

Parenting Young Children

"Git 'R Done Right"

WILLIAM B. BERMAN, Ph.D.

GOD'S PARENTING PLAN STEP 1

Deuteronomy 5:15

And remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there by a mighty hand and by an outstretched arm; therefore the Lord your God commanded you to keep the Sabbath day.

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GOD'S PARENTING PLAN STEP 1

- God parented primarily with external controls.
- Clearly defined role ("I am the Lord, your God.")
- Clearly defined rules (The "law")
- Clearly defined consequences.
- Obey or disobey, resulted in blessings or punishment.
- God referred to his people as the CHILDREN of Israel

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GOD'S PARENTING PLAN STEP 2

In Step 1, God *told* his children what to do.

In Step 2, God *showed* his children what to do.

One of the reasons that God sent us his son was so that his children would have a living *role model* to demonstrate and teach by example how he wanted them to live.

Matthew 5:17

"Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but fulfill them."



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GOD'S PLAN FOR PARENTING STEP 3

Ezekiel 36:27

"And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws."

Luke 24:49

"I am going to send you what my Father has promised,"



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GOD'S PLAN FOR PARENTING STEP 3

One reason that Jesus ascended was so that the Holy Spirit would come in his place to dwell in the hearts of those who were willing to receive him.

God the Father's complete and perfect plan begins with:

- external rules for governing his children,
- then he becomes a role model for them to follow,
- and finally sends them out into the adult world with his rules in their hearts.



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Punishment





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Punishment

The presentation of an aversive stimulus or the removal of a positive stimulus for the purpose of reducing or eliminating an undesirable behavior. (An event.)

Somebody big imposing their will on somebody small. (It loses its effectiveness when the somebody small gets bigger than the somebody big.)

It communicates what not to do, rather than what to do.

The locus of control is external.

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DISCIPLINE



The development of a set of internal controls to govern behavior. (A *process*.)

It is designed to facilitate the acquisition of desired behaviors.

It communicates what to do, rather than what not to do.

It requires the development of decision making and problem solving skills. (Abstract reasoning)

The locus of control is *internal*.

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Punishment v. Discipline

You can punish a child without disciplining.

You can discipline a child without punishing.



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Punishment in the Old Testament

Proverbs 13:24

He that spareth his rod, hateth his son: but he that loveth him chasteneth him betimes.

Proverbs 29:15

The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame.

Proverbs 23:13

Withhold not correction from the child: for if thou beatest him with the rod, he shall not die.

Proverbs 23:14

Thou shalt beat him with the rod and shalt deliver his soul from Hell.



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Punishment in the Old Testament

"Chasten" comes from Hebrew word "yaw-sar"

Literally means "to instruct with blows"

Webster's Dictionary defines "chastise" as "to punish, especially bodily as by whipping"



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God's Plan for Discipline

Hebrews 12:8

"If you are not disciplined, then you are illegitimate children and not true sons."

Hebrews 12:11

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who are trained by it."

Proverbs 22:6

Train up a child in the way he should go: and when he is old, he will not depart from it.



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God's Plan for Discipline

Ephesians 5:1

Be imitators of God

Ephesians 6:4

And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord. (KJV)

Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. God's Plan for Discipline



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Discipline in the New Testament

Hebrews 12:6

For whom the Lord loveth he chasteneth,

"Chasteneth" here is translated from the Greek word "paideuo" which means "to train, to teach, or instruct"

Ephesians 6:4

And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord. (KJV)

"admonition" here is translated from the Greek word "nouthesia" which means "to call attention to, mildly rebuke, to caution gently, or to warn."



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Discipline in the New Testament

Proverbs 15:1

A soft answer turneth away wrath, but grievous words stir up anger.

A child once told her Sunday School teacher: "God wrote the Old Testament before he became a Christian!"



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WISHES vs. RULES

Wish

When the desired outcome does not occur, the person making the wish suffers the consequence.

