their places on the shelf

* The hammer put back in the toolbox

* A small bag of groceries carried from the car to the kitchen

This enables them to judge for themselves whether they have completed the task satisfactorily.

Although an adult does activities for an outer purpose, a 2-year-old child does them for an inner purpose, to develop an integrated personality, to coordinate their intelligence, their will and their movements in accordance with their developmental blueprint. This integrates them as human beings.

An adult wipes a table because the adult decides that the table needs wiping. The child wipes the table because they need to wipe the table. They may wipe it for half an hour until they are inwardly satisfied and they no longer need to wipe it.

Do your best not to interrupt your child's activity cycles. If you must, prepare them by telling them your needs, and, if possible, giving them enough time to complete their cycle of activity. It

is their developmental blueprint that decides when they are done. When the developmental purpose is completed, they are done.

When a child is doing a loved activity, or any activity that seems to involve them in deep concentration (when they are so intent on what they are doing that they are not really aware of what else is going on), this is evidence of their developmental blueprint at work. These times of concentration, times of focus, when the whole person is engaged, are essential to the development of an integrated personality.

When you notice that your child is making a mistake that is not a harmful one, if possible, don't correct them right then. Wait until they are finished doing that activity and offer to show them how to do it in a "different way". For example, "I'd like to show you a way to fold those so that they all fit in the box."

It is also important to use this process when they pronounce a word incorrectly. Tell them the proper word later, without referring to their past mistake. "Let's go into the living room. Would you like me to read to you in the living room?"

Often 2-year-olds use quality names incorrectly, such as colors and numbers. They are showing that they are aware of color words and number words and how to use them, not that they know the correct name. Handle these "mistakes" using the procedure described above.

Notice what interests them, what they are eager to do. Provide opportunities for them to have as many of the desired experiences as possible. These may indicate talents to be developed or skills to be acquired for the optimum development of their potential.

Do not do for your child what they wish to do for themselves, however difficult or beyond their abilities the task seems to be. It is these challenges that bring about concentration and help the child integrate their personality, helping them become a person who knows what they need, how to manifest it and has the perseverance to carry through.

Making Choices

* 2-year-olds are very busy creating the components of strong and well-functioning will power:

- The ability to want

- The ability to be determined

- The ability to persevere

- Putting all these abilities at the service of their intelligence

- It is almost impossible for them to do anything that is contrary to this

* However, knowing this makes it easier to work with them.

* You can help change the direction of a 2-year-old's will if you catch it early enough

- Give them opportunities to cooperate with you

- Tell them how much you appreciate their help

- 2-year-olds like to work, to be helpful, useful, needed

- Be alert

- Quickly offer them an alternative on which to practice 'willing' when what they first choose does not agree with you

* Once they become fixed on something, then the other practices come into play, 'being determined' and 'persevering'

- At this point your suggestion has to be really attractive to them for them to change**

- Otherwise, it's easier and more peaceful, if it's possible for you to do this, to go along with them, looking for the first opportunity to change their direction

- Remember, this period is very important in human development

- It doesn't last very long **if** they get to do it properly

- Though I know that it can seem eternal when you're right in the middle of it

** *When you ask a 2-year-old to stop doing what they are determined to do, you are asking them to go against what their developmental blueprint is making them to do… unless you can convince them to willingly change their focus to something more interesting. That is completely in harmony with the urges and needs of their development.*

Some people say this is bribery and that it's wrong. Is it wrong that people get paid for working? When you are doing something for someone else, using your time and energy to do something that they want, instead of what you might want to do at that moment, is it wrong for them to do something for you in return? It might be good for you to want to help them no matter what, but is it wrong for them to offer something to you? How many people would go to work if they were not paid?

Chapter Eleven

Transformed Teens

Harmonious Insights, Understandings, Guidelines and Reminders

In many traditional cultures, by the "teen" years, people are in the process of taking on the full responsibilities and privileges of adults.

If you had a hard time with your child when they were two, you may have to use the 1 Rule a lot so that you all don't suffer through stormy teens. Both are times of radical transition.

Teens need to practice being independent. It is good for teens to experience as many different life situations as they wish while they are still living at home. This gives them the opportunity to learn in the protective, supportive environment created by their parents.

If you need to say something to a teenager that might embarrass them, say it quietly so that only they can hear, or say it to them when the two of you are alone. Tell them as politely as you would tell a friend.

Give your teenager the benefit of the doubt. You can be confident that they had a good reason for doing what they did, even if you don't understand it, yet.

Anger is a secondary emotion. Before you feel anger you feel another emotion: frustration, hurt, fear, disappointment… Become aware of this primary emotion and deal with it. Then the anger doesn't appear.

Use the system the 1 Rule. It helps you create and maintain harmony.

Don't think in terms of 'disobedience' when you can think in terms of **cooperation**. Discover why a teenager seems uncooperative:

* Are their needs different than yours and, therefore, you need to use the 1 Rule?

* Have they misunderstood your needs?

* Have you misinterpreted their actions as being uncooperative just because they did not do exactly what you expected them to do?

* Are they tired of being bossed around, as we all can be?

* As a behavior model, are you frequently uncooperative with your teenager?

Within two to seven weeks it is possible to change behavior patterns. You just need to be patient and persistent.

Be sure your communications are clear. Be sure that you understand it the way the teenager understands it and that the teenager understands it the way you understand it.

Don't be afraid to say 'no' about something ***you*** don't want to do. Be sure to find agreement, use the 1 Rule if there are differences in what you both want that seem to lead to conflict.

During negotiations, don't think of the teenager as your adversary on the other side of the negotiating table. Picture both of you on the same side of the table, facing in the same direction, ready to work it out.

Mistakes

* Realize and remember even mistakes are opportunities to learn

* Be sure to appreciate their successes

* Help them learn positive lessons from their mistakes

Communicate

* Keep calm and respectful

* Listen and try to understand

* Keep communication clear, reflect back to them in your own words what you believe they said to you so that:

    - They can realize that you are paying attention

    - They can tell you if you are correct or not

    - This helps prevent misunderstandings and miscommunications

* Use the 1 Rule to find a solution that everyone involved likes and can agree to

Transformed Teens…

*** They know how to use the 1 Rule to find agreeable solutions to problems.**

*** They are cooperative.**

*** They know how to keep communication clear.**

*** They are respectful.**

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Chapter Twelve

Work It

I have found that children, those born to me, as well as those I've worked with and those I've enjoyed as friends, are willing and even eager to brainstorm for solutions once they understand the process, and especially once they realize that only solutions that are agreeable to all involved are considered acceptable.

Once they accept that everyone involved is focused on finding what works for all of them, they begin to find solutions quickly. Within minutes, even seconds an agreeable solution is discovered. That's the power of the 1 Rule.

I have also found that children are quite willing to cooperate once they realize they are consistently treated respectfully. I have found that children treat me with great care and consideration when I have treated them that way, and when I have been a model of this behavior for them and toward them.

Insights, Understandings, and Guidelines to Raise Happy Kids

If you can, agree with a child's decisions about their life. It is one way to support the development of self-confidence and mastery. It helps children gain confidence when they learn what suits them and what doesn't, and how to make wiser decisions.

It is very helpful to prepare children for new experiences: visiting new people, going to restaurants, theaters, museums, stores, traveling on trains, airplanes, boats, going camping, going to the doctor, dentist... It's also important to prepare children for the daily events which might interrupt their plans or activities. Tell them your plans in advance, "I'm going shopping later this morning, and I need you to come with me."

