

# APARENTS Council

A BETTER WAY TO HELP YOUR CHILDREN GROW



## PARENT / CHILD COUNCIL

...10 Secrets To Holding A Successful Parent / Child Council

# Purposeful Parenting

LESSONS YOUR CHILDREN NEED TO KNOW BEFORE THEY LEAVE HOME.

LESSONS OUR CULTURE TEACHES US.

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## Introduction

You have decided that you want to look at ways to help you raise your children, to help them learn how to gain a different perspective on life. You want to give them the tools they need to deal with the modern struggles and trials that they have to deal with. As a parent of 4 beautiful children, I hear their every day struggles. Some of these struggles are events that we would not have dreamed of 30 years ago. Our children have more mental trials today than in any other time in the history of the world.

There are many theories behind why this is. I agree with and believe that it's the theory of too much extra time on our hands and parents not preparing their children for the real world. In the past 30 years, we as a society have moved from spending the majority of our time providing for our needs to entertaining ourselves.

When I was growing up, everyone had a garden, everyone had to find ways to entertain themselves or their friends. We only had a bat, a ball, or a bunch of blankets and chairs or other basic items. We had to talk to people. We had to get out and go to the store and shop, and even go to a job outside of our home.

Things that took us all day every day then can be done with just a few clicks on the internet today. It is easier to buy anything I want, from clothes to food and cars. I can even dial a doctor and get a diagnosis and prescriptions without leaving my home. I work from home, and there are days I don't get out of my PJ's until 1:00 pm or 2:00 pm. There are weeks that I don't even get out of my cul-de-sac. These modern conveniences are great, but they come at a cost.

Due to these conveniences, we have more than enough time on our hands as with all things even though there can be the good or bad side to this. It all depends on what you are doing with this time. Unfortunately, the majority of people are filling this time with time killing stuff like watching others live their lives. We are spending our time looking at the best of everyone's lives and thinking that everyone around us has it better than we do.

The youth of today need to learn to clear their head. They need to learn to keep the right perspective in life. They need to learn many of these life lessons that we learned as kids by working side by side with our parents or grandparents — they need to participate in more physical activities, and experience more personal interaction. A text, a Snapchat, or a Facebook post is not a personal interaction. It does not provide all the life lessons needed for a growing child.

An average child starts to get their social media accounts at the age of 12 years and 6 months old. One of the major issues of the internet and social media is that anyone can post any view they have. The unfortunate part of this is that our youth are so easily influenced. Unfortunately some of our youth are believing the words of many of the social media influencers above that of their parents or guardians. This has only resulted into more problems than it has helped.

As parents we are not teaching our children some basic lessons in life. Our children are having more issues than ever before due to more influences especially the social media. Due to the media and Hollywood and the stuff they put out. Most college graduates are surprised when they get out of college that they had no idea what the world is truly like. It's time to stand up and make a change; it's time to parent with a purpose.

***Let's get started!***



*Figure 1 – Start with the end in mind*

## Purposeful Parenting

Here we need to address how we as parents can issues by parenting with a purposeful.

As parents, we must develop an interest in our children's lives. We have to know and understand the things they are going through. We need to understand their thoughts and viewpoints. We need to teach them to *fish instead of handing them a fish*. I believe that nowadays, parents spend more time with their kids than ever before. I know that may sound counter intuitive. But we have more free time so we are spending more time with them. But the question is, what are we doing with that time?



*Figure 2 – An electronically engaged family*

As parents, we spend time chauffeuring them from games to practices, and to other events. We spend time sitting in front of the TV or internet watching hundreds of different shows. We spend time with them going to McDonald's for dinner.

However, the quantity of time does not necessarily mean the quality of time that our children need. It doesn't mean we are teaching them lessons that they need to know or giving them the tools they need to make it through this life.

For some reasons, our society has moved to electronics to pass the time, and to raise a child. You know giving them something to do so you can have your free time by handing them a phone or i-pad or some other electronic devices. It could also be while the parent was sitting on the internet themselves or you are watching one of the hundreds of TV shows that are available nowadays.

Now, I am not trying to call anyone out on this because I am guilty of this too. You know how this works. After a long day at the office, I am tired and I want to go home and rest. Hence, I need to take more TV or electronic time than I should be taking which I always justify as downtime. Or like right now its 6:30 pm my family is in the other room on their devices and Im in my office writing this e-book.

