

NOTE: This book has been published under the title *Respectful Kids: The Complete Guide to Bringing Out the Best in Your Child*, and all materials contained herein are also copyrighted. Copyright © 2006 by Todd Cartmell. Published by NavPress. All rights reserved.

NEW BOOK PROPOSAL

DATE: June 20, 2005

TITLE: *Raising Respectful Kids in a Disrespectful World*

AUTHOR: Dr. Todd Cartmell, The Family Coach

AUDIENCE: Parents (both mothers and fathers) of children ages 3-12

BRIEF DESCRIPTION: *Raising Respectful Kids* gives parents the practical answers and hands-on tools they need to help children handle a variety of situations in a smart and respectful way.

REPRESENTED BY: Beth Jusino
Alive Communications, Inc.
7680 Goddard Street; Suite 200
Colorado Springs, CO 80920
(719) 260-7080 (719) 260-8223 (fax)

MANUSCRIPT: 55,000 words, ready within 4 months after signing a contract

RIGHTS OFFERED: World; dramatic and merchandising reserved for author

INCLUSIONS: Proposal and 3 sample chapters

BOOK SYNOPSIS: Are you tired of yelling at the kids? Do you dream of having just one day with no arguing or whining? Are you tired of fighting against the TV world that rewards disrespectful behavior with a laugh track? Have you read every parenting book on the planet and yet nothing ever changes? In *Raising Respectful Kids*, child psychologist Dr. Todd Cartmell will show you how to transform your kids' disrespectful behavior into new respectful habits that can change your family. Rather than just punish your kids, you will learn power-packed biblical strategies for teaching respectful behavior, turning on respectful behavior, and turning off disrespectful behavior. Dr. Cartmell will show you how to:

- Teach flexible thoughts.
- Identify Think-Say-Do and “fast listening” plans for problem situations.
- Improve your kids' problem-solving skills.
- Provide powerful attention to increase respectful behavior.
- Use on-the-spot training to get kids back on the right road.
- Use the “Fork in the Road” to emphasize children's choices.
- Revitalize your Time-Outs.
- Use positive practice to increase respectful behavior.
- Improve the timing and delivery of negative consequences.

Filled with humor and practical ideas that you can use right away, Dr. Cartmell will show you how to teach your kids the right lessons, the right way. This is not a book about principles and theories. This is a book about action, with scripts and activities parents can use right away to:

- **Teach respectful behavior**
- **Turn on respectful behavior**
- **Turn off disrespectful behavior**

This is infinitely more effective than relying on negative consequences alone as the primary teaching or discipline tool. Each of these components is crucial and magnifies the effectiveness of the other two.

DR. TODD CARTMELL

AUTHOR BIOGRAPHY:

Dr. Todd Cartmell is a clinical child psychologist with a full-time practice in Wheaton, Illinois.

Todd is a frequent workshop speaker for parenting groups, churches, and parenting conferences across the country, including regular appearances at Hearts at Home and MOPS International Conventions. Todd is a popular speaker in both Christian and non-Christian settings, and has addressed Parent Universities (hosted by local school districts), P.A.C.E.S., Parent-Teacher Organizations, local MOPS groups, Mom to Mom, Moms In Touch, and Moms Together.



Dr. Todd Cartmell

Todd is the author of three books: *The Parent Lifesaver* (Baker-1998); *The Parent Survival Guide* (Zondervan-2001); and *Keep the Siblings, Lose the Rivalry* (Zondervan - 2003). He is a regular columnist for *Christian Parenting Today* magazine (quarterly; circulation 80,000) on the subject of discipline. He has published articles in *Proverbs 31 Woman* and *Hearts at Home* magazines and has been interviewed in *Ladies Home Journal*. Todd has been a frequent guest on radio and television talk shows across the country, where his humor and no-nonsense advice have made him a favorite.

His website, www.dr todd.net, contains practical parenting guidance, Q&A, book excerpts, workshop descriptions, and more. Todd is in the process of launching a parenting e-newsletter called Dr. Todd's Family Coach. In the first month, he added almost 1000 subscribers to his list.

“Dr. Todd” earned his doctorate in clinical psychology from Fuller Theological Seminary and has seen children in clinical practice for over 10 years. Working with children as young as three and up to college-age adults, he specializes in treating oppositional behavior, depression, anxiety disorders, attention-deficit hyperactivity disorder, and a wide variety of other childhood disorders. He lives in the Chicago suburbs with his wife Lora and their two sons.

DR. TODD CARTMELL

ENDORSEMENTS: “Todd's got a great perspective on parenting--very common sense, no B.S. and his therapeutic background gives him a real-life mentality that I think puts him on top of so many of the ‘experts’ out there.”

- Carla Barnhill, author *The Myth of the Perfect Mother*, former editor *Christian Parenting Today*

Other endorsers for the book include Jill Savage, president of Hearts at Home; Kendra Smiley; Julie Barnhill

AUTHOR’S NOTE:

As a clinical child psychologist in a busy practice in the Chicago suburbs, I meet new parents every week. Most of these parents are well educated and have read many parenting books, yet they still experience difficulty with their children’s behavior. If the child is oppositional, it always centers around one issue: respect. Arguing, noncompliance, throwing fits, fighting with siblings—these are all simply different types of disrespectful behavior. In fact, oppositional behavior is the number one reason that parents seek mental health services for their children. Between 5%-15% of children in the U.S. display oppositional behavior extreme enough to warrant a diagnosis of Oppositional Defiant Disorder. When you combine those children with kids who display oppositional behavior to a lesser, but still problematic degree, you end up with millions of parents who desperately want to learn how to teach their kids to handle everyday situations of life in a respectful way. The success of recent reality television shows like “Super Nanny” and “Nanny 911” testify to the intense desire of parents to find strategies that will work with their kids right now.

Most parents respond to their kids’ behavior the best way they know how (e.g., reprimands, time-outs, grounding). Yet they receive little positive result for their efforts, and their kids’ disrespectful habits continue to wreak havoc on their family. The approach offered in *Raising Respectful Kids*, drawn from solid biblical principles, goes far beyond the simple discipline strategies that most parents are using right now. Starting with God’s command for us to train our children in the way they should go (Prov. 22:6), I show parents how to actually teach their children simple plans for handling every day situations in a respectful way. Parents will coach and practice these new skills with their kids in a hands-on way. This is something that most parents have never done before, because they have never been shown how. I show parents how to “turn on” this respectful behavior by making it fun and helping their kids to experience the benefits that come from obeying God in their relationships. Finally, parents will learn how to “turn off” disrespectful behavior by responding quickly and

effectively when their children make disrespectful choices. Most parents are relying on old discipline methods that are simply not getting the job done. I will show them how to teach and practice respectful behavior with their kids, make that behavior fun, and take all the fun out of disrespectful behavior. Every parent can learn to teach their child respectful habits. It is just a matter of knowing how.

