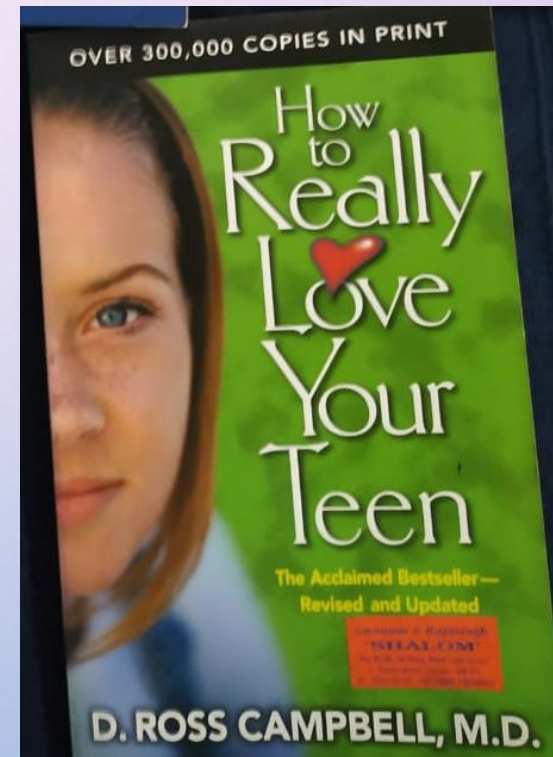
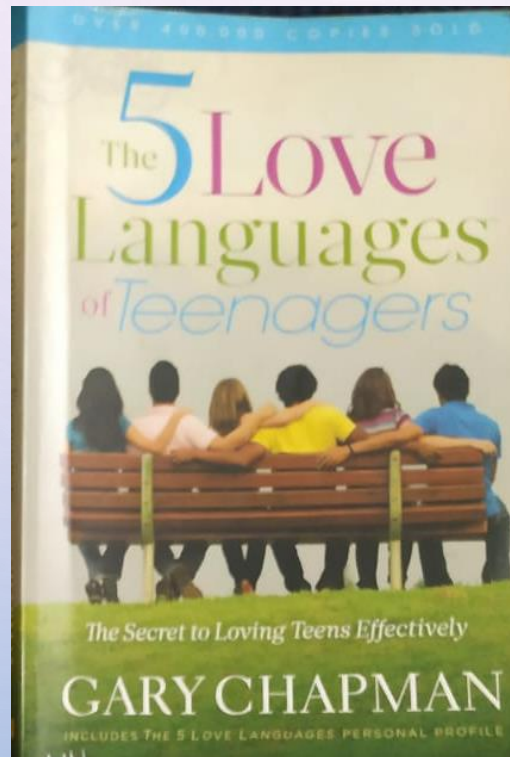
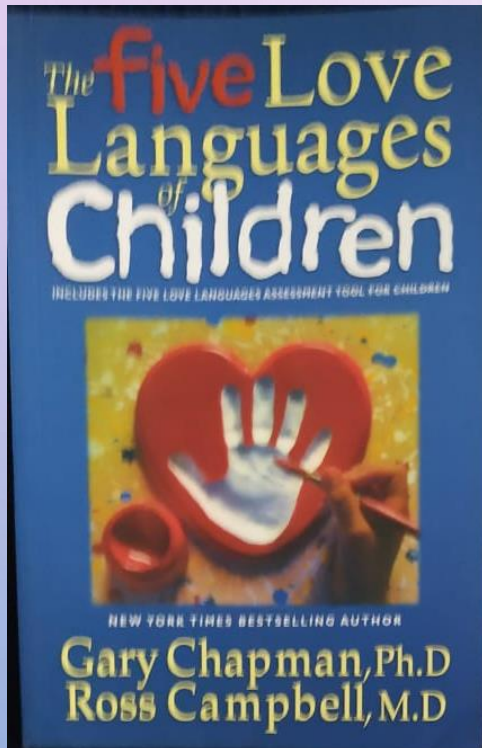
