



The Lost Art Of PARENTING

By; Trey Gibson

The Family Podcast Network





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Preface

This book is probably the most important one I will produce. If I could only select one book for you to read, this is the one I would give to you..

Most of us have received some fairly good training when it comes to how to discipline our kids or how to teach them. But rarely are we taught much about how to build our kids up. Most parents never intend to be hurtful or mean by not praising their kiddos, but often just donot know how to praise.

Kids will develop very poor self-esteem and parents flounder on “how the crap do I change this?!” Poor self-esteem can lead to several things that parents loath including depression, over-compensation or excessive bragging, and disobedience. Whoa Trey! Did you say that disobedience could be caused by poor self-esteem?. Absolutely!

This eBook is designed to answer the question of ‘how do I get my kid feeling better about themselves?’

Perhaps more importantly to the sanity of us parents, it also helps answer the question of how do we get our kids to do what we are wanting from them. If we can build our kids up, they feel better about themselves and subsequently act better.

So sit back, relax, and be ready to take some notes, mental or otherwise, that will hopefully get you on the track to getting your kid feeling better about themselves.



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Chapter 1

THE GOLDEN NUGGET OF PARENTING: RELEARNING THE ART OF PRAISE

In mainstream America most have lost the art of praise, much to our detriment. If there was only one topic that I could teach you and I had absolutely no way to teach you anything else, this is the one that I would focus on. My reasoning lies in the fact that most of us are professionals in finding and assessing what folks (our kids especially) are doing wrong. I willingly admit this in myself.

When I begin discussing this point I talk to folks about something I call the Love Bank Example. I know, I know, it sounds corny but it helps understand this point. When you open up a bank account you start out with zero dollars and begin adding money to which we refer to as a deposit. As money begins to accumulate we may need to use that money to pay for items such as the electric bill, groceries, or even a Starbucks latte and create a withdrawal from that account. The key to a successful budget is always to spend less money than you are currently bringing in. More ideally, you want to be bringing in much more money than you are spending whether it be making significantly more money or spending significantly less.

So let's use this metaphorically with parenting.

The key with our relationships needs to be making more deposits with our kids than we are withdrawals.



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So what can the withdrawals be? Imagine it this way, all the experiences your kids have with you or the world are deposits or withdrawals. If we tell our kid “no” when they are lining up a butter knife with the electric socket, regardless of our intent, that is typically negative for our kiddos. Negative experiences or withdrawals can also include bringing home poor grades, being unable to tie their shoes, or being called names at school.

When these negative experiences a kid has begin to build up, how do you think most kids start to feel? Have you ever had that job where the only time you get noticed is when you have messed up but when you knock out a bang-up report or do an especially excellent job at something else you hear nothing? How difficult is that? I imagine you are like most kids and have a difficult time with it.

Ultimately with children, the more withdrawals they have without deposits, the more they act up. Almost anytime I receive the call from my wife that my kiddos are acting up I can trace it back to things like me being gone from home a lot that week or being short tempered with them. When kids are in situations where we are constantly withdrawing from their bank accounts they eventually go overdrawn.

Most acting out we so commonly see in our kids and others is just the outcropping of an empty account.

So in lieu of our Love Bank Example, the role of parents needs to be to put in more deposits to counter the withdrawals that our children are experiencing. If you look carefully at others and even our own parenting, you will likely find that there is one place that often creates the highest amount of withdrawals, and that place is typically at home. We as parents are often the spendthrifts of our own kiddos’ banks. Now we, myself included, hate to admit this fact but it is often very true.



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If you have an empty bank account (meant literally this time) and you go to your bank and try to withdraw some cash, what will happen? More than likely that ATM will not dispense what you wanted it to. But most parents expect their kiddos to dispense good behavior even though they have not put any money in the account. Is it fair for an account holder to expect their ATM or teller to dispense money to them if they do not have it in their account? Of course not! Now, you can expect your

kids to dispense good behavior if you would like, but I will state with a relative level of confidence that your kids will not do well with it either.