Rule

When the desired outcome does not occur, the person not making the rule suffers the consequence.



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POWER v. AUTHORITY

POWER

The use of all available resources within the individual to impose their will upon another.

Authority

The ability of an individual to bring together all the resources necessary to impose their will upon another.



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Proactive v. Reactive Parenting

Proactive Parent

- Clearly defines expectations and rules
- Speaks with loving authority
- 100% certainty of consequence if rule is not obeyed
- Child submits to parent's authority instead of misbehaving

Reactive parent

- Unclearly expresses wishes
- Reacts with increasing frustration to the child's misbehavior
- Child continues to misbehave until 100% certainty of consequence
- Child ultimately submits to parent's power



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GUIDELINES FOR SPANKING



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GUIDELINES FOR SPANKING

In order to decide if spanking is an appropriate tool to use in a specific situation, ask yourself the following questions:

- > Is the undesirable behavior an act of willful disobedience?
- > Was the correction a consistent consequence for the undesirable behavior?
- > Are you correcting the "deed" or the "doer"?
- > Does the spanking provoke your child's wrath?



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GUIDELINES FOR SPANKING

- What is your emotional state at the time of administering the spanking?
- If you are angry, the child may reason that the spanking is a function of your emotional state rather than the inherent wrongness of the misbehavior?
- How would your child answer this question: "Why did you get a spanking?"
 - a) Because I made my parent angry
 - b) Because I misbehaved (broke a rule, etc.)



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RULES FOR TIME OUT

There are three important steps to the Time Out procedure:

Step #1

Remove the child from the environment in which the unacceptable behavior has just occurred.

This is a form of punishment - imposing your will on the child by eliminating the opportunity for positive reinforcement.

Remove the child in a calm, objective, matter-of-fact way; avoid verbal overkill



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RULES FOR TIME OUT

Step #2

Set a specific time period for the child to remain unattended and silent in Time Out.

Keep the time period brief and age appropriate.

Enforce by starting the time interval over if the rules of the Time Out are violated.

If physical restraint is necessary, use the minimal force necessary and start the time interval only when the child is ready to accept responsibility for compliance with the rules.



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RULES FOR TIME OUT

Step #2

The only discussion necessary from the parent is a brief statement informing the child that the Time Out is a consequence of his/her specified behavior, and instructing the child as to the rules and expectations during the Time Out period.

Do not negotiate, reason, argue or otherwise respond to the child's statements other than to restate the previous step.



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RULES FOR TIME OUT

Step #3

When the period has ended, go to the child to discuss the problem in depth.

Both parent and child will have had a chance to bring emotions under control.

Utilize reflective listening and other communication skills

If appropriate, use a problem-solving strategy

Teach older children to come and confess their misdeed and ask for the parents' forgiveness.

Mend feelings and reestablish a loving bond.



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RULES FOR TIME OUT

After the Time Out period, during the discussion that follows, encourage the child and share your confidence and expectations that the child's behavior will improve.

This creates a very natural opportunity for a brief discussion of unacceptable impulses, and the importance of resisting temptations, etc.

Conclude the time with prayer before allowing the child to return to a previous or new activity.



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INTENSITY v. CERTAINTY

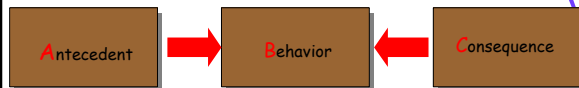
How severe should a punishment be?
The lowest intensity that accomplishes the objective.
Start very low, but progressively increase.

How many times should a child be told something before being punished for disobedience?
Only once if there is a 100% certainty that the punishment will occur.
(That is, when the wish becomes a rule.)



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THE ABC'S OF BEHAVIOR MANAGEMENT



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Parenting Adolescents

"Git'n a Second Chance"

Dr. William Berman



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What is Adolescence?