Moreso, I am guilty of spending hours with my kids in the car where we talk about nothing, we only play "name that tune." Why is this so? Well I justify it by saying I am tire. I don't want to think, and I don't necessarily know what to talk about.

This is one of the things that motivated me to start holding parent council meetings with my children.

However, after years of holding this, we are finally getting into a rhythm. We are finally getting to the point that these things run smooth and are very beneficial. I now have the trust and ear of my children. They want to meet me and learn. They now seek my advice rather than try to avoid it.

## Parent / Child Councils That Work

This is an excellent place to discuss those things in life that are truly going to matter and to discuss the things that are going to make the biggest impact on your children. Yes, it is also a great place to plan and discuss household chores and upcoming activities. It is the ideal place to discuss life, friends, school, and the future in a loving and safe environment.



*Figure 3 – a father having the right discussion with his son*

Wise parents use this time for modeling and teaching communication, interpersonal, and life skills that will enable their children to grow, develop and become who they truly can become.

It is a set-aside time when you can have one on one discussion with your child to share their hopes, dreams, and accomplishments.

It is not a time for conflict, criticism, or complaints. It needs to be held in an open, safe and equal form. They need to know that they can discuss anything with you in a safe place. A typical parent child council might be held on a Sunday night with plans for playing board games afterward. You need to make sure they know

this is just "our time." That means no friends, telephone, TV or interruptions of any kind.

It is a particular time to cement sharp communication lines with each other and to reinforce how talented each family member is to the whole.

This council is primary to help a child make decisions in advance about what they will and will not do in the future as well as a designated time for both parents to "carefully listen to serious concerns and challenges" that their child is facing. A time to help coach and guide them down the right path. A time to get to know them and help them understand you are on their team.

### **Why Hold A Council Meeting?**

Well, I could go deep into this, but since this book is more about how to hold one, I won't. Rather, I will say that the reason you need to have a parent /child council is to parent with a purpose — this is to be a parent with logic and love. Actually, the goal is to parent and not to just be a parent.



*Figure 4 – a family enjoying life*

See, when my children were small, I would try and correct every action when it happened. Well, this was not working. Why? Well, it's because most of the time, the correction came in a highly emotional time. It is either our children or me or both were emotional and the correction wasn't effective. After reviewing this, I decided to take a time out and let the situation calm and then discuss the event with them later. It had more of a positive effect on them than trying to correct when one of us was upset. Now, don't get me wrong I am a parent, and I don't always do this. Sometimes I still pull my hair out and try and correct or teach a lesson at the wrong time.

I have decided to write this e-book to help you hold a successful council and help give your children the tools they need to succeed in this life. Now when I say succeed, I do not mean that they are going to be ultra-wealthy or the president or CEO of a company. As I have told my children, success is doing what you want and enjoying life. Just being happy is success. Success can be measured by finding joy in the journey.

Success is having the ability to deal with situations and other people and not taking things negatively, that is, not getting offended by another, being able to deal with all stress and issues with life, and staying sane while life is smacking you upside the head. We are all going to have stress and issues in life. That is what this life is about. How we choose to deal with them is another thing.

For more information on why you should hold a Parent / Child Council please download our report "10 reasons you should start hosting a Parent / Child Council today!!! [www.AparentsCouncil.com](http://www.AparentsCouncil.com)

## 10 Secrets To Holding A Parent / Child Council

Ok, since you now have a little understanding about why I am doing this and why you should do this, let's get into the meat of things. Let's talk about holding a successful council.



*Figure 5 – a mother and child in council*

### **Secret #1 – Your Environment Matters**

If you want to get the most out of your council with your child, you need to make sure that the environment is conducive to the council. You will want to make these meetings private so that your children can be open with you. So that their siblings are not bothering them or hear something that maybe they shouldn't. Some parents may want to do individual meetings; some parents may want to do this as a couple. You need to determine what will work best for your family.

Make sure you can meet at a time and place where there are no distractions and that your children know they are so important to you that everything else can take a back seat. You should not have anything in the room that is going to cause any distraction. No phones, no TV's, and no internet unless needed for your

discussion. Focus on the council, focus on the lesson, and focus on helping your child because they are all that matters.