The key to getting good behavior from our kids, and really, even those around us like our bosses, our subordinates, or the cashier at the grocery store is to be putting more into them than we are taking out. But there is *one* more crucial thing we must discuss. Anytime you are going to build up your kids with praise, *you absolutely have to be genuine with it!* Kids come built with an inherent crap-dar which helps them read through any fake crap we might try to feed them. Make absolutely sure that your praise is authentic and that you believe it.

Sticking with the literal comparison imagine if you brought a bank some fake Monopoly money and tried to make a deposit. What's going to happen? They are going to reject you, deny your deposit, and possibly laugh at you. Why would we expect any different from our kids?



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Chapter 2

WHY IS THIS SO DANG IMPORTANT?

So why is all this talk about praising so important? We will talk about that in this chapter since the majority of all successful parenting is hinged on this concept. I specifically selected this as my first of many eBooks to begin writing for a very deliberate purpose.

Most of us have received a modicum of sensible parenting techniques from your parents, good and bad, and so many of the typical subjects you have learned in some degree. However, this is the most important and most missed subject so it is worth addressing. The key is to get our kiddos to want to do what we ask them without manipulating or tricking them. If we manipulate our kids what are we teaching them is okay to do? Manipulate! And fundamentally, they will likely manipulate us and others one day. This is something we want to avoid in our kids and we have to begin with ourselves.

So the key in understand this principle lies in bank accounts. Now wait! I did not just authorize you to buy crap for your kids so they will do what you want. I've watched many a sinking ships (family-wise) that have tried to buy their kids respect and actions. They *all* failed miserably.

Kids do not want your money. They want you!

This elusive concept lies in the principles of how bank accounts work as discussed in Chapter 1. The more deposits we put in the better compliance we see from our kids. This is old fashion respect and I want to separate it from respectfulness. You can practice respectfulness without respect right? That insane boss that you would love to punch in the face, but you don't. Why? Because you practice respectfulness.



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But how about that boss that has been kind, helpful, confident, and courteous to you? You have respect for them right? Not only that, but you would jump in to take a punch for that boss, no?

That's what I'm talking about building up with our kids. A bank account that is built up with respect.

We always tell our kids that they have to earn our respect, and I believe this to be true, but do we ever stop to think about earning our kids respect?

Merely providing them with a home, clothes, and food will rarely build that respect.

“So what is this currency you recommend Trey?” I'm so glad you asked. It is simply this: praise. A research article written on praise found that, so long as the praise was seen as authentic, it encouraged better performance, the ability to do things without help from others, and gave the ability for research participants to feel confident in what they were doing.

Is this not what we are trying to encourage from our kids? Better performance, individual problem-solving skills, and competence? Another article noted that praise by kids peers caused better cooperation in the classroom. Unfortunately, the grim reality is that many of us, and I admit to it in myself, have neglected praise. The main purpose of parenting *has to be* to teach our kids what is **right** to do but we instead have a tendency to focus instead on what our kids are doing wrong.

So some of you are wondering, “is this one of those don't ever tell your kid they are doing something wrong type of guy?” Most certainly not. Kids need to know when they are doing things wrong. My point is that there needs to be more attention focused on when they are getting it right.



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I cannot tell you just how many times I have seen this in my profession. Parents only pipe up when....? Right! When their kids are messing up. What happens is that kids will realize they get attention when they are not doing it right and kids would rather have your negative attention than no attention at all. Yes, I said it!

In most cases, kids would rather hear you griping at them than be ignored.





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Chapter 3

SO WHY IS IT SO FREAKIN' HARD FOR ME, TREY?

First off, you're not alone in your struggles with praising your kids and again I admit to this in myself. I debated including this chapter in this eBook for a while but decided it needed to belong. Many parents might feel a guilt if they acknowledge that their kiddos have not been receiving praise.

Sometimes it's good practice to reflect backwards since it can give us a good idea of why we do things. If a person reflexively pushes the people that love them away, they may develop guilt and looking at the fact that their mom and dad both rejected them can remind them "oh yeah, that's why I have a tendency to do that!" Guilt is one of the number one stumbling blocks to healing.