An illness? (No treatment, but most recover eventually.)

A time when parents age faster than their children.

A time when the children we have been correcting, start correcting us.

Pastor's sermon series:
 Before first child: "10 Commandments for Parents"
 After first child: "10 Hints for Parents"
 After second child: "A few suggestions for parents"
 After firstborn became a teenager: He quit preaching!

Mark Twain's "whiskey barrel" theory

Adolescence Historical & Cultural Perspective

Culturally determined phenomenon (not universal)

Biblical model: Transition from child to adult at time of puberty

Many cultures have "puberty rites" or rituals

Invented in 1899 by State of Illinois legislature
 Passed first law in US defining children under 16 as being subject to different laws
 Teens could not be held subject to adult criminal laws
 Teens would now be held subject to a new set of laws ("status offenses")
 A status offense is a law that you outgrow at "age of majority"
 e.g., purchase of tobacco and alcohol, curfew, firearms
 Teens were no longer expected to act like adults

Adolescence Historical & Cultural Perspective

Adolescence has evolved to becoming an in-between with out an identity or role definition

On vacation
 pay adult fare for plane ticket
 stay free at hotel ("kid" defined as under 18)
 too old to order from the children's menu
 too young to enter the hotel lounge
 old enough to have driver's license, but not allowed to drive rental car
 must be accompanied by adult to see a movie, but must purchase adult ticket

Peer conformity, clubs, gang membership, religious cults, etc. are all ways that teens seek to establish an identity with consistent and clearly defined rules

Adolescence Historical & Cultural Perspective

We have created an unnatural state for this age group and now we don't know what to do with them.

Antiwar protest song in the '60s (Eve of Destruction by Barry McGuire)
"You're old enough to kill but not for voting."

In some states, you can purchase a gun at 18, but must be 21 to purchase alcohol.

In some states, you can marry before 18, but must be at least 21 to obtain a mortgage or auto loan. (permanent v. temporary commitment?)

Did God ever intend for one of his creations to be neither a child or an adult at the same time?

Should it come as a surprise that our teenagers refuse to act as responsible adults while complaining that they are being treated like children?

Adolescence is temporary

Sir Isaac Newton failed high school geometry (refused to do his problems according to the text book)

James Russell Lowell (poet and diplomat) suspended from Harvard for "complete indolence."

Thomas Edison was once sent home from school with a note from his teacher saying he was "too stupid to learn."

Dr. Werner von Braun (a true "rocket scientist") flunked math and physics in high school

Adolescence is temporary

Dr. William Berner was on academic probation his entire freshman year of college.




What Does the Bible Say About Adolescence?

Exodus 20:13
Thou shalt not kill!

Hebrews 12:11
"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who are trained by it."

Proverbs 22:6
Train up a child in the way he should go: and when he is old, he will not depart from it.

2 Peter 3:8
But do not forget this one thing, dear friends, with the Lord, a day is like a thousand years, and a thousand years are like a day.

What About Jesus as a Teenager?

No authoritative record of Jesus's life between ages 13 and 30

Luke 2:41-52
Every year his parents went to Jerusalem for the Feast of the Passover. When he was twelve years old, they went up to the Feast, according to the custom. After the Feast was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. Thinking he was in their company, they traveled on for a day. Then they began looking for him among their relatives and friends. When they did not find him, they went back to Jerusalem to look for him.

What About Jesus as a Teenager?

After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. Everyone who heard him was amazed at his understanding and his answers. When his parents saw him, they were astonished. His mother said to him, "Son, why have you treated us like this? Your father and I have been anxiously searching for you."

What About Jesus as a Teenager?

"Why were you searching for me?" he asked. "Didn't you know I had to be in my Father's house?" But they did not understand what he was saying to them. Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. And Jesus grew in wisdom and stature, and in favor with God and men.

Bar Mitzvah

"Bar" = "son"
 "Mitzvah" = "commandment"

Jewish law
 At age of puberty, no longer under grace and parent's authority.