In your environment, make sure that you set it up, so you are equals. It is essential, and sometimes we can send off signals that I (the parent) am in the driver's seat. I am the authoritative figure. A parent council should be open discussion and communication. If you have an office, do not sit behind your desk. Do not sit in a chair that is larger than your child's. Do not sit above your child because you need to make them feel that they can talk to you and can be opened to you about anything. It is good to have it in their room where you both can sit on their bed. Trust me, I have learned some things because of this that maybe I would have never known.

### **Secret #2 – Create a level playing field**

This is number two on the list; however, it is the most important thing to do. You must let your children know that these meetings are only to help them grow and that you love them, Let them see it that you are not trying to force something on them that they don't want.



*Figure 6 – an uneven playing field*

They need to know that there will be no judgment or guilt trips. You need to assure them that you are equal, this is an open and safe environment. Not only do you have to tell them this, but you also have to mean it. If in the first time they tell you something, you get mad, upset, judgmental, punish them, make their life hard as a reaction, hold it against them or bring it up again, either in the meeting or even out of the session, you will lose their trust. The hard part about trust is that it takes a lot of work and time to earn it but can be destroyed with one action or one word.

Here is a time where you are trying to help them learn, help them grow, let them teach you things, help them feel confident and that they can confide in you. There is always a time and place to take corrective action. However, a Parent Council shouldn't feel to them like it's a punishment. Rather, they should learn to look forward to it.

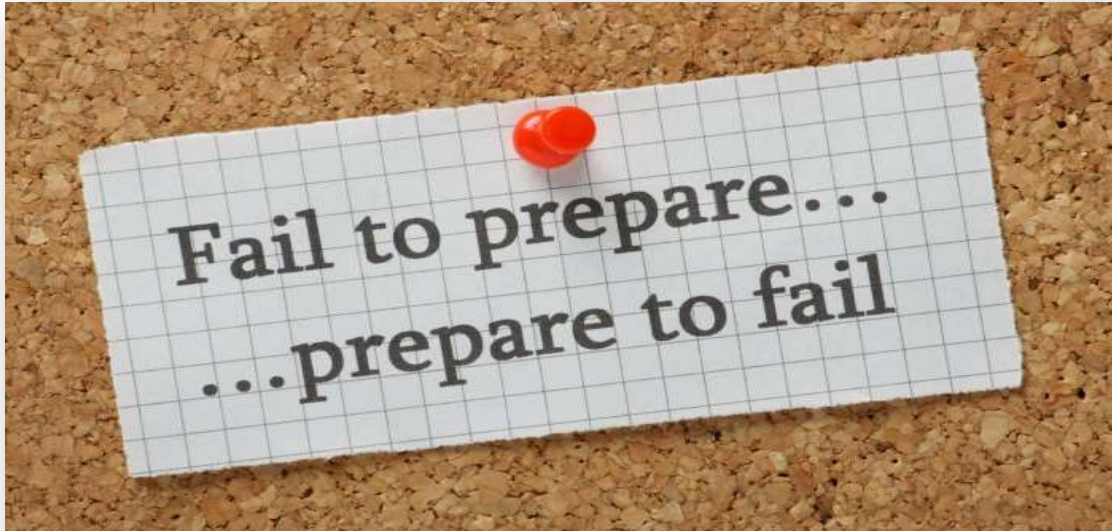
### **Secret #3 – Prepare for the meeting**

If you genuinely want to use this as an opportunity to teach your children, you need to be ready, and you need to know what you are going to talk about. You need to have questions you can ask, maybe a fun game. I know parents that plays checkers with their children while they have a council.

If you are interested, I have created a monthly program where you can get emails every two weeks, helping you with these lessons, giving you thoughts and ideas, and providing you the tools you need to help them. I have found in the past that if I have supporting material from movies, books, songs, etc. it helps the conversation. It will help your child open up.

Whether you use our program or not, you need to take some time and think about what you want to discuss. You need to prepare a thought and an objective for the meeting. Do not get into your council without any counsel. If you do, then this meeting is no different to them than watching tv. Trust me, and I will take as much time researching things, reading, watching videos, and listening to music so that I can get my thoughts straight. This is to ensure that my meeting with my children has value to them.

As a brief overview, I have developed a program that consists of 52 different lessons. You can get all of the lessons at once or you can have them delivered twice a month. These lessons are lessons that your children need to know before they leave home. Lessons such as setting goals, failure is not failure unless you quit. We teach about the golden rule, you must start to finish, believe in yourself and many others.