Obstacle #1: YOU SHOULD KNOW BETTER

So what does keep us from praising the crap out of our kids? Number one: we often just expect our kids to know what to do! How many times have you used the phrase "you should know better." I know I have. But most times, when I stop and think, I have not told them otherwise.

Once, my wife and I were bringing in groceries from the car. The kids had come inside and were occupying their attentions with various things. I placed a bag of sugar on the edge of our kitchen table and went for more groceries. By the time I had returned with my second load of groceries, my 1 year old had pulled the sugar off the table and was making snow angels in it.



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My immediate reaction? You guessed it! “Cora, you should know better than that!” I was upset. I saw wasted sugar, a mess that I was ultimately going to clean up, and a potential bath to remove the makeshift sugar-scrub my daughter was making. But I stopped and asked myself, have I ever told her *not* to yank sugar off and play with it? I really had never done that. There was also that small part me that wondered what it would be like to make sugar angels! I let Cora know that pulling things off the counter is not okay and found her something she could play with instead and you know what,

without ever having to raise my voice or get on to her, she has never done that again.

So before you default to the “they should know better” motto, ask yourself if you have ever really *verbally* told them it is not alright. Is it logical to expect them to know something they have never been taught? And if you think so, what has you thinking that?

Imagine it this way. You step into a new job and begin working the hardest and best you know how. As you do your boss comes in and begins to chastise you for a mistake you’ve made on your first day noting that “you should know better than this!” Is that fair? More than likely no, it’s not fair at all.

Before some of your heads begin to gyrate and spin off Exorcist-style, yes I know. Some kids have been told before and do it again but have you ever really explained to them why. I mean calmly and understandingly explain to them that something is not okay and a detailed description as to why? Many parents have never stopped to ask themselves *why* something is not okay past the phrase “because I said so.” Sometimes this is also the culprit of pesky behaviors.





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Obstacle #2: WE PARENTS SUCK AT GIVING AND RECEIVING PRAISE

Many of us parents were not praised much as a kid. In many cases, it's not because our parents didn't care about us, but guess what, they didn't know how to praise either since *they* weren't told "good job". It's awful hard to learn a new task if you have never seen it done. Naturally, as a species, we divert to our defaults, which is our lowest levels of training. If you have not been trained how to praise, or the training you have is poor, you will likely not go far beyond that but we will discuss this more in detail in chapter six.

Secondly, we have societally become quite talented at rejecting compliments. "Hey, that's a nice dress." "Oh, this old thing..." Or how about "man, your report is off the charts" with "ah, I've done better." Rather than accept the compliments being paid, what is happening? The compliments are being rejected.

Regardless of our intention, what is this teaching our kids? That it is okay to reject compliments. This becomes particularly difficult when they turn into adolescents and their self esteem is so fragile. If we have been grooming them all their pre-adolescent lives to reject compliments, then imagine their fate. Yes, I just threw up in my mouth a little, too.

Many will often ask me, "well Trey, isn't anything else being conceited?" By definition conceit is having an excess of self-esteem that inflates a person. Most often you can tell conceit by how much the person over-inflates themselves. However, sometimes people are just really good at things.

I will wager a bet with zero doubts of uncertainty. You are an expert at something. It might be in your field of accounting, or in sticker collecting but there IS something that you know more about than most people. My area is parenting. I'm good at it, and I'm good at teaching. It doesn't make me a better person; it's just my specialty area.





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You have these areas and it is very healthy to know where they are. You also need to know where your areas for growth are as well. The combination of those two makes you an impressive person and when our kids see us recognize these, what does it teach them? To do it themselves. Figure out who you are and like that person and your kids will be learning from you how to do it themselves.

I want you to imagine a football receiver that runs his route, makes his move, blows right past the defender, sees the ball coming directly towards him...but never puts up his hands. What will happen when that ball comes in contact with that player? It will bounce right off of them!



Compliments operate on the same principle. If you are not prepared to receive a compliment given to you fundamentally *you will reject that compliment*. Why is this a problem? Guess who is watching you to learn everything they are going to do? This becomes exceptionally problematic during our kiddos teen years when their self-esteem can be particularly low.