Now, under God's commandments and directly under His authority.

1 Corinthians 13:11
When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me.

Adolescence Sexual Identity and Pressures


- Age of onset for puberty gradually decreasing
- Age of marriage gradually increasing
- Teens are bombarded with sexual stimuli in every aspect of their daily lives clothing styles, magazine covers and stories, music lyrics and performers, video, Internet, etc.

Adolescence Sexual Identity and Pressures

- Homosexual behavior has transformed from immoral, to being tolerated, to being viewed as an acceptable alternative lifestyle, to becoming normal for those born that way
- Having sex with yourself has become more unacceptable than having sex with someone else
- Oral sex is no longer defined as sex

Parenting Older Teenagers Failure to Launch?

William B. Berman, Ph.D.



Preflight Checklist for Launching Teenagers

1. Have faith that adolescence is temporary.

Hebrews 11:1
"Now faith is being sure of what we hope for and certain of what we do not see."

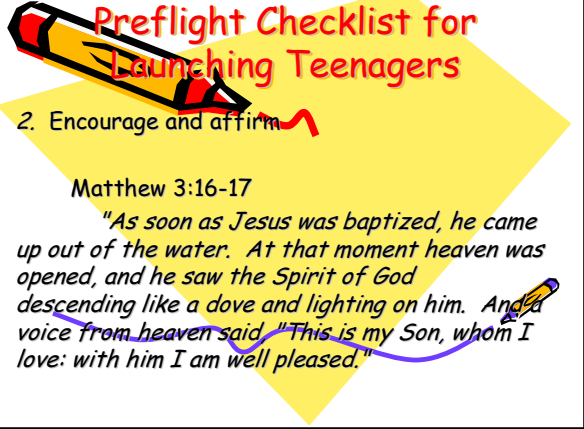
1 Thessalonians 3:4
"it came to pass"

Preflight Checklist for Launching Teenagers

2. Encourage and affirm

Matthew 3:16-17

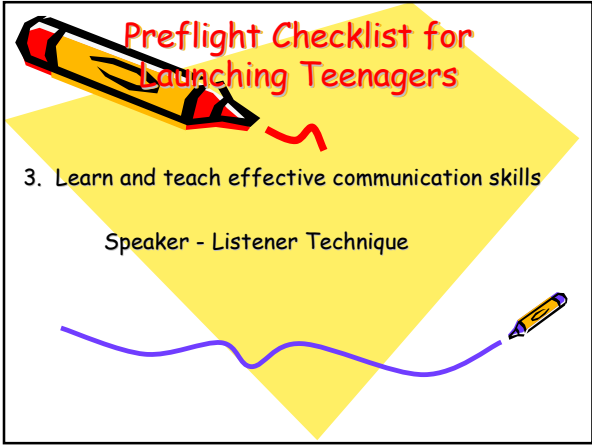
"As soon as Jesus was baptized, he came up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him. And a voice from heaven said, "This is my Son, whom I love: with him I am well pleased."



Preflight Checklist for Launching Teenagers


3. Learn and teach effective communication skills

Speaker - Listener Technique



Preflight Checklist for Launching Teenagers

4. Time Out (not the same as punishment for children!)



Preflight Checklist for Launching Teenagers

5. Understand their feelings and needs. (They won't!)

- Inadequacy
ugly, dumb, failure, "loser," etc.
- Conformity
belonging provides temporary identity
- Role confusion
child or adult?
- Struggle with sexuality
- Temptation to sin
increases faster than maturity or self control

Preflight Checklist for Launching Teenagers

6. Love them unconditionally tough love

Rules
- Relationship
Rebellion

Preflight Checklist for Launching Teenagers

7. Exercise authority (benevolent dictatorship)

8. Role model

Luke 6:40
"A student is not above his teacher, but everyone who is fully trained will be like his teacher."