I have presented these ideas in sessions and workshops over the past ten years, and have heard from hundreds of parents how these strategies have been easy to use and have resulted in positive behavior change in their children and families.

COMPETITION:

This book will compete with the many Christian parenting books on the market, particularly those that deal with discipline. The most popular of these include standards such as Dobson books (e.g., *Dare to Discipline*) and Kevin Leman books (e.g., *How to Make Your Kids Mind Without Losing Yours*).

Raising a Respectful Child sets itself apart from these books by offering a different view of and approach to discipline. While these excellent books offer much helpful guidance, they often rely on negative consequences as the primary means of providing discipline. My book offers a distinctly broader view of discipline that emphasizes our role to actively teach and encourage respectful behavior as well as provide negative consequences for disrespectful behavior. For example, *Raising a Respectful Child* gives practical instructions that will equip parents to:

- Teach flexible thoughts
- Identify Think-Say-Do plans for problem situations
- Rehearse respectful Think-Say-Do plans with their kids
- Provide focused attention to increase respectful behavior
- Use “On-the-spot” training to redirect children
- Use the “Fork in the Road” to emphasize children’s choices
- Begin an effective Time-Out procedure
- Use positive practice to increase respectful behavior
- Improve the timing and delivery of negative consequences

This is a well-rounded approach that goes beyond the traditional definition of discipline. As such, it gives parents a healthier, more effective approach for teaching their kids the right lessons, the right way.

DR. TODD CARTMELL

SPIN-OFF PRODUCTS:

Possible spin-off products for *Raising Respectful Kids in a Disrespectful World* include small-group workbooks for parents (with specific questions and projects for different age groups) and/or a full audio-visual curriculum. Todd is a dynamic speaker who would come across well on video. Raising Respectful Kids could become a standard parenting curriculum offered by churches across the country.

CHAPTER OUTLINE:

INTRODUCTION

Chapter 1: How Do You Spell R-E-S-P-E-C-T?

Every parent wants his or her kids to learn to be respectful. This skill is necessary to get along in life and reflects how God wants us to handle our relationships. How do most of us go about teaching our kids this important lesson? One word. Discipline. This is where we run into a problem. The old strategy of punishment for misbehavior doesn't instill the respectful habits we want our children to learn. Proverbs 22:6 tells us to train our kids in the way they should go. We need to learn a new way to teach our kids how to handle the situations of everyday life in a respectful way. A biblical approach for raising respectful kids includes three strategies: teaching respectful behavior, turning on respectful behavior, and turning off disrespectful behavior. This book will show you how.

STRATEGY ONE: TEACH RESPECTFUL BEHAVIOR

Chapter 2: Determine Your Influence

More influential than the teacher's lesson is the teacher him/herself. Your behavior, attitudes, and words have a huge effect on your child's development. God wants your kids to treat people respectfully so often that it becomes a habit. In order for that to happen, you must have the right habits, because parent habits lead to child habits. Just as you need to see the picture on the box when putting together a jigsaw puzzle, your kids need to see the "picture" that God has given them to watch. You.

Chapter 3: Fast Listening

Just as we spend time teaching our kids how to play baseball and checkers, we need to spend time teaching them how to handle life's situations respectfully. One key component of this is fast listening. When mom or dad ask Johnny to do something, here is what they want Johnny to say and do:

SAY: "OK, mom/dad."

Ask a question in a respectful way.

DO: Do it.

When kids are ignoring, arguing, complaining, and so on, they are slow listening. Slow listening is disrespectful and makes Johnny's privileges decrease. Parents can take the energy they would normally spend getting mad at their kids and invest it in becoming their kids' fast listening coach. They will learn how to conduct short, fun fast listening practices with their kids, using everyday situations. The more parents practice fast listening with their kids, the more the kids' respectful skills will improve.

Chapter 4: Flexible Thoughts

This chapter highlights a simple strategy for teaching kids to be flexible by thinking flexible thoughts instead of mad thoughts. As a child's thoughts determine his mood and influence his behavior, flexible thoughts are the key to managing anger and coping with frustrating or disappointing situations. Parents will choose from a large list of flexible thoughts and will learn how to practice flexible thoughts with their kids on a daily basis. In addition to being their kids' fast listening coach, they will now be their flexible thoughts coach as well. Parents will also learn the importance of "thinking out loud" so kids can hear them use flexible thoughts in everyday situations. Thinking out loud is a great way to model flexible thinking, giving kids a real-life example of how to put flexible thoughts to work.

Chapter 5: Find A Solution

In addition to learning fast listening and flexible thoughts, older children need to learn to problem-solve. Research has shown that problem-solving training improves respectful childhood behavior by teaching children how to think of positive solutions more quickly and effectively. Parents will learn how to teach this important skill to their kids in a simple and fun way, and will learn a two-step process for problem solving on the go.

STRATEGY TWO: TURN ON RESPECTFUL BEHAVIOR

Chapter 6: Make Them Glad They Did It

Introduces the rationale for rewarding respectful behavior and distinguishes this from bribery. This chapter points out how God delights in our obedience and promises to reward us when we obey him. We need to do the same thing with our children to help them learn that respectful behavior is:

- 1) Always the best choice.
- 2) Usually not that hard to do.
- 3) The only thing that turns on the positives.

It is easy to fall into the trap of only looking at our kids' negative behavior. We must retrain ourselves to look for the gold, not the dirt, if we want to raise gold nuggets.

Chapter 7: Make the Respect-Privilege Connection

Because treating others respectfully is so important, it is both logical and commonplace to link privileges to respectful behavior. Using a simple illustration of two circles, parents can help their kids understand that respectful behavior is the only way to increase, or turn on, privileges. Respectful behavior turns on the positives, disrespectful behavior turns them off. This is an easy-to-remember explanation that teaches children that being respectful, and the privileges that follow, is their choice.

Chapter 8: Maximize Your Attention

Parental attention is a powerful tool for changing behavior that most parents do not realize they have. It is like having a bazooka in their back pocket that they didn't realize was there. Most of us give our children plenty of attention, but we don't use our attention specifically to increase respectful behavior. In this chapter, parents will learn how to deliver powerful and encouraging attention that will have an immediate and even amazing impact on their children's respectful behavior.