When one child hurts another, often the immediate response is to rush off and punish the one who hurt. Treat both with respect: first offer comfort and understanding to the one who is hurt. Then attend to the one who did the hurting. It is important to hear both sides of the story.

The following insights, understandings and guidelines are also found in the chapter on transformed teens:

Anger is a secondary emotion. Before you feel anger you feel another emotion: frustration, hurt, fear, disappointment. Learn to observe this primary emotion and deal with it. Then the anger doesn't appear.

If you need to say something to a child that might embarrass them, say it quietly so that only they can hear, or say it to them when the two of you are alone. Tell them as politely as you would tell a friend.

Give your kids the benefit of the doubt. You can be confident that they had a good reason for doing what they did, even if you don't understand it, yet.

Use the strategy the 1 Rule. It helps you create and maintain harmony.

Don't think in terms of 'disobedience' when you can think in terms of **cooperation**. Discover why a child seems uncooperative:

* Are their needs different than yours and, therefore, you need to use the 1 Rule?

* Have they misunderstood your needs?

* Have you misinterpreted their actions as being uncooperative just because they did not do exactly what you expected them to do?

* Are they tired of being bossed around, as we all can be?

* As a behavior model, are you frequently uncooperative with your kids?

Within two to seven weeks it is possible to change behavior patterns. You just need to be patient and persistent.

Be sure your communications are clear. Be sure that you understand it the way the child understands it and that the child understands it the way you understand it.

Don't be afraid to say 'no' about something ***you*** don't want to do. Be sure to find agreement, use the 1 Rule if there are differences in what you both want that seem to lead to conflict.

During negotiations, don't think of the child as your adversary on the other side of the negotiating table. Picture both of you on the same side of the table, facing in the same direction, ready to work it out.

Mistakes

* Realize and remember even mistakes are opportunities to learn

* Be sure to appreciate their successes

* Help them learn positive lessons from their mistakes

Communicate

* Keep calm and respectful

* Listen and try to understand

* Keep communication clear, reflect back to them in your own words what you believe they said to you so that:

- They can realize that you are paying attention

- They can tell you if you are correct or not

- This helps prevent misunderstandings and miscommunications

* Use the 1 Rule to find a solution that everyone involved likes.



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The Conclusion

As you move toward a more harmonious relationship with your kids, it helps to remember that within you is the influence of your parents and their parenting, which includes their parents, and their parents' parents, back into the distant past. You probably were affected in significant ways by other adults also.

As a parent, take into account the legacy of your past parenting. It can help to remember, at first, that much of your behavior and that of your children is affected by old stimuli. Many actions are just playing out previously established behavior patterns. They still have momentum.

Your beliefs, which were formed in your past, still guide today's actions. You may be in the process of forming new beliefs, but usually it takes time, two to six weeks according to various authorities. It also takes persistence to reform your belief system to the point where the new beliefs form your experiences.

You are changing. That introduces a new element into the legacy. As you change, it is reflected in your experiences.

To understand the kind of dedication and determination needed for this change, it can be helpful to think of a baby learning to walk: no matter how many times they fall down, they do not become discouraged and give up. They may take a break, but they return to their practice until they have mastered the art of walking.

Besides sticking with it and making the 1 Rule your foundation, it can also be helpful to practice patience: patience with yourself and patience with others. Remember the power of forgiveness and do what you need to do to keep your self-esteem strong. Notice the changes:

* Harmonious kids with good self-esteem

* Satisfaction in discovering agreeable solutions to problems

* Stronger personal self-esteem

* More energy for adventures

May your efforts be satisfying and successful…

Endnotes

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Along Comes Baby

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The 1 Rule: The Training

by

Karen Ryce

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A Simple Way to Raise Happy Kids

Introduction and Pre-Work

The 1 Rule is simple. So simple, that it was actually discovered and co-created with 3yr old children. We didn't know we were doing this until it was revealed to me many years later.

If you actually put to use what you learn in the first and second lessons, you end conflict and replace it with harmony, and no one has to give up what is important to them.

You have discovered the magic wand of parenting.

Bonus Story: Kids and Swings: Origin of the 1 Rule

Many years ago, when I was head teacher at Children's House, the Montessori school we founded (which is still going strong), I had decided to teach a conflict resolution process to the children which consisted of about 10 steps. It was actually created for parents. I told the children

I was going to do this to help them solve problems to that everyone involved in the problem felt good.

I had gone through the process a couple of different times, bringing good results. Though the process was long for the kids. This time I saw that a couple of 3yr old girls were having a problem over a swing. I went over to them.

I asked a version of my usual question, "Do either of you need some help?" They both began to tell me about wanting to swing. All the other swings were being used. I took hold of one of the chains of the swing. I told them that they are both important and we would find a way so they both felt good about this.

They looked at me as if what I said made no sense to them I said, "You are both important." Then pointing to each girl I said, "You are important and you are important." At that point I noticed that one of the girls "got it." Her eyes widened. She understood. She was important and the other girl was important. At that point her world expanded to include someone else as important also.

I went on to say, "You both deserve to feel good and we are going to find a way that that can happen."

That same little girl said, "I know! We can both swing," she said to the other girl. "You can sit on my lap and we can both swing."

The other girl agreed. That is what happened. I stayed to push them, at their request, and to make sure they were both safe and kept holding the chains.

At this point most of the elements of the 1 Rule took form, but it was about 40 years later that the full understanding of the importance of that interaction came clearly into my mind. I knew it was important. I wrote about it in my first book. The book that started this all. The first book was titled, *The Friendly Family*. It is no longer available. There are still a few of the second edition, friendly *Families and the Power of Respect*. The most available version is the third edition, *Parenting for the New Millennium, Creating Friendly Families through the Power of Respect*.

Although you may find useful information in any of those books, the one you have now, *The 1 Rule to Raising Happy Kids*, is all you need to do just that, raise happy kids. Now, let's help you have a strong start.

Preparation

The 1 Rule: Start Strong

You decide that you want to have a harmonious relationship with your child. That sounds good, right?

You decide that: you do not want to make your child do what they do not want to do… and you do not want to do what you do not want to do …and you are going to make this work.

You decide that you want to use the 1 Rule to make this happen. This is going to become your new habit.

What Works For Me

To create this new habit, you are going to start with yourself and what you want.

You decide that you are going to let how you feel about a situation determine whether you agree with it or not. If it feels good, then you can agree with it. If not, you cannot.

- When you are looking at situations, you can do it in your mind.
- You can write them out and even journal on them.
- You can approach each situation as it comes up and work your way through it.
- You can do any or all of these for any or all situations. You choose what works best for you.

You look at situations with kids, one by one, and decide: is this situation okay with me just as it is?

If yes, good. Go on to another one.

If no: what would have to change, be different so that I could feel good about this?

Maybe several versions of this situation would feel fine with you. Maybe only one.

This is your first practice as you create this new habit: following the 1 Rule. This is a good practice no matter what age your kids are. It helps ensure a strong start and makes following the 1 Rule so much easier.

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PRE-WORK: Plan for Calm

As I suggested in Chapter Nine, I recommend that as soon as you know you are pregnant, you begin, if it is not already your practice, you begin a practice of quieting you mind. It is actually possible to silence your thoughts. In place of thoughts you get a feeling of bliss.

I have found that it is best, most powerful for me to do this first thing in the morning. Then you can tune into that during the day. I've included My Pattern Interrupt in Lesson 6 of this training. It is very helpful to use for tuning in throughout the day.

