

# TURN CHALLENGING MOMENTS INTO LEARNING MOMENTS

**Reflect. Implement. Overcome.**

In 3-steps discover how you can use the power of personal reflection to implement consistent discipline and overcome your 2-6 year olds defiant behavior.

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# INTRO

## CHALLENGING MOMENTS VS. LEARNING MOMENTS

When children become challenging, it is easy to forget that they are students of life. With this **awareness**, we must support their potential and honor the challenge!

Most of us have experienced that moment when your child does not listen or continues to show disregard for your request. Let's face it, dealing with behavior challenges can be difficult. As children get older, the bigger their tantrums become and it's easier for parents to feel defeated. Children need guidance managing their emotions. We have to give them space to feel frustrated and help them work through it. This will help them become **emotionally intelligent** as they grow.

There is one thing we must understand about children: by nature they are like curious scientists exploring to realize the world around them and their own potential.

If you are that parent wondering what you could do differently or just not sure how to start disciplining your little one, this book is for you.

*I believe*, our role as parents is to sort out a way to guide our children with **consistent discipline** and set appropriate boundaries in a nurturing and supportive manner from birth.

This 3 step exercise is intended to walk you through a thought pattern you can adopt when you are faced with disciplining your child in their daily lives.

Not until you **discover** what is no longer working and **replace** it with what can work will you ever overcome feeling defeated by your child.

The power to discipline is recognizing when to find a **learning opportunity** even in the most challenging moments.

This writing exercise will help you stop... think... evaluate and reevaluate your thoughts, actions and interactions with your child. As in most situations, a little patience is all that is needed to help make changes for the betterment of the family to create a peaceful home environment.

PARENTING REQUIRES CONSTANT SELF EVALUATION, REFLECTION  
AND PERSISTENCE FOR OVERCOMING DIFFICULTIES IN  
ORDER TO **NURTURE POSITIVE RELATIONSHIPS** AT HOME.

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Above all, it is this constant assessment of our own character, values and actions that we express in front of our children.

Taking yourself through this continuous self-work allows the child to have a parent that **leads** them with morals, structure and purpose to prepare them for a life of *greatness*.



DISCOVER



# HOW TO USE THIS EXERCISE

EXERCISE. PRACTICE. TIPS.

## How to Use This Exercise

Below is a 3 step exercise to help you **reflect** on small but lasting changes. Based on your own answers you begin **implementing** these changes to **overcome** challenge moments.

This exercise will also help you to align your thoughts and bring **awareness** through your personal discovery. So be honest and detailed when explaining your answers most importantly, remember to practice and share what you have learned with others.

After going through this book, remember to always come back to it as a personal reference. It is a personal guide you can count on to **refresh** your mind and **realign** your thoughts and actions.

### Exercises:

Read each question carefully and fill in the blanks. You can also do this with your partner to share perspectives, which is helpful during the implementing phase of this exercise. Use a small and handy notebook to answer all your questions in one spot. Be thorough to get the full experience of this book.

### Practice:

Practicing these 3 steps together will help your child understand what is expected of them and learn to make more positive decisions independently with your guidance.

Helping your child make positive decisions will give the advantage of strengthening independence and emotional intelligence that will carry into adulthood.

SOMETIME CHILDREN ARE THE INSTRUMENT TO A LIFE LESSON

FOR OUR OWN LIVES. [Retweet this](#)

Defiant behavior has the power to shift our mood, and disrupts our line of thinking. Naturally, we feel frustrated and want to quickly cool off our child's hot temperament by bargaining. In exchange for good behavior, children get rewarded with treats and little surprise gifts. The practices in this book are meant to get you through those challenging moments without relying on bargaining. To see any outcomes from these 3-Steps you must be **active** in apply suggestions on the practices that follow the exercises. You have the power to make the change!