Chapter 9: Put the Privileges in the Right Place

Behavioral contracts, star charts, and so on, are tools that come in handy from time to time. However, their effectiveness can be hampered if parents don't know a few basic principles that make them work. The benefit of a behavioral contract is that it makes the relationship between respectful behavior and the anticipated reward simple and clear. It is just another way of making respectful behavior fun, to help build a new habit. I'll review the fundamental principles and give several examples of how parents can use behavioral contracts in a variety of situations.

STRATEGY THREE: TURN OFF DISRESPECTFUL BEHAVIOR

Chapter 10: Teach the Right Lessons the Right Way

Each of us will have hundreds of discipline moments with our kids, so we might as well make the best of them. Each discipline situation offers three unique opportunities that parents can take advantage of every day. Every time you discipline your kids, you can:

- 1) Build your relationship
- 2) Show your kids how to be frustrated and respectful (at the same time)
- 3) Teach them that disrespectful behavior turns off the positives

Of course, opposite is also true, you can hurt your relationship with your kids, treat them disrespectfully, and teach them that disrespectful behavior does pay off. God wants us not just to teach our kids the right lessons, but teach them the right way.

Chapter 11: Disrespectful Behavior Works Out Bad.

When a child behaves disrespectfully, it is our job to teach him the right lesson. As there are two main approaches parents can take, this chapter will be divided into two parts:

Part 1: Get Them Back on the Right Road

Many disrespectful behaviors begin gradually, like a car slowly drifting off the road. In these situations, a parent's first response is to help their children get back on the right road. There are two ways to do this:

- 1) Suggest the right skill
- 2) Give a Fork-in-the-Road

Suggesting the right skill reminds children to use the respectful skills that you have been practicing with them. The right skill might be to suggest a good solution, to do fast listening, or to use a respectful T-S-D plan. A fork-in-the-road gives children two clear options and emphasizes their ability to choose. Either way, parents will be helping their children to use their new skills, get back on the right road, and learn that respectful behavior is the only thing that pays off.

Part 2: Turn off the positives

To stick with my driving analogy, if children continue to swerve off the road (despite your best efforts) or flat out choose the wrong road, then it is time for them to learn the right lesson: that disrespectful behavior turns off the positives. There are several ways parents can do this:

- 1) Time-Out
- 2) Logical Consequences
 - Privilege loss
 - Early bed
 - Writing sentences
 - Additional chore
- 3) Positive Practice

In this chapter, parents will learn the fine points of administering these negative consequences in an effective way. An extremely effective Time-Out procedure is described, as well as other creative consequences, such as positive practice. Children misbehave hoping to get something they want. They need to experience that respectful behavior is the only way to turn on the positives. Disrespectful behavior simply turns them off.

Chapter 12: Disrespectful Behavior Works Out Bad, Fast, Every Time.

There are three main principles of negative consequences. They are that disrespectful behavior must work out bad, fast, every time. The latter two principles are discussed in this chapter. When a child begins to behave disrespectfully, parents have to decide when to intervene. This chapter will teach parents how to time their negative consequences to be most effective and the importance of consistency in training their children to be respectful.

Chapter 13: A Hammer or a Gardener

The purpose of discipline is train our children in the way they should go. Some parents discipline like a hammer, coming down hard on their kids when they misbehave. The problem with disciplining like a hammer is that you are bound to bend a few nails. And just like a bent nail is never quite the same, so a damaged relationship can be difficult to repair when damaged by excessive discipline and hurtful words.

God wants us to discipline our children like a gardener. A gardener plants the seed, waters it to make it grow, and carefully removes the weeds that would threaten the growing seedling. God wants us to teach our kids how to be respectful, water those new skills with our loving attention, and carefully remove the weeds, the bad habits, without damaging our family relationships in the process. If we do this, God will honor our efforts and help us grow a garden more beautiful than we have ever imagined. He wants us to teach respectful behavior, turn on respectful behavior, and turn off disrespectful behavior. God did not call us to lead our families like a hammer. He wants us to redefine our understanding of discipline, so that we can lead like a gardener.

SAMPLE CHAPTERS

1

How Do You Spell R-E-S-P-E-C-T?

The kids are in bed early for a change. The laundry is put away and the trash is already outside. Time to flip on the television and settle in for a little mindless channel surfing. You stop flipping to gawk at a young child on the screen, running wildly through his house, throwing a royal temper tantrum. This looks uncomfortably familiar to how your day went. The preschooler is hitting his mother, screaming, and throwing anything he can get his hands on. “My kid is not that bad,” you think to yourself, amazed that someone is actually sitting behind a camera, taping this out-of-control child.

Welcome to the world of reality television.

Britain’s Jo Frost, the Supernanny, has been quietly watching the scene unfold as the parents unsuccessfully try to control their wild child. Finally, it’s her turn. Stopping just short of putting on a red cape and brandishing a large ‘S’ on her chest, Supernanny steps in with her structured, firm, and consistent approach. She has the boy sit on the “Naughty step”, sort of a British version of Time-Out. Will be able to save the day for these desperate parents?

Would she be able to save the day for you?

Every parent wants their kids to be respectful. You are no exception. You want your kids to treat you respectfully. You want them to treat their siblings and friends respectfully. You want them to handle situations that don’t go their way respectfully. You want them to learn that an important part of obeying God in their daily lives means treating other people respectfully. The

problem is that being respectful is not something that comes naturally to most kids. They have to *learn* how to do it.

So, how do we usually go about teaching our kids this important lesson?

We discipline them.

IT'S A DIRTY JOB...

Discipline is a lot like changing dirty diapers. It's a messy job, and no one really wants to do it.

I still remember the first time I changed my son's dirty diaper. We had just come home from the hospital and I was ready to be a hands-on dad. I eagerly laid him down on the changing table and boldly unfastened his diaper. I had not fully anticipated the sensory assault that was about to be unleashed. My eyes instinctively began to water as my nose wrinkled up from the horrific odor exuding from my son. "Are you sure this one's ours?" I asked my wife as I averted my eyes from the graphic visual images beneath me. I turned my head and began breathing from the side of my mouth, hoping the oxygen behind me had not yet been contaminated. But alas, there was no escape. I made it through that first diaper change by telling myself over and over that my son would be the first child potty trained by three months.