The following list comes from my original Plan for Calm and from more current discoveries. Choose what works for you:

TIME OUT: This keeps coming to mind. So let's start with this. It's best if you explain to your family, that in order to keep in a good mood, sometimes you are going to have a time out. And ask them to please not bother you until your time out is over.

Where: As long as everyone is safe, choose your place. If you need to be present, in the room, you might sit in a corner, or even just be there, listening to something on your ear buds (enjoyable music, something inspirational or calming)

How Long: Hopefully as long as you need to get into a good frame of mind. You could decide beforehand and tell everyone, set a timer, or just tell them you'll stop when you feel good again.

During your time out, do something that is satisfying for you, with the intention to feel better:

1. Breathe deep, slow breaths
2. Read for a while
3. Listen to music / play music / sing
4. Take a shower / a bath (if you can)
5. Meditate / visualize
6. Work out / dance
7. Call a friend
8. Go work in your shop (if you can)
9. …Something that makes you feel better

One of my specialties from this list is meditation. I've meditated for about 50 years.

To me, meditation is a very personal experience. I've rarely thought of helping people meditate.

The one time someone insisted and I agreed, I shared a beginning technique with him. He insisted I share more advanced techniques with him. Finally I agreed. The next day he told me it almost blew his head off. I did not know that would happen and I've never taught anyone about meditation since, until recently.

Now people have said they would like my help with their meditation.

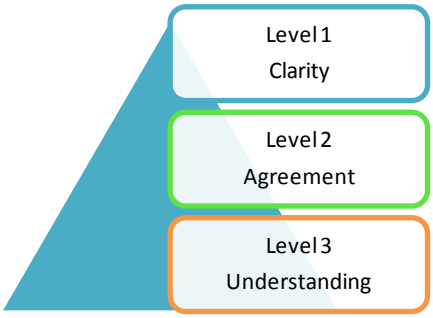
Now I only share what feels harmonious and inspired. I'll share from the following sources:

1) Personal experience, from my almost 50 years of meditating.
2) The minimal knowledge I've gathered from others over the years, mostly directly from people.
3) In live meditation sessions, online, I'll share what is inspired.

Questions

1. Create your own plan for calm, or several options.

Bonus: Meditating Mama Meditation Guide



The 1 Rule: The Training

Bonus Training: Harmonize *Fast* Formula

The Harmonize *Fast* Formula can work simply, quickly as long as you remember to adopt a Positive Respect Mindset. This is what makes the strong foundation. This is the bridge between hearts that ensures that it works easily. Remember the three elements:

1. **We are each important**
2. **We each deserve to have what we want**
3. **We can use Positive Respect to help this happen**

Level 1.....Clarity: The Lightening Round

Misunderstandings cause many problems. I have witnessed this too much in ordinary conversations. Clearing up possible misunderstandings is the first round of the Harmonize *Fast* Formula.

This is the fastest and easiest round, and the beginning point. Sometimes simply, clearly understanding what the people involved want and don't want, mean and don't mean, untangles the situation, like the following story of the two sisters and the lemon.

(Two sisters lived together far from town. They didn't talk about it, but each was planning to use the lemon in the refrigerator the next day. In the morning, they both went for the lemon. When they realized that they both wanted to use the lemon, each thought that she would let her sister use the lemon. When each ended up explaining why she wanted the lemon, it turned out that they could both use the lemon! One sister wanted the juice for lemon water, to do a one day fast. The other sister wanted to use the zest for some cookies. …Imagine how many solutions might be discovered with simply understanding what the people involved want and don't want.)

It is important to be sure that communications are clearly sent and clearly received. It might not be good enough to assume that they understood you or that you understood them, it may be necessary to confirm the understanding. **"I heard you say…"** (for example, "I heard you say that you only want the lemon juice. Is that right?) "or **"So you want me to…"** (for example, "So you want me to use the lemon?") or **"Did you mean…?"** (for example, "Did you mean that you only need the lemon zest?")

Once there is clear understanding, if a solution is not discovered, at least you come out of this round knowing what each person wants and so you do have a clear understanding of the goals.

Level 2…….Agreement Round

In this round, the first idea that everyone likes is the solution. This is what I learned from three-year-old children. They easily and almost instantly adopted a Positive Respect Mindset, once it was introduced to them. They were introduced to the three elements:

1. We are each important
2. We each deserve to have what we want
3. We use Positive Respect to help this happen (this wasn't formalized at the time)

So when differences came up, they would quickly and easily find harmonious solutions…on their own…after they understood how it worked.

If the Agreement Round does not reveal a solution, you can go deeper into understanding why.