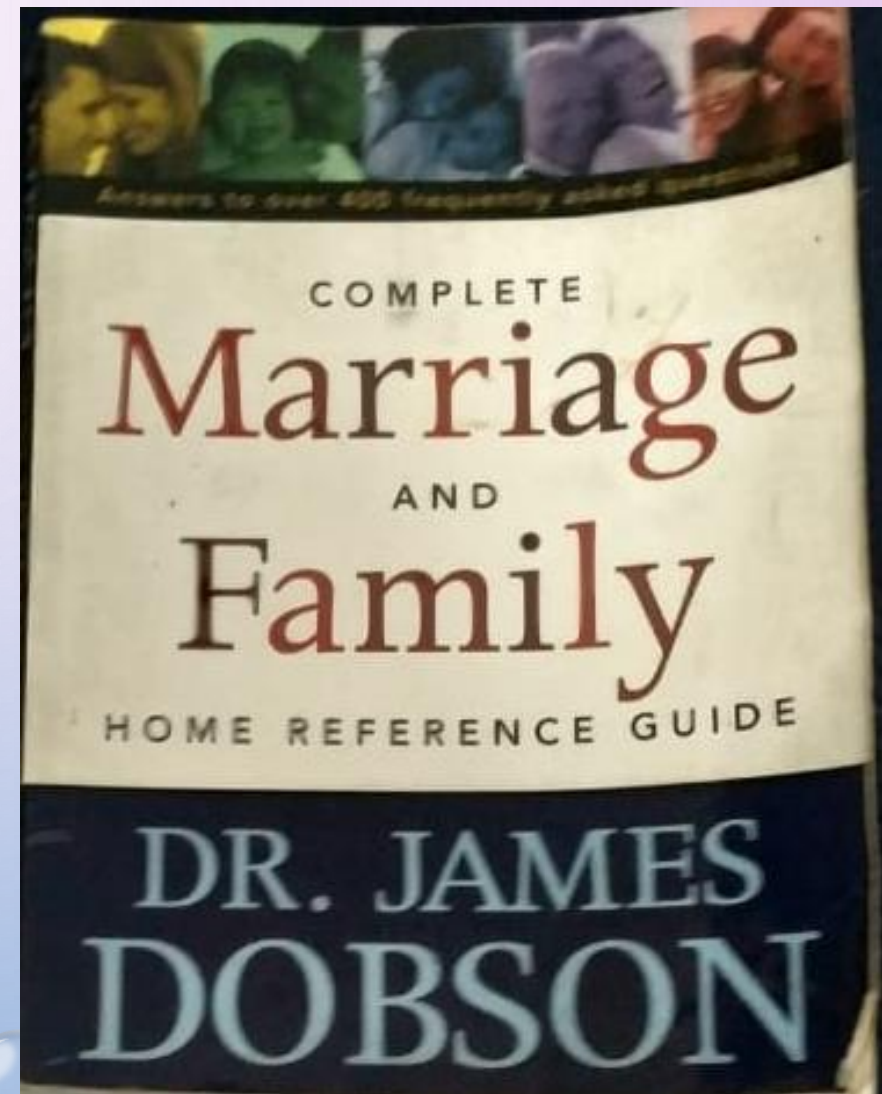
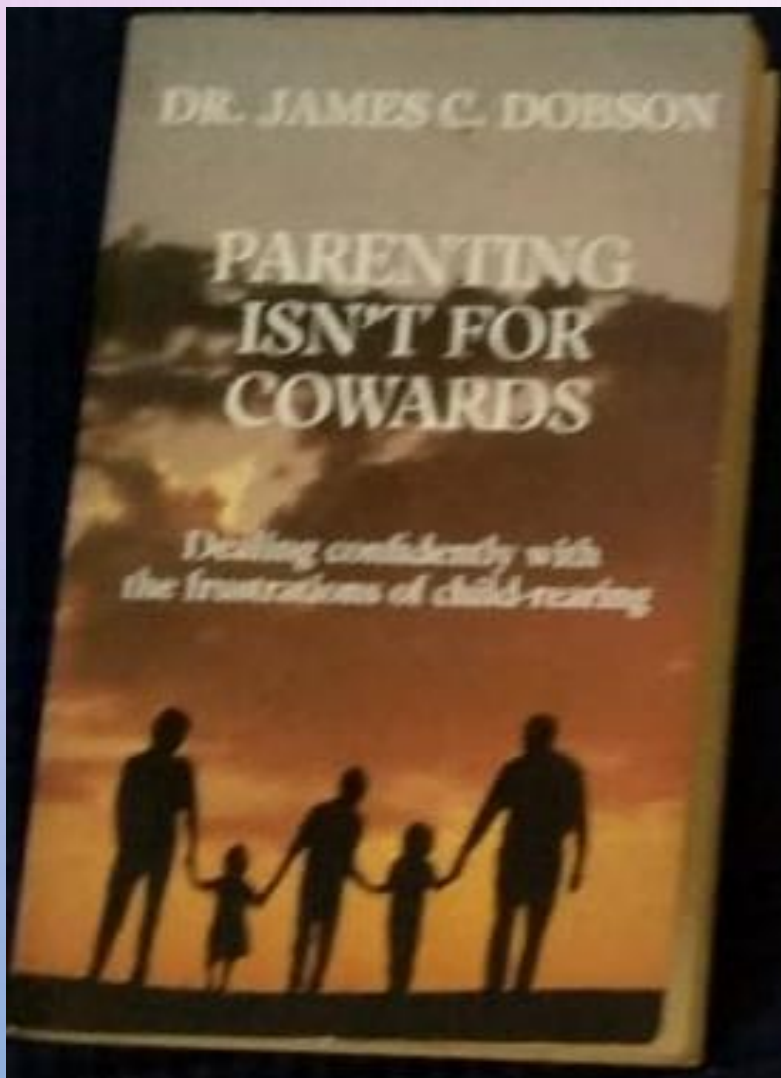