Of course, that plan didn't work out the way we expected. But I made it through the years of diaper-changing, because I had to. Regardless of how messy diaper-changing is, it is a job that has to be done. Similarly, we have to discipline our kids if we want them to learn to be respectful. So, how do we discipline our kids? When they talk back or act disrespectfully, most parents I know usually do one or more things from the following list:

Yell

Reprimand

Lecture

Yell louder

Send to Room	Time-Out
Yell really, really loud	Take away a Privilege
Early Bed	Spank

This is where we run into a problem, one that you may have already discovered. Everything in this list has one thing in common. They are all negative consequences. While negative consequences are an important parenting tool, they have one drawback. They are not powerful enough to create respectful behavior *all by themselves!* This is a very important point. Because, if we are honest with ourselves, that is exactly how we usually use them. All by themselves. A la carte. Sure, we may throw in a few verbal praisings now and then, but negative consequences are the big dog we rely on to get the job done.

Without realizing it, many of us end up like builders trying to build a house using only a hammer. Pretty soon, we realize that it just can't be done. We need saws, screwdrivers, drills, wrenches, and so on, if we want to do the job right. In the same way, we can't teach our kids to be respectful using only negative consequences. We need a few more tools.

THE SAME OLD SONG AND DANCE

Jimmy was an energetic 10-year-old boy whose parents had come to me for help. Mr. and Mrs. Williams sat in front of me on the overstuffed blue couch in my office, looking eager to begin.

"What are your main concerns about Jimmy?" I asked, ready to start scribbling on my legal pad.

"Where do I begin?" Mrs. Williams replied with a touch of humor.

"Just tell him what Jimmy does," encouraged her husband.

“Well, it’s more what he doesn’t do,” Mrs. Williams began. “He just doesn’t listen. When I ask him to do something, he ignores me, or just tells me he’s not going to do it. Not all the time . . . but too much. And if I push him on it—watch out—it can be World War III. He stomps up the stairs; he even hits his sister if she gets in his way.

“He doesn’t always throw fits, but when he does, they’re big ones,” Mr. Williams agreed. “Sometimes it’s hard to even get him to go to his room. It can be a huge battle.”

As we continued to explore Jimmy’s behavior, it became clear that Mr. and Mrs. Williams had responded to their son’s disrespectful behavior the way many of us do. They had shouted, lectured, sent Jimmy to his room, taken privileges away, and grounded him from his friends. Still, the disrespectful behavior continued.

Problem: They had an old style of discipline that wasn’t working.

Answer: They needed a fresh approach for teaching respectful behavior.

A FRESH NEW APPROACH

If you were to take all the bible verses on parenting and discipline, gather them up into a big pile, and then find the one verse that best summarizes, or captures the essence of them all, what verse would you choose?

For me, this is an easy choice. The verse that best summarizes biblical teaching on parenting was penned by the wisest man of his time, Solomon. He wrote, “Train a child in the way he should go, and when he is old he will not depart from it.” (Proverbs 22:6).

This wonderful verse captures the essence of our job as parents. We are to train our children to follow God’s commands in every area of their lives. To do this, we must teach them to treat others respectfully and lead them through our own example. Webster’s dictionary tells us that

the word discipline finds its source in the Latin word *discipulus*, which means learner. Jesus has twelve disciples, or twelve learners. Helping our kids become good learners is what biblical discipline is all about.

The concept of training and teaching our children is woven throughout Scripture. In the first chapter of Proverbs, Solomon writes, “Listen, my son, to your father’s *instruction*, and do not forsake your mother’s *teaching*. (Proverbs 1:8, italics mine). Paul picks up the same theme when he writes, “Fathers, do not embitter your children, instead bring them up in the *training* and *instruction* of the Lord.” (Ephesians 6:4, italics mine) Even the Hebrew and Greek words that are often translated into the word “discipline” in both the Old and New Testaments include the concepts of providing instruction and encouragement as well as negative consequences for misbehavior.

The bible does not tell us to discipline our kids in the way they should go. It says to *train* them in the way they should go. Now, discipline is a part of training, to be sure. But that’s the point. Discipline is a part of training. It is not the whole thing. The bible leads us to three new strategies for raising respectful kids that each of us can learn to do. Let me introduce these strategies now.

STRATEGY ONE: TEACH RESPECTFUL BEHAVIOR

Ever feel like eavesdropping? Well, place yourself about 3000 years back in time, in the plush royal palace of King Solomon himself. Solomon is in the next room, talking to his son. His hushed, serious tone tells you that he is talking about something important. Press your ear against the wall, listen closely, and here is what you hear Solomon say to his very own son:

“Blessed is the man who finds wisdom, the man who gains understanding, for she is more

DR. TODD CARTMELL

profitable than silver and yields better returns than gold. She is more precious than rubies; nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honor. Her ways are pleasant ways, and all her paths are peace. She is a tree of life to those who embrace her; those who lay hold of her will be blessed.”

(Proverbs 3:13-18).

In the book of Proverbs, Solomon goes on to provide hundreds of colorful proverbs that illustrate the wisdom of obeying God and avoiding sin in all areas of our lives. Time and time again, Solomon drives home the importance of treating others with honest, integrity, and respect.

What does this mean for your kids? It means that you need to teach them how to handle everyday situations in a way that honors God by respecting other people. That is *your* job, no one else is going to do it. To put it in everyday language, it means that you need to teach your daughter how to handle it when someone else gets to the red popsicle before she does. You need to show your son how to ask his brother to change the television channel back without ripping his head off. Or to put his clothes away, or start his homework without you having to remind him a hundred times. Here are a few other respectful behaviors to add to your wish list:

- How to listen the first or second time.
- How to ask a question in a respectful way.
- How to be flexible and respectful when they don't get what they want.
- How to react to sibling aggravation without hitting or making hurtful comments.

Think of yourself as a teacher, complete with an apple on your desk and every conceivable color of dry-erase marker at your disposal. You are looking over your new lesson plan entitled: Raising Respectful Kids. In this book, I will show you how you can teach your children to handle *any* family or peer situation respectfully. Your kids will learn to listen the first time, use

flexible thoughts and words, and find creative solutions to problems. You will be the one responsible for creating all this change, after all, you are the teacher.

Next comes the fun part. The more you teach and practice respectful behavior with your kids, the more skilled they become at being respectful. The more skilled they get at being respectful in practice, the easier it will be for them to be respectful in real life. Do you see how it works? If your kids can learn to play basketball, soccer, or even tiddly-winks, they can learn to be respectful. Only without the sweaty shorts.