## Tips:

After each practice in this writing exercise, you will find simple tips with ideas to try. Sometimes making a simple adjustment in the way you discipline will help make the shift. It is helpful to read each tip and keep them in mind when you are doing your practices throughout the workbook.





# DEFINING THE 3 STEPS

REFLECT. IMPLEMENT.  
OVERCOME.

Practicing these 3 steps together will help you organize your thoughts so you can learn to stay calm and think before reacting to your child's defiant behaviors. You will learn to identify a learning opportunity in every challenging moment. This will allow you to build more confidence in your disciplinary approach. You must be open to learning and growing with your child everyday to witness this transformation.

1. **REFLECT:** *Think of a challenging moment and take note on what seemed to trigger your child's defiant behavior. Identify the learning opportunity for you and your child in this moment.*
2. **IMPLEMENT:** *Decide on another disciplinary solution you feel will be more effective and try it next time you are faced with the same or similar behavior.*
3. **OVERCOME:** *Let go of feeling overwhelmed or intimidated by your child's defiant behaviors and become strong, confident and consistent in your disciplinary approach.*

**Now lets get started!**



**Reflect** on a challenging moment and take note on what seemed to trigger your child's defiant behavior. Write your answers in a handy notebook.

**EXERCISE:**

1. Reflect back on a recent situation when you disciplined your child for misbehaving. What was most difficult about that experience? What emotions did you feel? How do you think your child felt? What became the result of the situation?

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2. Do you feel your actions lead to a learning experience for your child and/or yourself? If not, what could you have done differently?

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# STEP 1

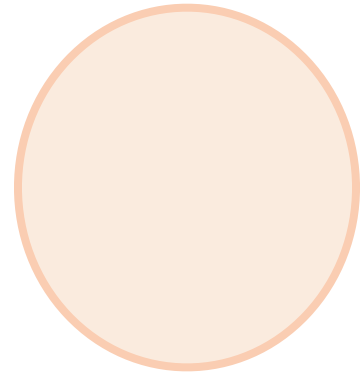
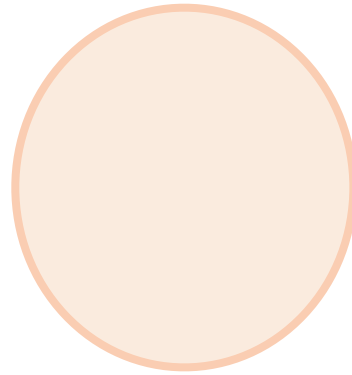
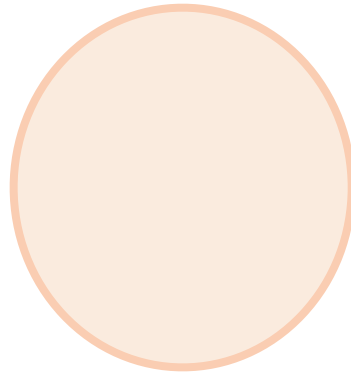
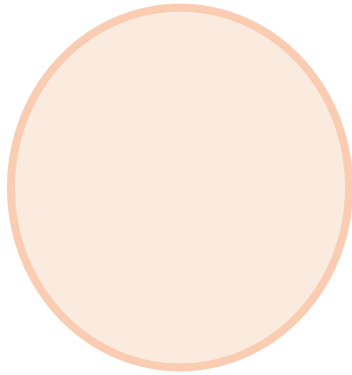
## REFLECT

3. Now, let's explore the **power of reflection**: Take a few minutes to reflect on your childhood and evaluate some disciplinary actions your parents used to raise you. Remember how it felt? Fill in the box with what would you thank them for, and what would continue or do differently.

THANKS FOR...	I WILL TRY TO...

4. From your reflections on the chart above, you have now discovered what was an effective disciplinary approach growing up and what you would do differently now as a parent. It is important to gain clarity on what kind of overall parent you want to be. Fill in the circles below, with four words that describes the parent you want to be (understanding, patient etc).