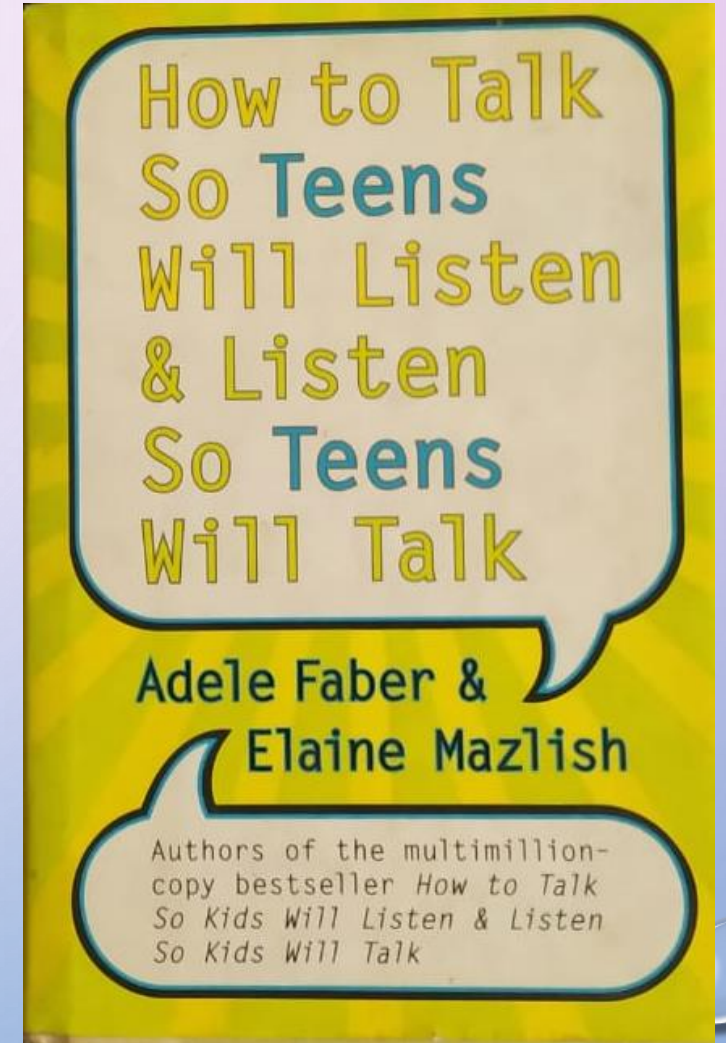
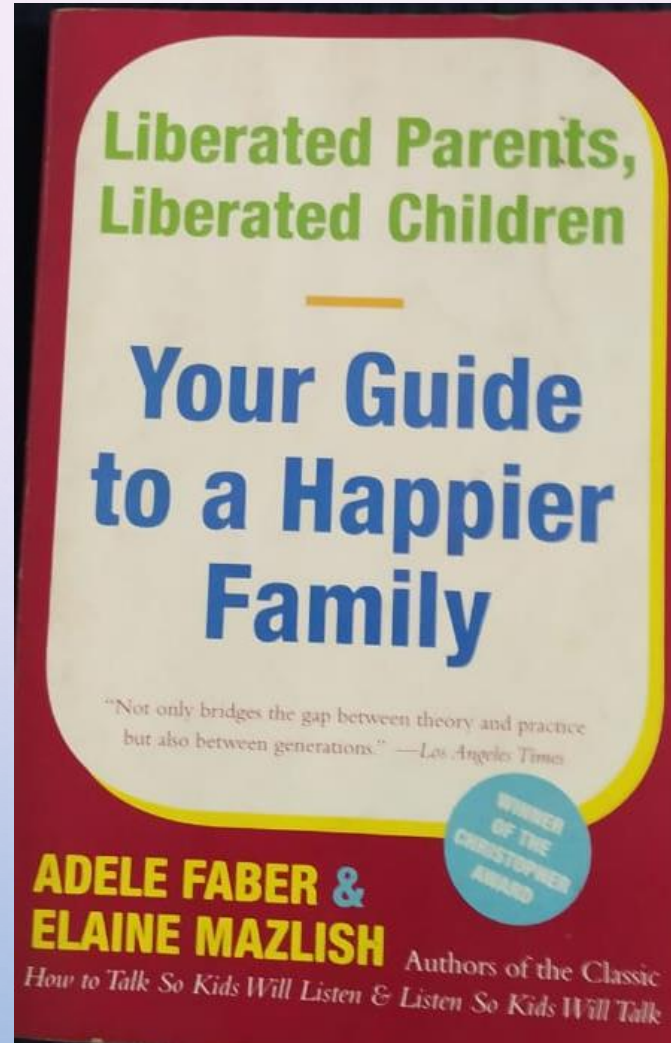