STRATEGY TWO: TURN ON RESPECTFUL BEHAVIOR

As any good teacher knows, one of the most important steps in teaching is to help your student realize the benefit that comes from learning the skill you are teaching them. For instance, a classroom teacher wants her students to experience the fun and knowledge that come from reading great books. A piano teacher wants her students to experience the joy of playing beautiful music that comes from practice. The more children experience the “natural rewards” of an activity, the more they become self-motivated to continue that activity.

In the same way, you can *turn on* your kids’ respectful behavior by helping them to experience the positive results that naturally come from treating others respectfully. We want them to learn that respectful behavior turns on the positives, just like turning on a water faucet. And of course, the opposite is also true: disrespectful behavior *turns off* the positives. Respectful behavior turns them on; disrespectful behavior turns them off.

In short, you want your kids to learn that being respectful is fun. No, that was not a misprint. Fun. And on top of that, you want them to realize that respectful behavior is usually not that tough to do. (Believe it or not, I’ve had hundreds of kids actually tell me that.) Why do you

want your children to learn these lessons? Because they are true! And when your children begin to realize that being respectful is fun, (you may want to sit down for this) they will actually *want* to do it more. Without bribing or doing anything illegal, you will learn how to teach your children that there is no faster way to increase fun than treating others the way God tells us to. In short, there is only one kind of behavior that will turn on the positives. You guessed it. Respectful behavior.

STRATEGY THREE: TURN OFF DISRESPECTFUL BEHAVIOR

When your child acts disrespectfully over and over again, it is usually not an accident. Odds are high that he or she is doing it on purpose. Believe it or not, children often think that disrespectful behavior is a good idea. Just like you did when you were a kid. In that split-second moment of decision-making, Johnny is trying to get a few extra seconds of TV time, but he is trying to get it the wrong way—by arguing, ignoring, throwing a fit, lying, and so on.

We want to change all this. We want your kids to realize that disrespectful behavior will turn off the positives, and fast. Another way of saying this is that disrespectful behavior will always do three things. First, it will work out *bad* (which means it will turn off the positives). Second, it will work out bad, *fast*. Third, it will work out bad, fast, *every time*. Those are the three cardinal principles of negative consequences. Memorize them. Here they are again:

- Bad
- Fast
- Every time

Only when children believe that disrespectful behavior will work out bad, fast, every time will they be sufficiently motivated to make the extra effort to be respectful.

You have already given hundreds of negative consequences, and if your family is anything like mine, you're going to give hundreds more before you're through. So it is important to get the greatest impact out of every negative consequence you give. Solomon reminds us that, "... the corrections of discipline are the way to life." (Proverbs 6:23). I will show you how to get the maximum impact from negative consequences that have been *proven* to effectively reduce disrespectful behavior. Furthermore, I want you to learn how to teach your kids the right lessons, the right way. This means that you can discipline in a style that values and protects your family relationships without ever damaging them. In other words, your discipline should always build them up, not tear them down.

A FRIENDLY REMINDER

I need to point out something that will apply to some of you reading this book. There are some children who, for neurological or environmental reasons, exhibit negative behavior that is much more resistant to change than typical. These children will need help beyond the scope of this book, including individual and/or family therapy. Some of them may need to be treated with medication. If you suspect that your child may fall into this group, please consult with a qualified mental health professional right away.

However, whether your child needs additional help or not, this new approach for raising respectful kids will help you teach the right lessons far more effectively than an outdated discipline approach. You need to learn how to teach your children that respectful behavior is the only way to fly. Disrespectful behavior doesn't even come close.

You *can* raise respectful kids, no matter how disrespectful the world around you becomes. Here's my advice for you: Enjoy this book, try some new ideas, work hard, and whatever you do,

don't give up. There is nothing in this book that you can't learn to do, even if it takes a little time and practice. God has honored you by trusting you with his precious children. Honor him by working hard at becoming the parent he has asked you to be. Train your children in the way they should go and when they are older, their wise and respectful habits will help them stay on the paths that God has planned for them. Help your children experience the blessings God has promised to those who treat others as they would like to be treated.

Perhaps you won't need Supernanny after all.

KEY POINTS

1. Most of your child's negative behavior can be summed up in a single word: _____.
2. We need a _____ approach for raising respectful kids.
3. The bible guides us toward three strategies for raising respectful kids:
 - a) _____ respectful behavior.
 - b) _____ respectful behavior.
 - c) _____ disrespectful behavior.
4. You want your kids to realize that _____ behavior is the only way to turn on the positives.

Answers: 1. disrespect 2. new 3. teach, turn on, turn off 4. respectful

Discussion Questions

1. Proverbs tells us to train our children in the way they should go. What are some of the lessons you want your children to learn?
2. What discipline approaches do you usually rely on? Is there room for improvement in this area?
3. Dr. Todd says that the more you practice respectful behavior with your kids, the more they will begin to display respectful behavior on their own. Do you think this will be true for your kids?
4. “We want them [your kids] to learn that respectful behavior turns on the positives, just like turning on a water faucet. And of course, the opposite is also true: disrespectful behavior turns off the positives”. What are some of the immediate, short-term pay-offs that your children get from their disrespectful behavior? How will establishing a clear connection between respectful behavior and privileges increase your kids’ respectful behavior?
5. Do you treat your children with respect and value when you discipline them? If you were videotaped during a discipline situation, would you want it aired on the next Oprah show? What is one improvement you can make that will help you discipline your kids without hurting your family relationships?

STRATEGY ONE:
TEACH RESPECTFUL BEHAVIOR

Chapter Two

Determine Your Influence

Take a look in the mirror. Who do you see? You are staring into the face of the person who is going to teach your kids how to handle life's curveballs in a respectful way. And that's just the beginning. There are many lessons you want to teach your kids, such as the importance of obeying God with all their hearts, how to work hard and not give up, and how to communicate their ideas and feelings respectfully. Underneath all that, you want to build close, loving relationships with each of the children that God has blessed you with.

Do you know what is even more important than a teacher's skills? It is the character of the teacher himself (or herself). If you turn into a human volcano every time your kids mess up, what kind of influence will that have on them? If you walk the wrong way, how do you expect them to learn to walk the right way?

Like it or not, the first step in effective teaching is to take a look at the teacher.

REALIZE YOUR IMPACT

There is no one who will have a greater overall influence on your children's lives than you. I remember one summer afternoon several years ago when I was doing one of my least favorite household chores—mowing the lawn. It was a warm, sunny day and the kids were playing outside, shooting baskets and climbing through the nooks and crannies of our multi-colored jungle gym. As I was half-way finished the front lawn, walking back and forth parallel with the sidewalk, I caught a glimpse of something moving out of the corner of my eye.