So the natural question at this point would be “how do I accept a compliment then, Trey?” Excellent question and it’s very simple. Whatever you do, don’t over-think it, don’t IBM it, and don’t go rouge scholar on it. Just smile and thank them for the compliment. Don’t berate yourself, others *do not* find it humble or endearing. Typically they find it annoying and sometimes hurtful. Think of it this way. A person is trying to give you a present and you tell them that you do not want that gift.

**So if someone gives you a compliment,
smile at them and tell them simply:
Thank you!**

If you want to almost guarantee that they will compliment you again, add a “that means a lot to me” or “I really needed that” to your thank you. This makes people feel good and want to complement you again later.



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Chapter 4

DIFFERENT TYPES OF PRAISE

What's that you say, Trey? Not only do I want to be praising more but there are multiple types of praise? The answer is emphatically yes. There is a particular set of authors and parenting professionals named the Bavoleks who have written some of the best articles on parenting called **Nurturing Parents**.

I loved this stuff so much I used it in my profession as well as with my own family. Much of the material was so good that I would frequently use it outside of just parenting (e.g. with coworkers or friends) with excellent results. One of my personal favorites was the idea of **praise for being and praise for doing**. Lets start with praise for doing since we often are quite versed in this.

PRAISE FOR DOING

Praise for doing is, just like it sounds, praising our kids for something they did. Maybe it's for getting straight A's in school, or for sharing a toy with their younger sibling, but after they have performed a specific task you give them praise for it. This can be beneficial for us as parents since our praise for doing will typically lead to more of that action. For instance, if I praise my kids for putting their bowls in the sink after breakfast they are more likely to do it next time....praise for doing.

If we praise our youngest daughter for going potty in her tiny little toilet with M&M's, she is more likely to think about putting her poop or pee there since it gets her something she likes...colored chocolate disks! If I praise my oldest for being sympathetic with her younger brother when he falls and bangs his knee, she is more likely to do it next time. See how praise for doing is so beneficial?



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Most of us are fairly well versed in this style of praising, even if we do not practice it much so I'm not going to ruminate on it long but I want to note that it is very important and your kids want to hear from you what they are doing right so **take time to praise your kid for the things that they do. This is something you will not regret in the long run.**

While praise for doing is very important, the most missed and what I believe to be just as important is praise for being!

PRAISE FOR BEING

Praise for being is slightly more complex and abstract than praise for doing. Praise for being is letting your kids know that you like and love them right where they are. In this type of praise they have to do *nothing* to earn this. This is the love and concern you experience no matter whether they are acting appropriately or inappropriately. Praise for being lets the kid know that you love and accept them right where they are and that there is nothing more they need to do to earn your love and respect, nor is there anything they can do to lose it and it is *detrimental* to your kid growing up healthy.





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This is the praise that helps a kid feel like they have worth and that you, as a parent, think they are valuable. You know this type of praise as *unconditional love*. In the Casa de Gibson we do this several ways, but my favorite is by telling my kids “I sure do love you guys.”

If my kids were ever to ask “why?” the answer of praise for being would always be “just because.”

There isn’t anything specific they were doing to elicit that response from me, I *just* love them.

Another of my favorite techniques is the who-would-I-pick praise. I frequently ask my kids “if I could pick aaaaany kids in the entire world, do you know who I would pick?” They all three will emphatically say “us!” And they are exactly right. If I could pick from every single kid in the world I would look through every one until I could find them!



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Chapter 5

SO HOW DOES THIS PRAISE STUFF LOOK?

I am fully aware that many of you have never seen full-out authentic praise given on a consistent basis. I really didn't either. As such, this chapter will be devoted as the rubber-meets-the-road chapter where we talk about implementation.

Before we get into that we must address possibly the *most* serious issue when praising your kid.

You absolutely have to mean what you are praising your kid for!

As I have stated many times before, kids have an inherent crap-dar built in that helps them intuitively know when we are feeding them a load of crap. So make sure that you mean what you say.