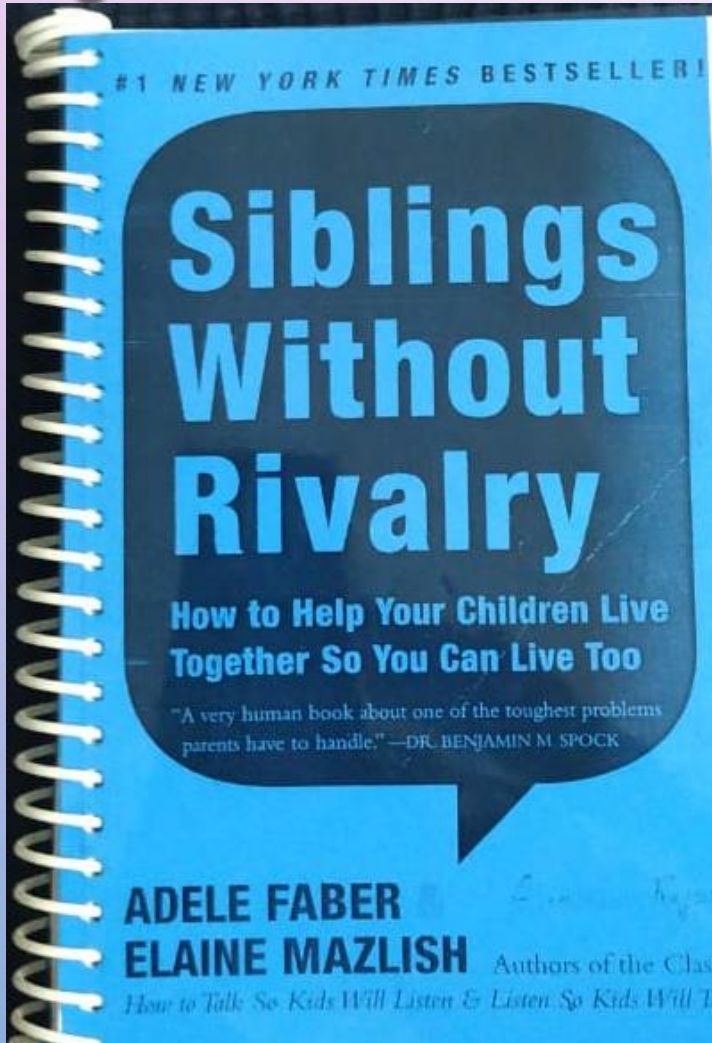
Book Introduction