There on the sidewalk, keeping perfect pace with me, was my five-year-old son pushing his plastic toy lawnmower (the kind that shoots bubbles out of the top) with all the seriousness of a professional landscaper. He was doing exactly what he saw his dad doing.

As I continued to mow, I watched him for a couple minutes. When I walked, he walked. When I turned, he turned. Where is the video camera when you need it.? I stopped the lawnmower, walked over to him, and congratulated him on a nice job of mowing the sidewalk. But deep inside, a more serious thought had gripped my heart: If he imitates me on something as insignificant as mowing the lawn, how much more will he imitate me in things that matter?

I'll be honest with you. That thought bothered me. It actually scared me a little. As I finished mowing the lawn, my mind raced through a list of my personal sins, my areas of struggle. Would my sons catch me taking a second look at a scantily clad model on a television commercial? Would they catch me raising my voice in anger when they disobeyed? Would they notice that I haven't read my Bible much in the last week?

I was reminded that all the lessons I want to teach my sons begin in the same place: my example.

PARENT HABITS LEAD TO CHILD HABITS

Webster's dictionary defines a habit as a tendency to perform a certain action or behave in a certain way. It is something we have done so often that we begin to do it automatically. My wife, Lora, tells me that I have the habit of resting my elbow on the pillow and placing my chin in my hand while I sleep. Then, my head slowly starts to tip over, until I jerk back to regain my balance, which, of course, wakes her up. This is when she kicks me under the covers, which is one of her nasty habits.

Over 2000 years ago, Aristotle wrote, “We are what we repeatedly do. Excellence, therefore, is not an act but a habit.” Your children control their own actions. Just ask any mother who has tried to calm down a screaming child in the middle of check-out line with a cart full of melting frozen foods. Those actions, repeated hundreds of times, will turn into habits. Those habits will shape their character and influence their future. As someone has said:

Sow a thought, reap an act;

Sow an act, reap a habit;

Sow a habit, reap a character;

Sow a character, reap a destiny.

God wants your children to obey him with their thoughts and actions until good thoughts and actions become instinctive. Listen to an account of one father’s admonition to his son:

Listen, my son, accept what I say, and the years of your life will be many. I guide you in the way of wisdom and lead you along straight paths. When you walk, your steps will not be hampered, when you run, you will not stumble. Hold on to instruction, do not let it go; guard it well, for it is your life.” (Proverbs 4:10-13)

In short, God wants your kids to develop good habits.

Your children are developing habits as you sit and read this book. The way they talk and act every day are slowly becoming part of their habitual behavior. Those habits will impact every aspect of their lives. If your child repeatedly acts respectfully, then respectful behavior will become a habit and everyone will think, “Oooo, what a polite young boy.” If your child often acts disrespectfully, then disrespectful behavior will become a habit and everyone will think, “What that boy needs is a good whoopin” (thought in a Southern accent).

Your children's habits also impact their peer relationships. Kids with positive social habits will tend to make friends easily, which helps build their self-esteem. On the other hand, kids with poor social habits will tend to alienate other kids, which will have a negative impact on their self-esteem and future behavior.

While your children are still developing their habits, many of your habits have already formed. And parent habits influence child habits. For instance, if your volume level often sounds like you have a megaphone taped to your face, your children are likely to develop the habit of shouting. If you apologize when you make a mistake, your children will be more likely to apologize when they have behaved disrespectfully. If you never change the toilet paper roll . . . well, you get the idea.

If your child is disobeying, arguing, throwing anger fits, or talking disrespectfully, there is no need to call an exorcist. Chances are, these are simply bad habits that he has developed. And the good news is that bad habits can be replaced with good ones.

YOU ARE THE PICTURE

It is no surprise that God wants your kids to develop good habits. The big surprise is that he intends to accomplish that through you and me. Think of yourself as a big screen T.V. with your kids sitting cross-legged on the floor, chins resting in their hands, staring at you, mesmerized by everything they see. You are the show and they are the audience, and they don't miss a thing. They see you in the morning, before your first cup of coffee. That's scary enough right there. They see you when you're having a good day. They see you when you've had a bad day. They see you at your best and at your worst. They see how you really are—not how you say you are.

DR. TODD CARTMELL

They have a more accurate picture of you than many of your friends do. They see the real thing, every day.

How many of you have ever done a jigsaw puzzle? I have had the pleasure of doing one or two in my day. I'd like to hold it at that. What I have found to be even more enjoyable than putting together a puzzle is to hide a piece of a puzzle that my wife is working on. But I'll save that story in case I write a book on marriage conflict someday

Many of you know the jigsaw puzzle routine. First you spread out all the pieces on a table. Then, you turn them so that they are facing the right way up. If that hasn't already driven you insane, you find the corners and edges and make your border. Those are the easy parts.

Once you've finished with the border, the real work begins. Slowly and methodically, you have to complete the rest of the puzzle. This is when you realize that you are utterly dependent on one object that is more valuable than gold: the picture on the box cover. Complete chaos can break out if you have several people working on the puzzle with only one picture to share among you. Everyone needs the picture in order to complete their portion of the puzzle-- and they need it now!

Why is the box cover so all-important? Simple. You can't complete the puzzle without it! Everyone needs to see the picture on the box cover and study it in painstaking detail, to determine which piece they need to find next. What shade of blue you need to look for. The missing corner of someone's nose. In fact, your progress can come to a dead stop until you get your hands on that picture.

Do you know what you are to your children? You are the *picture* that God has placed in their lives. You are the picture on the box top. You are the picture they are looking at, studying, just as if they were doing a jigsaw puzzle. But they are not putting together a puzzle, they are doing

DR. TODD CARTMELL

something far more significant. They are trying to become young boys and girls who follow God in a world that can make that difficult to do.

Knowing the challenges they will face and their need for a concrete example to follow, God has given them a picture to look at—you! And looking at you should lead them to Him. Yes, they can (and should) look at the picture of Jesus in Scripture to get a glimpse of what God is like and how he wants to transform them into his image. But you are the real-life picture in the here and now. You are the picture with flesh and blood. You are the picture they can see and touch and talk to. You are the picture that God has strategically placed in their lives to point them to himself. Like it or not, their eyes are on you, and what they see will influence them forever.

Here's a question I want you to reflect on: What kind of picture are you giving your children?