So with that said, let's talk about some steps for exactly what you need to do to praise your kid effectively and start the road to experiencing pure unadulterated joy with our kiddos.

Step #1: STOP WHATEVER YOU ARE DOING!

Whatever you are working on, in as many of cases are humanly possible, stop what you are doing and focus on your kid. Look at them when they draw that picture that they swear is you but resembles more of a kangaroo driving a tank or when they tie their shoes for the first time.



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Stop your work and tell your teen “that’s awesome” when they make an A, take the trash out without being asked, or make the chess team.

Imagine walking in on your boss working on a report or setting up the restaurant and telling them that you finished the project they gave you an hour early. They continue looking right at what they are doing and say “good. Thank you.” How much better does it feel when they stop, smile at you, and tell you “well done!”

Human nature is such that the majority of us enjoy undivided attention, and especially our kids.

I know there are those of you out there that do not need direct attention but you are a small fraction and your kid, likely, is not one of those. Most all people like to have all your attention.

Another issue to discuss in this is you multitaskers. First off, I admire you and your abilities more than you know. Your skill in running multiple projects simultaneously is a gift that I envy. However, in our *relationships* with our kids, there is very little room.

Notice I italicized the work relationship. Multitasking must be a part of the involved parents’ toolbox but during the relationship part, it can be more of a detriment than helpful. Secondly, it teaches kids that not focusing on someone when they are talking is okay, an issue that can plague parents later in life.



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Step #2: CLOSE THE DISTANCE

My wife, by her own admission, is the worst at this one I'm the worst at this one. When your kid runs in to show you the new knot they tied in a rope or the new guitar chord they have learned on their electric guitar, get close to them physically. Humans who want others attention like it when they are close, especially kids.



My son has taught me this one best. Grant will frequently start talking about some accomplishment he has achieved, like straightening his covers by himself or helping one of his sisters while I am working on something like dishes. He will typically say "Dad, come here and talk to me." He is actually asking me for my undivided attention, something I will sometimes forget to give.

Step #3: MAKE PHYSICAL CONTACT WITH YOUR KIDDO

Most people enjoy some *appropriate* gentle touch (notice I italicize appropriate) from people they are comfortable with. People feel good with a light pad on the shoulder or back or a comfortable squeeze. Whatever you do, don't go weird-a-zoid and start squeezing and patting random people. That is only for when you are comfortable with them! All kidding aside, touch for a kid can be an excellent form of communication that can build a kid up.

In our current society our "personal bubbles" or the amount of space required to be between us and another person and not feel uncomfortable, has grown significantly. This is fine with other people if that is what you need to do. But with our kids it can have a very negative effect on them since they crave touch. Outside of the neurological effects of touch, I think this is because touch is one of the primary forms of affirmation (to declare one's support for; to uphold or defend) that kids can receive.





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Kids do very well when we make physical contact with them. So stop what you are doing, get close to them, and do something meaningful like grab their shoulders or their hands gently. This communicates that not only do they have all of your visual attention but your physical attention as well. It is a very powerful thing to do with a kid.

Step #4: LOOK THEM IN THE EYE

I *always* highly recommend that, when you are talking to kids, you take the time to get down on a physical level even if that means you get on your knee for little-bots or if you sit next to your teen. I recommend you don't tower over them since it can shut them down.

Imagine someone 3 feet taller than you towering over you while saying something. Regardless of their intent, it is likely you will feel some level of intimidation. A kiddo can have a much harder time hearing and accepting your compliment and praise if they are intimidated. Help them open up by getting down on their level.

Once you are there, make sure to look them in the eyes. In our culture, looking someone in the eyes tells them that they are important and that we are listening to them. I know. I know. It may not seem like their winning the Pulitzer Prize when they get excited about getting their shirt off by themselves or when they squeak by in Math with an 81, but make it a big deal. While the activity may seem small to us, to them it is not and for us it is a prime-time to compliment them and build them up some.