Book Introduction



Book Introduction



Power Struggle with Children

With Aunty Gnanam Rajasingh

1. Temper Tantrums

- ✓ Teach your child how to handle frustration and anger.
- ✓ Regardless of the situation, teach your child to look at the choices he has to solve his problems instead of getting violent about them.
- ✓ Praise your child being good. For example, praise his asking you to help him put together a complicated puzzle that might otherwise frustrate him.



1. Temper Tantrums

- ✓ Don't wait for the invitation
 - a. Show him how to work with toys or eat the food and then let him complete the task so he feels good about his ability to let others help.
- ✓ Ignore your child's tantrums.
 - a. Do nothing for with or to your child during his performance Teach him that a temper tantrum is not the way to get your attention or get his demands met.
- ✓ Remain as calm as you can.



2. Confrontations

- ✓ Think of confrontation you commonly have with your children. May be its bedtime, eating vegetables or not watching certain T.V. shows.
 - a. Family Rules about these things.
 - b. Use awards
 - c. When they disobey, they have to meet the consequences.



2. Confrontations

✓ Another challenge is to make them to do their daily choruses.

In the family time put before them all works in the house. Make them to select at least two or three.

- a. Cleaning the vessels
- b. Broom the house
- c. Taking away the garbage bag out
- d. Watering the plants
- e. Preparing the dinning table before each meal
- f. Cleaning the table after each meal.



2. Confrontations

- ✓ There should be a healthy balance between work and play.
- ✓ The climax of all the confrontation is to make them sit and study and do their homework.



3. Dealing with feelings

- ✓ Our listening that can give the greatest comfort it is our acceptance of their unhappy feelings that can make it easier for our kids to cope with them.
- ✓ Our children are telling us “Do not give me logic. Do not ask all these questions. Do not tell me what I did wrong or what I should do next time **JUST LISTEN.**”



3. Dealing with feelings

✓ As a parent, we feel we have to fix things. That is the big challenge. To shift our thinking from how do I fix things, to how do I enable my kids to fix things for themselves.



3. Dealing with feelings

- ✓ Try to put into words what you think the kid is feeling but hold back on what you are feeling.
- ✓ Despite their put-downs and protests, your child want to know exactly where you stand your values and beliefs play a vital role in determining their choices.



4. Punish or not to Punish

- ✓ When we punish a teen, we close the door on him / her. He is got no place to go. It is a done deal.
- ✓ What will they think about the parent?
 - a. They are mean or they are unfair, or I hate them, or I'll get back at them or I will do it again – only next time I'll make sure I don't get caught.



4. Punish or not to Punish

- ✓ Punishment deprives him of the work he needs to do to become more mature more responsible.
- ✓ What we expect?
 - a. He will look at what he did that was wrong. He will understand why it was wrong. He will experience regret for what he did.
 - b. He will figure out how to make sure it does not happen again.
- ✓ For real change to take place, our teenager needs to do their emotional home well. But the punishment interferes with that important process.