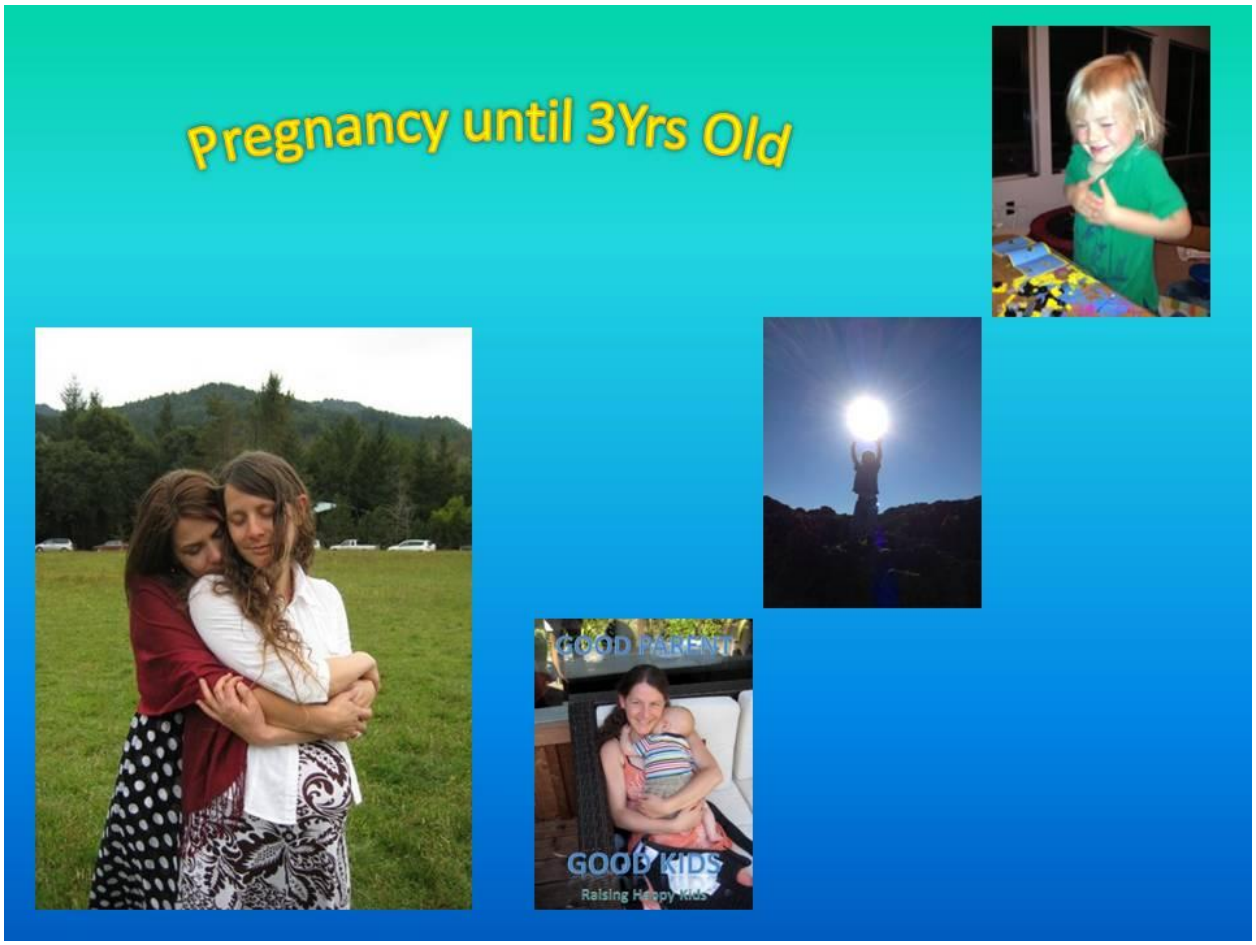
Level 3……Understanding Round

You each get a chance to explain why you like a possible solution and/or why you don't. This gives everyone more information and can result in a winning solution. A winning solution is a solution that everyone involved likes and agrees to.

It brings to everyone's awareness what the people involved are thinking, needing, feeling. It often only takes minor shifts that one person thinks of, but others hadn't…and a solution is revealed.

If these strategies don't help you discover a solution that you all like, you can harmonize using "Seven Steps to Harmony." (used to be End Conflict NOW!)

Here is a secret about using the 1 Rule: in every moment there is an option of harmony and it is in that option of harmony that you find the harmonious solution to any situation. Children are very close to a state of harmony, that's why they take to the 1 Rule so easily and quickly. In fact, they taught it to me. To easily find a harmonious solution get into a state of inner harmony and the outer harmonious solution reveals itself.



The 1 Rule: The Training

LESSON 1: Part 1: Babies through 2Yr Olds

Since you became aware that you were pregnant, you might have created a harmonious situation with them while they are still inside of you. Thinking harmonious thoughts, feeling as peaceful, blissful, in flow as possible. Radiating love.

Once they are born you can expand your practice of relating harmoniously with them. The 1 Rule in action is your primary focus in terms of harmony with your child for the next three years (approximately).

As you know, 'Agreement' is what the 1 Rule is about.

However, when we are dealing with babies, toddlers and 2yr olds our role in the agreement is different.

Our role with them is to do the work. It is up to us, the adults to find harmony with our little ones. They are finding harmony with their lives, their developmental blueprints.

We do this by becoming used to finding what is agreeable to us and seems to be agreeable to our little ones. They go along with it. They don't resist. They don't cry.

If you are not used to doing this, it make take trial and error to start with, but you will eventually become skilled at this.

It will give you time to become dedicated to finding solutions that are agreeable to all involved. Their cooperation or non-cooperation will help, as a clear guideline. It becomes a habit, a good habit that leads to harmony.

One thing to keep in mind as you are forming this habit, you never have to agree to something that you do not want to do. If you think about it enough, or even better, ask your inner being, you'll find something that feels okay for you to do and you can tell that you child is comfortable with your choice.

I had no background of being able to do this. I didn't even know it was a 'thing.' But it is what felt best to me. It never felt good when I did not follow this practice, when I tried to force my kids to do as I wished, without considering what they wanted. Now I know it is a 'thing.' It is following the 1 Rule, finding agreement, finding harmony.

I am using the age of 3yrs old as a guideline. It is not meant strictly. As soon as your child is able to accept easily that you might need something to be different than what they want, then you can go for agreement with them. They can relate to, "Just a minute." They can relate to, "I need a drink of water before we go."

Then you can point out, "You are important and I am important and we both deserve to have a good time. So let's figure out how we can do that." Then you can make a suggestion, unless they come up with something that sounds good.

Questions

1. What are some of the harmonious thoughts you might have about the baby growing in you?

2. Notice situations between parents and their babies. Especially look for harmony in action. Choose at least one situation to write about.

3. Think of situations and various ways you might deal with them harmoniously. Write these as a regular practice, maybe daily, or record them, or draw them, or act them out, alone or with friends. Do something creative with them. This gives power and emphasis to what you want.



LESSON 1: Part 2: Everyone Else

The 1 Rule = Happy Agreement

Use the 1 Rule when differences between you and your kids might lead to conflict.

Today just think about this.

When you are interacting with your kids, just think about this.

Think about everyone feeling good.

Think about happy agreement.

Think about easing stress for you and your kids.

Sharing the following three (3) Agreements makes using the 1 Rule even easier:

1. “We are each important.” (Demonstrate this by pointing to each person involved and saying, “You are important” and “You are important”…if you are involved, point to yourself and say, “And I am important.”)
2. “We each deserve to feel good.”
3. “We are going to find a way for this to happen.”

When you actually give this a try, after telling each other what you want, start bringing up possible solutions until you settle on that idea or combination of ideas that you all agree on. You put the solution into practice for a limited period of time, like a week, checking back with each other to make sure it is still working.

If you like, write about it in your journal.

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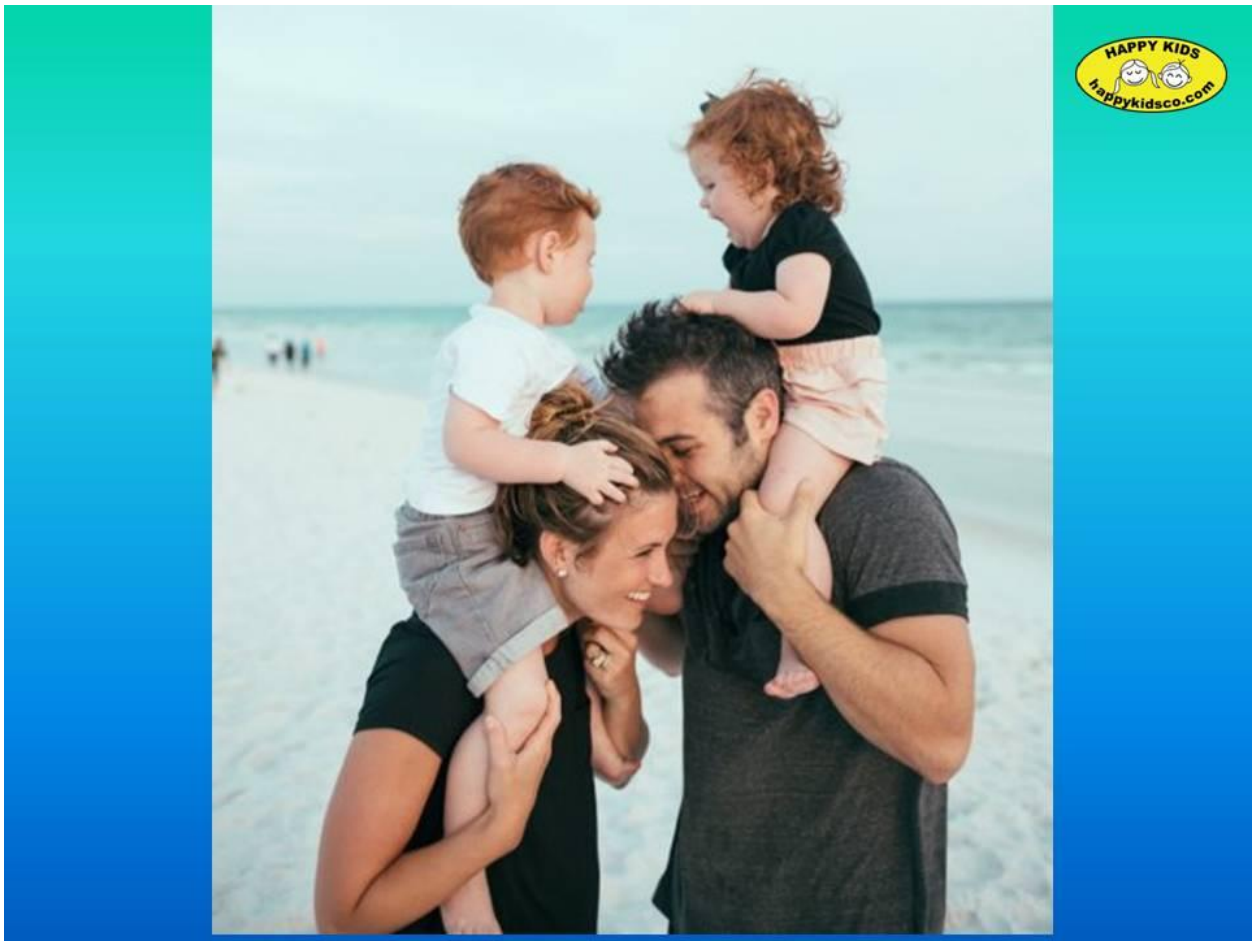