Step #5: LOOK LIKE A NICE PERSON

Often parents, when they are trying to relearn the art of parenting, they will forget this piece of praise. Many will think



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“ah, what I’m saying is what matters” and in the grand-scheme they are correct. However, if you are a natural frowner and you are complimenting your kids, they may misconstrue what you are trying to say. So, again, stop what you are doing, turn and move close to your kiddo, maybe grab their hands or face gently, look them in the eye, and *make sure to smile*. Raise those eyebrows and smile. Make your face pleasant to look at. Studies done with kids and adults show that humans **prefer** to look at smiling faces. Interestingly, when shown the exact face, one smiling and one not, and then asked to rate their attractiveness, people almost *always* said that the smiling face was attractive.

While we are not talking about direct attraction in regards to our kiddos, the principle still operates on the same rules.

Step #6: GIVE THEM YOUR PRAISE AND END THE EXCHANGE WITH A BIG OL’ HUG.

After you praise them for doing, or just for being, then it can really help a kiddo when you hug them. This is going back to Step 3 on making physical contact with your kids, but also about releasing the chemicals in the brain that make us feel good.

It is much easier for kids to remember experiences (and help us reproduce the good behavior) when they have a good feeling associated with the behavior. I mean, think about it. After getting an awesome review from someone at work like a boss, doesn’t that make you want to do it again? I know it does for me.



When you follow these rules, your ability to praise your kiddo will excell. The more you perform these actions you will likely begin to see those awesome behaviors begin to replicate themselves since kids will realize “hey, this is how I get mom/dad’s attention now!”



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Chapter 6

THE NUMBER TWO ENEMY OF PRAISE

We now need to address the number two enemy of praise. This enemy involves **us** not accepting compliments or praise as adults. This praise-killing enemy is not about being hurtful, overt, or negligent in our praise, which makes it a tricky little sucker to identify.

This enemy is not birthed out of a desire to hurt others but out of our own lack of self-worth. Often many parents, both male and female alike, have been trained and conditioned to not receive praise. When a lady is complimented on her dress she might say “oh, this old thing.” When a man is told he did a fantastic job on the yard some might say “well, I’ve done better.”

We have actually become quite sophisticated in rejecting the compliments of others. If I were to genuinely tell you right now that you have the most impressive and clean handwriting I have ever seen, what would you reply with? Excluding a few of you that would say thank you, many of you would probably begin tearing yourself down or silently disbelieving me. Some will even go so far to disagree and explain to me why your handwriting is actually worse than just bad.

This level of treating ourselves crappy has an adverse affect on us as humans. We often will begin overgeneralizing the things we put ourselves down about to other issues. For instance, we might begin to blast our handwriting and it turn in to us blasting our writing abilities.

Is this accurate? Not necessarily. You might be the next international bestseller who incidentally has poor handwriting. Poor handwriting can be corrected or just learn to type faster.



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But humans will often block themselves from seeing their positives because of their negatives.

So why is all this **me** stuff so important to being a parent and praise? Who is watching us to learn everything they are going to do in life? Our kids are. And if they see you turning down compliments they are more likely to do so as well.



Regardless of our intention, what is this teaching our kids? That it is okay to reject compliments. This becomes particularly difficult when they turn into adolescents and their self esteem is so fragile. If we have been grooming them all their pre-adolescent lives to reject compliments, then imagine their fate. Yes, I just threw up in my mouth a little, too.

Many will often ask me, “well Trey, won’t this make my kid conceited?” By definition conceit is having an excess of self-esteem that inflates a person. Most often you can tell conceit by how much the person over-inflates themselves. However, sometimes people are just really good at things. I will wager a bet with zero doubts of uncertainty. You are an expert at something. It might be in your field of accounting, or in sticker collecting but there *is* something that you know more about than most people. My area is parenting. I’m good at it, and I’m good at teaching. It doesn’t make me a better person, it’s just my specialty area.

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I want you to imagine a football receiver that runs his route, makes his move, blows right past the defender, sees the ball coming directly towards him...but never puts up his hands. What will happen when that ball comes in contact with that player? It will bounce right off of them! Compliments operate on the same principle. If you are not prepared to receive a



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compliment given to you, fundamentally *you will reject that compliment!* Why is this a problem? Guess who is watching you to learn everything they are going to do? This becomes exceptionally problematic during our kiddos teen years when their self-esteem can be particularly low.