5. Working it out together



5. Working it out together

✓ Step – 1: I invite your teen to give his point of view.



5. Working it out together

✓ Step – 2: State your point of view.



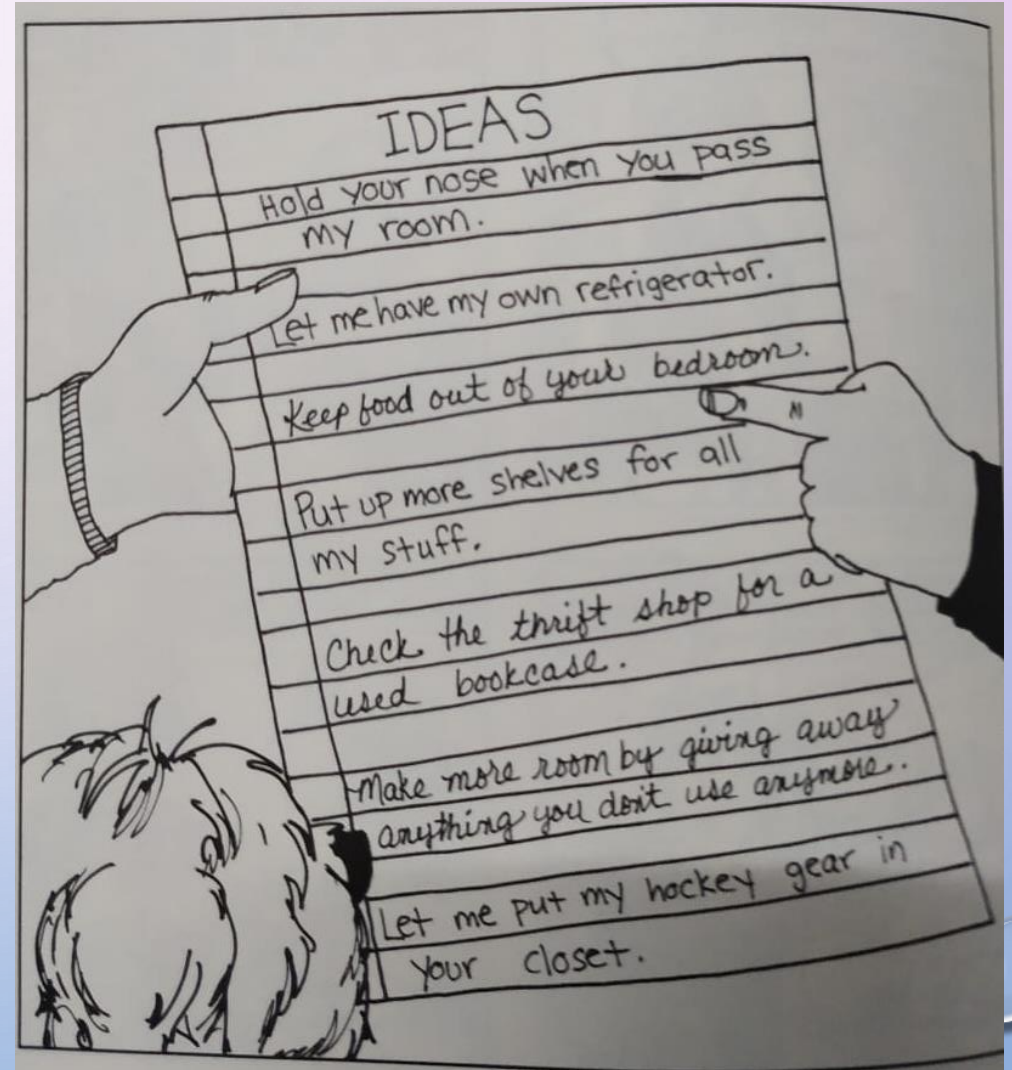
5. Working it out together

✓ Step – 3: Invite your Teenager to Brainstorm



5. Working it out together

- ✓ Step – 4: Write down all ideas – silly or sense without evaluating



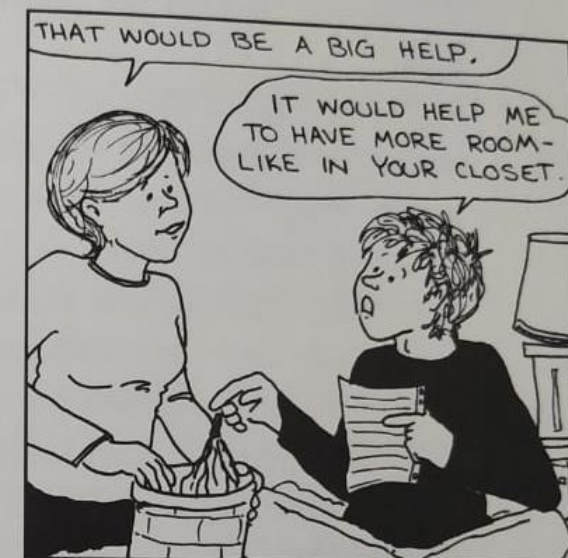
5. Working it out together

✓ Step – 5: Review your list.



5. Working it out together

- ✓ Decide which ideas you can both Agree to and How to put them into Action.



6. Expressing Appreciation

✓ Why people in the same family who love one another, could also irritate, annoy, and occasionally infuriate one another.

Example: -

- a. Why do you always do that?
- b. You will never learn.
- c. What is wrong with you?



6. Expressing Appreciation

- ✓ In this week, when something that goes on in your home that bothers, irritates, upset you, please write it down in your notebook.
- ✓ It can be a big thing or a little thing.
- ✓ First write down what you could say that you suspect would only make matters worse.



6. Expressing Appreciation

✓ Parent (accusing)

- a. Why do you always have to give me an argument when I ask you to do anything?
- b. You never offer to help. All I ever hear, from you is, why me? Why not him? I am busy.



6. Expressing Appreciation

- ✓ Parent (describing feelings)