The 1 Rule: The Training

LESSON 2: Agreement NOT Sacrifice

Of all that I've discovered and created to create harmony with kids, the 1 Rule is the simplest and most powerful strategy I've come across so far. It's a clear, simple version of what I actually did to create harmony with kids, my kids, their friends, the kids I worked with.

The 1 Rule is not to make you agree, it is to help you, support you, as you find something that you all easily agree to. Too often the habit is to insist on what you want no matter what anyone else wants, or to give in to others, no matter what you want. The 1 Rule changes this.

When you become aware that there are differences between you, decide to use the 1 Rule to find a harmonious solution to your differences. You are not giving up on your personal desire, you are expanding it to include someone else, like your child.

The 1 Rule expands everyone's goal to include harmony and the satisfaction of all involved. When you use the 1 Rule, you are committed to finding a solution that everyone involved can agree to **because it is a solution that is satisfying to everyone.**

This is what you commit to when you use the 1 Rule:

Everyone involved happily agrees with the solution. That is the rule. I call it Happy Agreement.

Today just think about this. Neither you nor your kids are expected to **have** to agree to something you do not like, or that is disappointing.

You agree to something that you like, that pleases you.

Once you are convinced that the 1 Rule is as strong as I know it to be, you know you can rely on it to get you back to harmony with the kids in your life.

The 1 Rule is so powerful, just using it can help you get to harmony. Of course, you have to use it.

You can't just know about it and not use it.

However, I just became aware of something: knowing about it is like planting a seed. Just knowing about it is the seed that changes how things were. You now know that something exists that might help you create harmony with or between your kids. If it's used.

Most likely, eventually, you'll use it. Someday you'll have to give it a try.

If you take it as far as telling your kids about it, they are very likely to use it. At least that has been my experience with kids.

In fact, that might be a good strategy: tell your kids about The 1 Rule and how it works AND tell them you want to use it but might forget or not be able to…SO…you hope they'll help you out by remembering and actually putting it to use.

When you make The 1 Rule a common way to interact with your kids and help your kids use the 1 Rule to find their own solutions, you have done a lot toward making harmony the foundation of your family.

Questions

1. Think of a situation you would like to solve using the 1 Rule.
2. How would you like the situation to be solved?
3. Write this down, if you wish.
4. What is another way you might like it to be solved?

5. Think of another way it might be solved.
6. Repeat this process with as many situations as you like.

Bonus: Agree to Disagree

One of the common responses to Agreement is the concept of agree to disagree. Adults find it hard to believe that people can come to agreement. It is not the most common practice. However, children, young children especially, find it very easy and natural to come to agreement. They have no resistance. They just find agreement.

However, agreeing to disagree can be one step toward finding agreement as easily as children. However, usually adults do not agree to disagree with kids. They expect kids to obey, to do what they are told no matter what they want. This is the norm.

However, when it comes to using the 1 Rule, adults can agree to disagree with kids or find agreement.

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The 1 Rule: The Training

LESSON 3: Harmony Among Differences

Do you come into conflict with your kids?

Would you like to transform that into harmony? Even if you don't believe it is possible?

Let's do this little exercise to see where we are headed.

Close your eyes and imagine this...your family... no conflicts...everyone getting along.....everyone helping everyone..... everyone getting what they need...everyone having a good time... just imagine .....does that sound good to you? Well that's what you can create with The 1 Rule.

So, let's get started. We are going to take a look at how conflict begins.

In just about anything you can think of there can be differences between two people.

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Picture this: no one has the same point of view. That means that no one physically looks out of your eyes, except you. If two or more people are looking at the same thing, each person's point of view is different, if only slightly.

Differences don't have to result in conflict. Everyone has differences: differences in interests (some of us like to read and some of us would rather play video games), differences in beliefs (some of us believe in 'the work ethic' and some of us believe that 'life is a playground'), differences in values (some of us believe in cooperation and some of us believe in competition), differences in likes and dislikes (some of us like chili and some of us don't).

That's not to say that we don't have many things in common, but when we have differences **and** do not know how to resolve them in a humane and peaceful manner, conflict develops.

Out of the situation of conflict spring all the troubles that develop between adults and kids. Think about it: when you are angry with your kids, it's because they want one thing and you want another, whether it is over bedtimes (you want them to go to bed – they want to stay up), homework (you want them to do their homework – they want to watch TV), chores (you want them to do their chores – they want to go to their friend's)...whatever the issue.

Learning how to resolve differences and the resulting conflicts in a humane and peaceful manner is what the 1 Rule is all about. Once you have made the 1 Rule your habit you can avoid getting into conflict in the first place.

The 1 Rule is simple. It's finding happy agreement before you decide what to do or not to do. As long as there are no differences, there is no need to use the 1 Rule.

Once you realize that there are differences between what you want and what your kids want, that is the time to start using the rule part of the 1 Rule. The rule part of the 1 Rule just means that you use the 1 Rule. You find happy agreement before you move on.

You, the adult, are the example of the 1 Rule in action. You make sure that you follow the rule.

Questions

1. Think of a situation where there are differences between you and your kids.
2. Think of how you might peacefully resolve this situation and still keep your differences.
3. Write this in your journal, if you wish.
4. Repeat this process.

Bonus: The Myth of the Spoiled Child

– excerpt from book that started this all

Parenting for the New Millennium

"Parents also punish their children to try to prevent them from becoming spoiled. The Myth of the Spoiled Child says that a child who is used to getting what she wants is spoiled.

"The Oxford Dictionary has two definitions for spoiled listed under one number—"ruin the character or temper of by indulgence, study the comfort & wishes of (spare the rod & S. the child: how you all s. me!)" The juxtaposition of these two definitions and these two examples is a most telling description of the general cultural attitude toward "spoiling."

"A child will be ruined if we look to their comfort and try to take their wishes into account; it is only beating which can save them from the horrible state of spoiling. On the other hand, it is a way we offer respect to adults and most adults thoroughly enjoy being spoiled; what adult doesn't want their wishes fulfilled, not to mention, insist on it? "Oh, you're going to spoil me!" she cooed; "And please don't stop," she thought.