- A picture that leads them toward God or away from God?
- A picture that is filled with integrity or duplicity?
- A picture that tells the truth or that lies when it is convenient?
- A picture that makes excuses or accepts responsibility for your own behavior?
- A picture that encourages others or puts them down?
- A picture that is self-controlled or that becomes abusive in anger?
- A picture that builds up your family or tears it down?

In case you're starting to feel like you haven't been doing too well in the picture department, I want to remind you that none of us always give our children a perfect picture. Heaven knows I don't. In fact, a perfect picture won't do your kids any good, because they won't be able to relate to it. They don't need a perfect picture, they need an *authentic* picture. The genuine

DR. TODD CARTMELL

article. The real deal. A parent that tries their best to do it right, but when they do it wrong, they are not too proud to get up off the ground, brush themselves off, apologize and repair any relationships they have hurt, and get back on the road again. Why do your kids need to see this? Because they'll need to do it themselves hundreds of times before their lives are through.

God did not just put your kids in your life, he also purposely placed you in theirs. Let that sink in for a minute. You have many jobs to do as a parent, but one of the most important is to be the picture that God placed you in your family to be. Whether your picture needs an overhaul or just a little fine-tuning, get busy and do it. All the rewards and consequences in the world will not outdo the influence of your example. Talk with your spouse, an accountability partner, good friend, or a counselor. Don't waste any time. There's nothing that can stop you from making the changes in your life that God wants you to make. He's on your side, and he's promised to do his part if you do yours.

Be the picture God intended you to be. Your kids' future depends on it.

KEY POINTS

1. A _____ is a behavior that has become automatic through repetition.
2. Your child's habits will shape their _____ and influence their _____.
3. Most of your child's negative behaviors are simply _____.
4. Bad habits can be replaced with _____.
5. Child habits are influenced by _____ habits.
6. You are the _____ that God has placed in your children's lives.

Answers: 1. habit 2. character, future 3. bad habits 4. good habits 5. parent 6. picture

Discussion Questions

1. How much influence does your example have on your kids? Why does it make such an impact?
2. As you look back, what impact did your parents' good or bad habits have on your development as a person?
3. We all have a large collection of good and bad habits. Name two good and two bad habits that you have developed over the years. If continued, what impact will these habits have on your life? On your kids?
4. List two characteristics that God wants your children to see more of in your "box top picture". What are some practical steps you can take to make those changes happen?

Chapter 3

Fast Listening

How many of you have had one or more of your kids involved in a sport or activity where skill was involved? Soccer, T-ball, baseball, basketball, gymnastics, football, hockey, dance, martial arts, music lessons—there are many to choose from. If you have, there is one word that you have probably used many times in conversation with your kids.

Practice.

"Practice makes perfect."

"Everyone has to practice."

“The only way to get better is through hard work and practice.”

“Look at the pros; they all practice.”

Everyone knows this is true. Down deep, even your kids know it. You don’t often hear a child respond, “Yeah, well I’m going to be the best without any practice, so take that!” As they continue in a skill-based activity, they soon realize that all of the kids who rise to the top have one thing in common. They all practice.

WHAT WOULD YOU LIKE THEM TO DO?

No one doubts the truth of this when it comes to basketball and piano lessons, but that’s where it seems to stop. The truth is, if we spent half as much time teaching our kids to be respectful as we spend teaching them to catch a baseball, their behavior would be much better.

What do being respectful and catching a baseball have in common? They are both skills. Which means they are both developed the same way. Through practice.

Try your hand at this multiple-choice question:

When you ask your child to pick up her toys, what would you like her to do?

a) Argue.

b) Ignore you.

c) Throw a fit.

d) Say, “OK, I’d be happy to. And while I’m at it, perhaps I can help you clean up the house and put away the dishes.”

OK, perhaps that is going a bit far. Nonetheless, I imagine most of you chose option d). When I ask my boys to do something, I would like them to say, “OK, dad,” or ask a question in a respectful way, if they’ve got one. Perhaps they can make a respectful comment, if it would be appropriate. That doesn’t seem too difficult. Yet, this is something that thousands of children

and teenagers fail to do every day. Why? They have been told to do it a thousand times (e.g., “Be respectful, young man!”). But they have never been taught how to do it. I’d like to help you change that right now.

TEACHING FAST LISTENING

The majority of kids that I see in my office are there for one reason. They ignore their parents, argue, talk back, and throw fits. In other words, they are slow listeners. Their parents want them to learn to be respectful, fast listeners. I become their fast listening coach.

You may be asking yourself, “What exactly is fast listening?” Fast listening is an appropriate response to a parental request. It is how you want your kids to respond when you ask them to do something. Fast listening includes something for your kids to SAY and something for them to DO. Here it is:

<p style="text-align: center;">FAST LISTENING</p> <p>When you ask your child to do something you want them to:</p> <p>SAY: - “OK, mom/dad.” - Ask a question in a respectful way, if needed.</p> <p>DO: Do it.</p>

Pretty simple stuff. Just simple enough to work with your kids. You basically want them to say, “OK mom/dad,” and do what you asked them to do. However, because you want to raise respectful thinking kids instead of obedient robots, there will be times when your kids will have a reasonable question about what you are asking them to do. For example, if you ask them to turn off the T.V., but there are a couple minutes left in the program they are watching, it is reasonable for them to ask if they can watch the last couple minutes of their show. The critical issues is *how* they ask. We don’t want them to ask in an arguing, whining, complaining, or disrespectful way. We want them to ask their question in a respectful way: “Hey mom, can I just

DR. TODD CARTMELL

watch the last few minutes of this program?” This is not arguing, it is respectful question-asking, and a perfectly reasonable part of fast listening. If they are allowed to watch a few extra minutes, then great. If not, then we want them to learn to be flexible and turn off the T.V. right away (we’ll work on teaching your kids to be flexible in the next chapter).

Fast listening can be applied to any situation where you ask your kids to do something, such as doing their homework, getting ready for bed, turning off the T.V. off, and so on. There are two steps for teaching fast listening to your kids.

Step One: Introduce your kids to fast listening.

You are now going to become your kids’ fast listening coach. Sit down with them during a neutral time (a time when no one is mad) and tell them that you want to teach them something that will help them have a lot more fun. You want to teach them about fast listening. *Important note: Do not slip into lecture mode.* You want to teach your kids, not bore them to death. Keep the discussion positive and fast-moving, and your students will pay better attention.

Tell your kids there are two kinds of listening: fast listening and slow listening. Slow listening includes ignoring, arguing, complaining, and so on. Slow listening is disrespectful to mom and dad and will make their privileges go down. This is not how God wants them to respond to their parents. Fast listening, on the other hand, is very respectful, easy to do, and will make their privileges go up.