 - a. “I hate getting into an argument when I ask for help. It would make me so happy to hear” Say no more.
 - b. “Mom, I am on the job”



6. Expressing Appreciation

- ✓ We are not as quick to praise as we are to criticize. Why?
 - a. It's a lot easier to find fault.
 - b. That does not take any effort.But to say something nice takes a little thought.



Stop Criticizing!!
Start Praising!!

6. Expressing Appreciation

- ✓ So, we must take a great effort and practice to express our **Appreciation** to our children.
- ✓ Instead of evaluating the children, learn to give **Appreciation**.



Power Struggle with Children

- ✓ Temper Tantrums
- ✓ Confrontations
- ✓ Dealing with feelings
- ✓ Punish or not to Punish
- ✓ Working it out together
- ✓ Expressing Appreciation



John 8:36

If the Son therefore shall make you free,
ye shall be free indeed.

யோவான் 8:36

ஆகையால் குமாரன் உங்களை
விடுதலையாக்கினால்
மெய்யாகவே விடுதலையாவீர்கள்.

2 Corinthians 3:17

Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty.

2 கொரிந்தியர் 3:17

கர்த்தரே ஆவியானவர்;
கர்த்தருடைய ஆவி எங்கேயோ
அங்கே விடுதலையுமுண்டு.

Joel 2:21

Fear not, O land; be glad and rejoice:
for the LORD will do great things.

யோவேல் 2:21

தேசமே, பயப்படாதே, மகிழ்ந்து களிகூரு;
கர்த்தர் பெரிய காரியங்களைச் செய்வார்.

Lord
give us wisdom
to overcome
Power Struggle



Contact Us

Mrs. Gnanam Rajasingh

Mobile: +91 – 9884 354 602

gnanamrajasingh@gmail.com

Mr. Rajasingh

Mobile: +91 – 9382 720 809

rajasingh1947@gmail.com

<http://shalomfamilymission.org/>