"Spoiling, which ruins the character or temper, has not to do with whether a child is used to having her needs or desires met, but whether she is willing to have others suffer to achieve these needs. A person who is used to getting what he wants (but never at the expense of others), and who is willing, able, and used to helping others get what they want—this person is not spoiled, but an outstanding citizen.

"A really spoiled person is someone who is not only used to getting their own way, but determined to do so no matter who suffers in the process. Unfortunately, this is too often the type of behavior adults model when relating to children. Even the most benevolent adult usually retains the right to have the final say, to make whatever decisions they want, no matter how a child suffers in the process, and the punishing parent practices this to extreme degrees."

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The 1 Rule: The Training

LESSON 4: Habits for Harmony

Habits that lead to conflict are shifted.

- Saying no automatically
- Being in charge
- Bullying

The 1 Rule shifts everyone's goals. The primary goal is now finding that happy agreement. It actually expands everyone's goals. Now it is important to find a solution that each person can agree to because it is something that they like, something that they want, something that is satisfying and fulfilling to them.

It is not just settling for second best, or giving up on having something you really want. And you only use the 1 Rule when differences are leading to conflict. It is a path back to harmony. That's all.

One of the common habits that contributes to conflict is the adult's habit of saying 'no' to what kids want as soon as the kids ask. Using the 1 Rule eliminates this habit so it is no longer a player. If you had this habit, you may notice that saying 'no' might still be your first impulse, but it will vanish as you get used to using the 1 Rule.

Another habit that can contribute to conflict is the adult's habit of being in charge. This is another habit that vanishes as you get used to using the 1 Rule. You'll see that finding agreement is such a satisfying habit to develop. It relieves the stress of having to be in charge. And as you experience the enjoyment and relief of coming to happy agreements, you'll be so glad you adopted this new harmonious habit.

Another habit that can be transformed by the 1 Rule is the habit of being a bully. This is closely related to the habit of always being in charge. A bully is someone who has the habit of taking charge of other people, whether those people agree with this or not. I'm sure you can see how the 1 Rule changes this habit. The new habit is finding happy agreement with whoever is involved. No bully there.

Questions

1. If you have any of these habits, think of a situation where the habit arises, mentally tell yourself, 'now I use the 1 Rule.' Do you see that situation changing? In what ways?
2. Repeat this with various situations until the thought of using the 1 Rule comes before the habit (you are creating a new habit).

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The 1 Rule: The Training

LESSON 5: Discover Your 'Cue'

This is a tool to help you reduce your stress. Instead of stress, you'll feel calm. Instead of overwhelmed, or guilty or worried you'll feel a sense of ease.

If you are feeling stress, it is most likely you are going to want to be able to ease your stress right in the middle of stressful situations. It helps if you become aware of increasing stress as you start to feel it.

It's kind of like something I used to call "my cue." I wrote about it in my first book and in my basic trainings. It was what I felt before I got upset. I'm sure it is a similar process with stress. Of course you can see that it is much easier to change your direction before there is much momentum in the direction you are headed in.

Pay attention to how you are feeling. Notice changes. Maybe you'll notice a tightness in your neck or shoulders. Maybe you'll notice that you are clenching your jaw or your abdomen. Or even holding your breath. This is Your Cue.

Discovering your cue is the first step. You may already be aware of what it is. The next step is doing something about it, something de-stressing.

Questions

1. Figure out your cue.
2. The Pre-Work (page 68) helps you figure out how to calm down.

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The 1 Rule: The Training

LESSON 6: Change Your Focus

Two ways to change your focus come to mind, but they both result in changing what you are thinking about, in fact everything in Time Out, from the previous lesson, does that, too. The reason this helps, is because what you are thinking about, is what is causing the stress. Change those thoughts to something more enjoyable and you can start to relax.

You can do the following wherever you are.

1. Observe something you enjoy.
    a. Something in nature
    b. Your pet
    c. Your kids…
2. Think an enjoyable thought, at least, a more enjoyable thought.
    a. Past
    b. Present

    c. Future
3. Just focus on your breathing. Take deep, slow breaths. This is how we breathe when we are calm.
4. 'MY Pattern Interrupt'
    a. Choose a positive phrase, word, sentence, mantra
    b. Repeat it silently in your mind
    c. For me it vanishes when I am feeling good again

MY Pattern Interrupt is one of my most recent discoveries. It is one of the most valuable practices I've come across recently. My Inner Guidance calls it "Pattern Interrupt." I mentally repeat a positive phrase, silently, in my mind, until I am done, until I'm feeling better.

I knew that Pattern Interrupt is a term used in NLP, but I didn't know exactly what it meant.

About a week after I'd been practicing MY Pattern Interrupt, I learned from a friend who knows about NLP (Neuro Linguistic Programming) that Pattern Interrupt is a technique that you learn to use on other people. You say something that interrupts a pattern that they are displaying.

I can see how that would work, and that's why I call this MY pattern interrupt, because it is not used on someone else. This it is just for me to use on myself, to interrupt my patterns.

When I find myself feeling a way that I don't want to feel, I use MY Pattern Interrupt until it just fades from my awareness. Then I discover that I am feeling a way I like to feel.

I also use it when I find myself thinking thoughts that I know are going to make me feel ways I don't want to feel. I repeat the phrase in my mind, until… well, it usually just stops on its own. At some point I become aware that I am not using it anymore and my thoughts don't bother me.

Soon after I discovered MY Pattern Interrupt, my sister told me that she had started using a mantra she created in a class she had taken. It seems to have a similar effect for her.

So it seems that you can find your own phrase (mine is a phrase), word, sentence, mantra that suits you and use it to change your state of being.

MY Pattern Interrupt helps me calm down when something triggers stress or a negative emotion.

If this sounds helpful, give it a try. Let me know how it goes.

Just remember, knowing and following the 1 Rule is all you really need to create harmony between you and your kids.

Questions

1. Write a scenario of everything being just like you would like it. Read this to yourself as often as you like. Imagine it being true. It is true, in the thought realm.
2. What action plan do you have for when you are stressed out? Write it out. Have you explained this to your kids?
3. Make a list of things you might think or do to change your focus to something more enjoyable. Add to your list daily.

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The 1 Rule: The Training

LESSON 7: The Origin of the 1 Rule

Out of the 108 tools, skills and strategies I've discovered, created and used over the last 40+ years, the 1 Rule is the simplest, most powerful strategy that I've come across.

The first version of the 1 Rule began when I suddenly became aware that I was being the kind of parent I DID NOT want to be! I was yelling at my young cowering children to try to get them to do something. What? I don't know.

I was horrified at my behavior. I apologized to my children and promised I would never again try force them to do anything they did not want to do. And I never did. Changes can be made instantly.

Then I asked if there was anything I could do to help them feel better. My youngest daughter said she wanted to go out in the car. My oldest daughter said she wanted to visit some friends we had not seen for a long time. We all agreed. We had an awesome time and never looked back.

The Current Origin of the 1 Rule

This process started at the beginning of the year that I created Harmonizing With Kids. I wanted people to get maximum results with minimal effort. I knew that 7 Steps to Harmony worked, but I kept remembering that 3yr old kids did it with fewer steps. Out of this process I came up with Harmonizing With Kids (the Bonus at the beginning of this training).