5. Underline which parenting style calls to you below:

**AUTHORITARIAN** Sets high expectations for their child and emphasizes obedience.

**PERMISSIVE** Sets very little standards and behavioral guidelines to avoid upsetting their child.

**AUTHORITATIVE** Sets limits, reasons with their child and is sensitive to their emotional needs. Also, allows their child to have more freedom to make decision to encourage independence and exploration of oneself.

6. Which parenting style do you currently represent? Are you content with that choice? If not, which parenting style would you like to adopt from above and explain why?

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## **PRACTICE:**

Now its time to apply! Refer to the chart above on Step 1 question #3. Practice one of the disciplinary actions you stated you will try instead of your parents approach. Consistently practice this one action for a couple of days and see how it works. Be sure to journal your experience in your handy notebook. Note: This will also be a good “Reflection Bowl” reminder for yourself later on in this book.

## **TIP:**

### **Possible Reasons Why Children Misbehave**

There are many reasons why children misbehave. It is important to consider age and their personal circumstances. I always suggest parents do a little research on their child’s development (by their current age) to learn about ongoing milestones their child will reach. Knowing about your child’s development will help you understand their needs and you will learn to discipline them more effectively. Being mindful of possible reasons why your child misbehaves expands your mind when thinking of ways to approach them calmly during challenging moments instead of reacting with aggression and irrational comments.

**Use some of these reasons below to help you identify why your child may be misbehaving:**

- They want to test whether caregivers will enforce rules.
- They experience different sets of expectations between school and home.
- They do not understand the rules parents try to set.
- They want to assert themselves and their independence.
- They feel ill, bored, hungry or tired.
- They lack accurate guidance, information and prior experience.



- They have been previously “rewarded” for their misbehavior.
- They model the actions of others.
- Seek attention from their parent and caregivers.

A nurturing adult is warm, understanding and supportive. Researchers have found that a child will learn more easily from a nurturing parent than from a harsh parent.

**Here are some examples of nurturing messages you can use with your child:**

- You are valued as a person.
- I believe in you.
- I trust you.
- I know you can handle it.
- I hear you.
- You are very important to me.
- I love you.
- You can tell me anything.
- It's ok to make mistakes.
- You belong.
- I am learning with you.

Wilson, S.R., and E.E.Whipple.1995 “Communication, discipline and physical child abuse.” In Parents, children, and communication: Frontiers of theory and research, Edited by T. Socha and G.Stamp LEA's communication series: 299-317.



## RESOURCES

Here are some insightful and helpful tools you can use to implement in your parenting to create a mindful way of disciplining.

### Get the complete book:

"Turn Challenging Moments Into Learn Moments" at: [www.alittleroom2grow.com/lmworkbook](http://www.alittleroom2grow.com/lmworkbook)

### Printable:

Conscious Discipline: [Four Elements of Connection](#)

### Book:

Shining Through: [Teacher Handbook for Transformation](#)

### Article:

Maria Montessori: [Freedom & Discipline](#)

### Share and Tag a Friend If You Care :)


Also, we would love if you share your thoughts and experiences about the eBook in the comments sections at:

[www.alittleroom2grow.com/lmworkbook](http://www.alittleroom2grow.com/lmworkbook)

[www.facebook.com/alittleroom2grow/](https://www.facebook.com/alittleroom2grow/)



# THE ONE WHO CULTIVATES MY POTENTIAL



"It is by your thoughts,  
By your emotions,  
By your actions,  
By your hands,  
That shall craft me in whichever light,  
Good or evil,  
Intelligent or ignorant,  
Compassionate or inhumane,  
Ingenious or unimaginative,  
Therefore, in consideration of my future-self gazing upon my past-self  
I make a simple request... To my parents at this moment,  
Take this lens of awareness... Look through... and see all the possibilities of  
what I can become... by your guidance...  
Seek out... Understand... That **you** are the cultivator of my potential!"

— J. Tanner



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