So the natural question at this point would be “how do I accept a compliment then Trey?” Excellent question and it’s very simple. Whatever you do, don’t over-think it, don’t IBM it, and don’t go rouge scholar on it. Just smile and thank them for the compliment. Don’t berate yourself; others *do not* find it humble or endearing. Typically they find it annoying and sometimes hurtful.

Think of it this way. A person is trying to give you a present and you tell them that you do not want that gift.

So if someone gives you a compliment, smile at them and simply tell them: thank you!

If you want to almost guarantee that they will compliment you again, add a “that means a lot to me” or “I really needed that” to your thank you. This makes people feel good and want to complement you again later.





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Chapter 7:

CONGRATULATIONS

Well, congratulations! You have officially received the most precious golden nugget of parenting: praise! All kidding aside, the information you have received in this eBook is invaluable and when **consistently** practiced has the power to revolutionize your interactions with your kids.

Imagine getting what you want from your kids the minute you ask them to do something. Think of the simplicity you will experience, the immediate responses to what you ask and less arguing.

Please don't misunderstand me. Praise is not the panacea for all parenting issues. However, if you can get yourself trained to praise your kids more than you correct them, you might experience a freedom with your kids that helps prevent the desire to rip your hair out and use it to strangle your kiddos.

Remember, praise is important since it is the number one best avenue towards getting our kids to do what we are wanting them to do. Research shows that when our kids feel better about themselves they tend to want to do better.

Secondly, be aware of the things that keep you from praising your kiddos. Kids do not just "know better" if we have never taken the time to kindly explain to them. If you think about it, it is as unfair as starting a new job and your boss getting angry because you did not file your paperwork correctly. You have to be educated first!



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Third, you absolutely, positively, 100% must be completely honest and genuine when you praise your kids. In other words, you *have* to mean what you are saying. Kids have built-in highly honed crap-dar that can read through unauthentic compliments.

Lastly, if you are not in the practice of praising and receiving praise, you may have to teach yourself. Some of us were not heavily praised and often only addressed when we were jacking something up so we must take the time to relearn how to praise... and praise others. It is important to remember, if you are an expert compliment dodger, so will your kiddos. This is like a receiver in football that does not know how to catch a ball. We must learn how to accept (catch) the compliments people send our way or else we are likely teaching our kids to be their own worst enemy.

Hopefully you are feeling ready to dive in to praising the junk out of your kids. This is one, so long as you can learn how to praise correctly, where you will be grateful.

Thank you for sticking with this eBook! If you have any questions please feel free to email me at The Family Podcast Network. You can choose to leave me a message on the site or email me.

**DON'T FORGET, IT IS ALL ABOUT THE
RELATIONSHIP WITH YOUR KIDS!**





THE LOST ART OF PARENTING

About the Author



TREY GIBSON
The Family Podcast Network

Trey Gibson fell in love with parenting and parenting education in his undergraduate year of college. Having grown up in a family that had several good parenting techniques he realized that there was still so much more to learn. He made it his goal to learn as much as humanly possible about parenting and sort out the information that worked, and the information that was ineffective.

After using this technique for quite some while to develop positive relationships with his kids he realized that he loved being a Daddy and noticed that others were wanting to know “how do you do it.” Trey began teaching parenting education in 2006 and instantly fell in love with it. After tremendous feedback from families in his parenting education courses, Trey began looking for ways to expand this knowledge so that more parents and families could experience this joy. The answer was simple: create a website that Trey could disseminate good and healthy parenting training that teaches you “how to work with tough kids *“and even those that aren’t.”* This led to the creation of The Family Podcast Network.

Trey openly admits that he is not the perfect parent and has messed up just like everyone else. Trey’s approach is non-judgmental since most mistakes that parents discuss with him he has made as well and encourages parents to be honest with themselves about their mistakes since that is the only way changes can be made.