I Asked Myself

Even after I finished Harmonizing With Kids, I wondered if I'd gotten to the essence of what I could share to help create harmonious situations for kids. One evening, I asked myself a question: "What is the least that I need to share with people about what I've learned about raising happy kids so other people can most quickly and easily raise their own happy kids?" Or something simple like that. The result is the 1 Rule. "108 Parenting Lessons in 1 Simple Rule"…

Next lesson I talk about how it was revealed to me.

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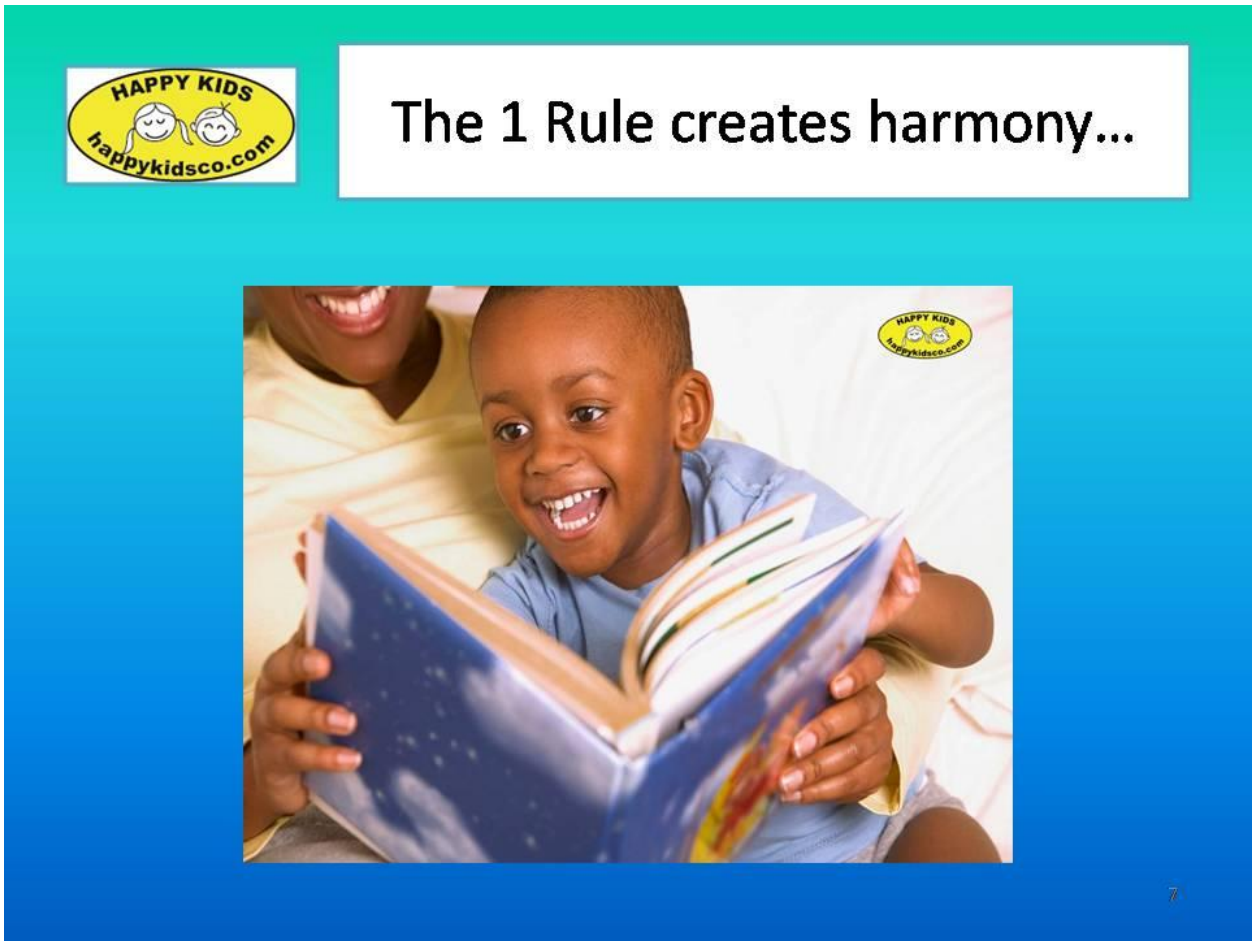

The 1 Rule: The Training

LESSON 8: Why And How The 1 Rule Works

Apparently our brain is hardwired to answer questions. Questions captivate our brain. When we are asked a question, or when we ask ourselves a question, our brain immediately begins searching for an answer. **The 1 Rule** is like asking our brain a question, so it immediately begins searching for an answer. The problem, trouble or conflict is the source of the question.

We ask two primary questions: "How we can find agreement?" and "What is really important to me in this situation?" That's how there is a direct connection to the 108 tools, skills and strategies that help solve the problem. There may be more or different solutions, but the 108 is what came up in my life.

Earlier this week I was watching an online lesson. The instructor used the term magic wand, referring to what was being taught. I thought, 'that's what the 1 Rule is. It's a magic wand for

those who use it. It eliminates all the wondering about how to solve this. Now you know how. You just have to do it.'

Have you ever heard that "two heads are better than one"? With the 1 Rule, all the heads of the people involved are part of coming up with a solution. Since all involved are invested in the outcome, each one wants a good outcome for themselves and, hopefully, for everyone else, though that is not required for the 1 Rule to work. The chances that a mutually satisfying solution will be thought of are greatly improved.

If one person, like the mom, dad or teacher is the only one thinking of and deciding what is to happen, chances are good that NOT everyone is going to be as satisfied with the decision as if everyone involved gets to be part of making the decision.

A Foundational Agreement: It helps to agree and decide that if <u>anyone</u> changes their mind about the agreement they made, as soon as possible they let the people they made the agreement with know, and then they can all decide what to do, even make a new agreement.

Self-Determined Kids

Another important element in why **the 1 Rule** works is what is commonly referred to as, "I want my children to live their own lives." I wanted my children be happy, to feel good, but I also wanted them to be self-determined, to figure out for themselves what they wanted, how they wanted things to be.

I finally created the simple doorway to all my work...and it turns out to be the path I walked. This is how I raised my kids, once I decided never to force them to do what they did not want to do. This was how I treated the kids I worked with.

Try it. You'll see how great it works!

Questions

1. When you have a problem, trouble or a conflict with your kids, ask yourself the two primary questions: "How can we find agreement?" "What is really important to me?"
2. Ask yourself to think of times you have discovered agreement in the past, even when you have come to an agreement with yourself, when you wanted things that seemed in conflict.
3. Think of possible agreements you might come up with for any problem areas.
4. Think of any situations in your life and what is important to you, what is non-negotiable and what is negotiable, for each situation.
5. Use "I want my kids to live their own lives" as a journal prompt. Write what comes to mind.
6. How do you think the 1 Rule helps kids be self-determined?



The 1 Rule: The Training

LESSON 9: Appreciate Your Improvements

The 1 Rule is a system. The 1 Rule does it all. As you have experienced by now, knowing and following the 1 Rule is all you really need to create harmony between you and your kids. Following it brings about all the following side-effects, and more! You must have used some of the 108 tools, skills and strategies I've discovered and created (get The 108 as a bonus when you sign up for the Miracle Workers), without having to learn them. You may have come up with some of your own.