Tell your kids that fast listening includes two things: something to SAY (point to your mouth) and something to DO. (point to your hands). When you ask them to do something, there are two words that will make things go smoother than the skin on a baby’s behind: “OK, mom” or “OK, dad.” What could be easier? Or, if they have a question, no problem. But, they need to

DR. TODD CARTMELL

ask it in a respectful way. Next comes the DO part. What should they do? Just do it. Turn off the T.V., get ready for bed, start their homework, whatever. And do it fast, not slow.

Once you have explained fast listening to your kids, practice it together a couple times to help them get the hang of it. Keep it very simple. Have them pretend they are watching T.V. and then ask them to turn the T.V. off. They need to say, “OK, mom/dad” and then pretend to turn the T.V. off right away, in that order. (If you have younger kids, actually turn your T.V. on for your practice and have your kids walk over and turn it off. They’ll love it.) Give them a high five and tell them they did a great job. Help them with the fast listening steps if they have trouble. Remember, you’re their coach. Then do it again, but this time, have them ask you if they can watch a few minutes longer. Make sure they ask their question in a *respectful* way, that is the key. Again, tell them that they are learning really fast.

Go through a few practices until you think they’ve got it. This step should take you no more than ten minutes from start to finish. Ten minutes that will begin to teach your child how to be respectful.

Step Two: Review and rehearse regularly.

Once you have taught fast listening to your kids, all that is left is to get fast listening to become a habit. This just takes a bit of practice. Just as you don’t learn to shoot a good free-throw on your first try, or become Mozart after one piano lesson, you don’t build respectful habits without practice either. So, get together with your child four or five times a week and spend about five minutes reviewing fast listening and practicing it in common situations. You can do it at bedtime, while having a snack,

Review Ideas

- 1) Practice common situations.
- 2) Use role-plays, puppets, or beanie babies.
- 3) Discuss and rehearse during family times.
- 4) Review recent situations (positive and negative).
- 5) Review benefits of fast listening.

or any time that works the best.

For example, if your child recently argued about turning off the T.V., then review how he could have used fast listening in that situation. Ask him what would have happened if he would have fast listened instead of having argued about the TV. What will happen if he fast listens next time? Help him to realize these important facts:

- 1) Fast listening is easy to do.
- 2) Fast listening honors God.
- 3) Fast listening is respectful to mom and dad.
- 4) Fast listening has a positive impact on his feelings and family.
- 5) Fast listening makes his privileges and fun increase.

ON-THE-SPOT TRAINING

Once your kids have learned fast listening, then a wonderful opportunity opens up for you. You can begin to do on-the-spot training with your child, just as you would do if you were training and supervising a new employee at work. When you see Johnny about to start arguing, remind him to fast listen with one of the following cues:

- “Johnny, you need to fast listen.”
- “Johnny, is that fast listening?”
- “Johnny, do you want to do fast listening or slow listening?”

Here is where your consistent practicing really pays off. If you have been practicing fast listening on a regular basis, then your cue will immediately bring all those rehearsals back to Johnny’s mind. He will remember that fast listening is actually pretty easy and works out light years better than slow listening. The fact that he has practiced fast listening many times (and enjoyed it) will greatly increase the odds that he will turn things around when you cue him. This

is your chance to avoid a major train wreck by helping him use his new skills in real time.

Remember, you're his fast listening coach, and now you're coaching him in the heat of a real game. If he chooses to slow listen, which will happen occasionally, then you know he still needs more practice. But the trick is to cue him *right away*, as soon as you see that he is having trouble on his own.

THE BUBBLE GUM MACHINE

Picture your child's head as an empty bubble gum machine. This may not be too difficult, as the similarities are immediately obvious—they're both round and full of air (rim shot, please). Let's say that we have two colors of gumballs, yellow and red. Each yellow gumball represents a disrespectful habit (e.g., arguing, ignoring), while each red gumball represents one fast listening practice.

If your bubblegum machine was half-way filled with *only* yellow gumballs, how many red gumballs would we get out of it? Zero. Because there aren't any red gumballs in there to start with. Consider, however, what would happen if we unscrewed the lid, and began dropping red gumballs in, one at a time. The more you rehearse fast listening with your child, the more red gumballs begin to fill his head. Pretty soon, the red gumballs start to mix in with the yellow. Before long, the red gumballs actually outnumber the yellow. Now what happens when you put your quarter in? You start to get a lot more red gumballs than you did before. In fact, you will soon get more red gumballs than yellow! Why? Because the more you put in, the more there are to come out.

As you continue to review and practice fast listening with your children, you will find that an amazing thing begins to happen. They will actually start to say, "OK, mom" and do what you asked them. You will pinch yourself and wonder if aliens have taken you to a neighboring

planet. Your kids will begin to realize that respectful behavior isn't that difficult to do. In fact, it can often be downright fun. God designed it that way. You will notice that their fast listening will start to happen more frequently. Your kids will begin to fast listen without even thinking. Fast listening will become a new habit.

It is not the elementary or middle school teacher's job to teach your kids to fast listen. It is not the basketball coach's job. It is not the dance instructor's job either. God has wisely given that job to the most important person in your kid's life. You. And when it is all said and done, they'll thank you for it.

KEY POINTS

1. A skill is learned through lots of _____.
2. You will teach your child how to do _____.
3. You should teach fast listening during a _____ time.
4. Fast listening includes something to _____ and _____.
5. When you ask your kids to do something, you want them to say, "_____."
6. Then, you want them to _____.
7. If they have a question to ask, they can ask it in a _____ way.
8. When your child starts to argue, you can _____ him to fast listen.
9. The more you practice fast listening with your kids, the more it will become a new _____.

Answers: 1. practice 2. fast listening 3. neutral 4. SAY, DO 5. "OK, mom/dad." 6. do it
7. respectful 8. cue 9. habit

Discussion Questions

1. “The truth is, if we spent half as much time teaching our kids to be respectful as we spend teaching them to catch a baseball, their behavior would be much better.” What do you think about this statement? How have you attempted to teach your kids to be respectful? Is there room for improvement in this area?
2. Do your kids do more fast listening or slow listening? Why do you think that is?
3. Dr. Todd said that you will become your kids’ fast listening coach. What does it take to be a good coach?
4. How do you think your kids will respond to fast listening? How can you make the practices fun and enjoyable for them?
5. If you practice fast listening several times a week with your kids, how long do you think it will be before you start to see them fast listen in real life?