Side-Effects Of The1Rule

- Harmony With Kids
- Positive Respect Mindset

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- Respectful Kids
- Confident Kids
- Harmonious Kids
- Personal Clarity
- Ability To Shift Your Thinking
- Being A Good Model
- Raising Trustworthy Kids
- Ending Conflict
- Self-Respect

Questions

1. Become aware of times you and your kids find agreement. Write about them in your journal.
2. Choose your favorite side effects out of the list of Side-Effects of the 1 Rule. Write them in your journal and write why they are your favorites. Write examples of how you have experienced them.
3. List the side-effects you have not yet experienced that you would like to experience. Write why you would like to experience them.

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The 1 Rule: The Training

LESSON 10: Feel Loved

Your Foundation Is the Heart-To-Heart Bridge

When you use the 1 Rule, you create a heart-to-heart bridge between you and your child. That way you both feel loved at all times. You are loved, but you also FEEL loved. You don't have to wait until there is some disaster or loss to recognize the love that is there, you and your child get to feel it at all times! Imagine the blissful power of this…

Holding Space

During the first coaching session I gave on the 1 Rule I learned another important reason the 1 Rule works so well in creating harmony between kids and adults. When you are determined to be solution-oriented and the solution must be one all involved agree on, you are holding space for

yourself and for your kids. That means, that what you want is accepted in your thoughts AND what your kids want is accepted in your thoughts.

You are being a model how to follow the 1 Rule, when you hold space for yourself and for your kids, being determined that your needs get met, also. You are helping them learn how to follow the 1 Rule, too.

Questions

1. Think of AT LEAST one time when you have held space for yourself and your child.
2. Think of at least one difficult situation between you and your child. How could you hold space for yourself and your needs AND your child and their needs.
3. Write this out for at least one situation.

Bonus: The Girl Who Finally Felt Loved

One day I received a very important letter. It was from a girl I had given a book to because she did not have the money for it right then. She had a 2yr old daughter and really wanted the book. So I gave it to her. She said she would mail me a check as soon as she had the money.

The letter was from her, including a check for the book. Although I was glad to receive the check and I was glad she had been true to her word, her words in her letter were priceless. First she explained how much she appreciated the book for the benefit to her daughter and to her, but she also said that her mother had purchased a book. I remembered that purchase.

She went on to explain that her younger sister was still living at home and that since her mother applied what she learned by reading my book, her sister was able to stop going to therapy because **she finally felt loved**.

Of course, her mother had loved her daughter all along, but the daughter did not ***feel*** loved.

I realized how important creating harmony with kids is. I knew it was important, but I had not realized it actually creates an energetic bridge between hearts that allows love to flow. The 1 Rule is magnificent at this. It keeps hearts open and love flowing between them.



The 1 Rule: The Training

LESSON 11: Healing Information

A few years ago I was invited to conduct a Breakout Session at a National Assembly for the Women's Federation for World Peace in Washington, D.C. I was asked to provide the most healing information I could, to help heal the relationship between parents and their children. This lesson and the next contain that information. Knowing this information makes learning and using the 1 Rule your next logical choice.

Kids' Work

First, do you realize that children have a very important job to do, as important as any job on earth? It's their job to create an adult, the adult they become. And one of our jobs is to help them do this, and hopefully do an excellent job of it. The 1 Rule is created to help this happen. It is distilled from over 47 years of focused attention, observation, experimenting, inspiration and

caring. That's why experiencing, understanding, and using the 1 Rule is so important. It not only makes your child's job much easier, but it makes your job, as a parent, easier, too.

Developmental Blueprint

The second point concerns your child's developmental blueprint. It is suggested that this is in our DNA. When a child exercises the necessary muscles and develops the necessary coordination to begin walking, this is evidence of the developmental blueprint which dictates how to accomplish this.

Can you imagine creating the training schedule? Are you equipped to do that? Also, how could you provide the baby with the motivation? Think of all the skills and the perseverance it takes to develop from being unable to move much to being able to stand erect and to walk.

Imagine all that an infant must learn and develop in their first three years of life. How is it that all the coordination necessary to speak comes about? Within three years a child develops from no known spoken language to a basic knowledge of the language or languages in their environment complete with fairly accurate pronunciation and great understanding.

It is not the parent who makes sure the baby discovers how to make the sounds of their language and then practices them, and yet the baby, on their own, practices enough to be able to speak the language by about three years of age, if not much sooner.

Something motivates human beings to master the necessary complex coordinated actions, whether the parent pays attention or not. This developmental blueprint with its inner motivation ensures that a child masters certain abilities.

A child must do what the blueprint dictates. Keep this in mind.

Questions

1. Have you ever thought about kids' work this way before? If so, what did you think?
2. What role do you think their parents play? What do you think would be helpful?
3. Did you realize that kids must do what their blueprint dictates? What are the thoughts you have about this?



The 1 Rule: The Training

LESSON 12: More Healing Information

Adults First…

Here's the third healing point: Kids learn from adults. That seems to be built into the human species. Kids are not born speaking a language and ready to fully participate in family life. Human beings need to learn the language or languages spoken by those around them, especially their parents. They also need to learn how things are done, from those same adults.

Keep this in mind. Think about it. When it comes to respect, parents need to give respect to their kids first. They need to show how it's done. They are the models. Your kids need to observe you when you treat them respectfully, see what you do and how you do it, and experience how it feels. Then they can imitate you.

If you can't think of another reason for being respectful to your kids, you can think of respecting your kids this way: Their job of creating a wonderful adult human being is certainly a job worthy of respect. Using the 1 Rule is one way we can be respectful.

Positive Respect

When you are committed to being never less than respectful, a foundation is created that ensures that your child always feels loved. 'Never less than respectful' means that you only treat your child in ways that feel good to them.

I discovered many years ago that treating kids respectfully brought about a very enjoyable relationship. They became cooperative instead of resistant. They were not only willing to do what I asked, they were often eager to do what I asked, because they trusted me. They became caring and respectful to other kids and to other adults. They were happier. I was happier.

I began to make every possible effort to ensure that I was never less than respectful to kids. This became the foundation of our relationship. They treated me the way I treated them.

Questions

1. What situations might be improved by being respectful to your kids? Journal on this.
2. Write respectful things to do for or to someone.
3. Write respectful things to think about someone.
4. Think of a disrespectful thought you have thought.
5. Write **at least** one respectful alternative thought for that disrespectful thought.
6. Repeat #4 and #5. This helps you develop the habit of thinking respectful thoughts. It also strengthens your ability to shift your focus.

The 1 Rule: Each Happily Agrees…

The 1 Rule = Happy Agreement

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- Called The Miracle Worker of Parenting and Education.
- Over 40 years dedicated to creating **harmony with kids**:
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  - kids she worked with in the thriving nonprofit Montessori school co-founded in 1973-today
  - kids she worked with in public schools
- Authored books
  - *The Friendly Family* (1992)
  - *Creating Friendly Families Through the Power of Respect*
  - *Parenting for the New Millennium* (1996)
  - *Good Parents, Good Kids(2016)*
  - *The 1 Rule to Raising Happy Kids (2020)*
- Given
  - classes
  - workshops
- interviewed on radio
- written magazine articles, blogs
- newspaper column
- Ambassador for Peace with the Universal Peace Federation (UPF)
- Shares The 1 Rule, the essence of the 108 tools, skills and strategies in her harmony tool kit.
  - website: www.happykidsco.com / www.happykidsco.org
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    - Facebook Page: happykidsco.com
    - free Facebook group: Happy Kids Members
    - weekly Raising Happy Kids Zoom Show (Tuesday, 10 AM Pacific Time)
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