*Figure 7 – fail to prepare*

I have taken the time to help you wrap your mind around the importance of these lessons. How to talk to your children about it. I have movies, songs, poems, quotes etc. to help hit the idea home with your children, to give you talking points. No need to spend hours preparing for a meeting when you can have it all at your finger tips. If interested please visit us at [www.AParentsCouncil.com](http://www.AParentsCouncil.com), and sign up for our Purposful Parenting course.

When holding a council you may consider some of the following questions.

**Questions:**

- What has made you happy this week?
- Have you been struggling with anything?

- What have you failed at?
- What can Mom and Dad help you with?
- Has anyone done anything super cute for you this week?
- What was the most beautiful thing you did for someone else?
- Tell me about your friends.
- What did you struggle with?
- What did you find so easy?
- What are you looking forward to next week?
- Was there any lessons you learned this week that you can teach or tell us about?
- What events are coming up in your life that we need to talk about?
- What do you dream about?
- What makes you stressed?
- Tell me about any goals you might have.
- What is something fun you want to do or experience?
- Tell me how what we talked about last time has affected you.
- How would you rate your week on a scale from 1 to 10? Why?
  - And why?
  - What could you have done differently?
- What made you laugh today?
- Tell me something you learned about a friend recently.
- Did anyone push your buttons today?
- When did you feel proudest of yourself today?

This is the work part - there are hundreds of other questions you can and need to ask. You just need to think about what is important and ask the questions. Take time to be part of your childrens lives to let them know you care.

Prepare for your council meetings. Make these meetings important to you so that your children will make them important to them.

## Secret #4 – Listen more than you talk

Gaining trust by letting your child know that you care what they think and that you care about them. How do you do this? You do it by listening to what they have to say. **Don't interrupt** them but wait for them to get done talking. The things they say is just as important to what you say. Ask them questions that pertain to what they are talking about and let them talk. This shows you are listening and that you care. Take time to really think through what they are saying and if need use the reflective listening technique.



*Figure 8 – father son council*

Being a parent, one might think you have to do the more talking. No, this is not totally true. In a council meeting, you must be a good listener as a parent. There are some issues you hear and yet not attend to it immediately. However, if you are quick to talk, you may miss something very vital . A good parent is first a good listener and from there, he/she can be a good talker. Just remind yourself before every meeting that, "in this meeting, I will be swift to hear and slow to speak."

Be careful of the questions you ask; you don't want them to think that you are trying to manipulate them, or interrogate them. Questions should be about

getting more knowledge which you don't want them to come across negatively. You always want to make this time positive and a moment for uplifting them. Do not forget that, the essence of this meeting with them is not to make them feel uncomfortable or uneasy with your questions. You want them to see a dad or mom they can run to and tell things always.

Do not ask questions like the cops, FBI or Interpol. Be nice and understanding. Let the child feel the warmth and trust. Of course, you are asking the questions to gather enough information. However, it is to an end - a good end for you but definitely, a better one for them.

You have to be smart about being a parent. This implies that you must be smart about asking the right questions and not just asking random questions. Take thought, take care and be genuinely interested.

### **Secret #5 – Make it fun and interesting**

Ok, this is where the preparation comes in. If you can't keep these sessions fun entertaining and enjoyable for your children it will be very hard to keep their attention. It will be hard to keep them engaged and participating. By using other teaching tools outside of mom or dad just talking you will help drive home the point.

During my sessions I show movie clips and we talk about the message we talk about how they could apply it in their lives or what the author or artist was trying to get across. We jam we jam out to music, if your child will show you their moves great take the time to watch (I don't dance it distracts from the message as my kids just laugh).

Do your best to prepare so things go smoothly, make it fun and interesting. If you have jokes or cartoons use them. All these other sources of media will help drive home your point. If you have any of the books I suggest let them read some of the experts or the things you found interesting in the book.

Keep them engaged by asking questions, by relating your life stories and how these principles have helped you. Or if you don't know the principles and you are learning them along with your children then explain how you think it will help you

or maybe why you are happy they are learning it so early on in their life where it took you time.

I ask them questions as to see what they think (don't ask yes or no questions, ask questions they need to think about). I try and give them several perspectives of my thoughts on the subject matter. Some of my lesson have object lessons to help drive home the point but it is a good way to get your child mobile. You don't have to do this but sometimes I will plan these lessons for the entire family and we will go out to dinner. This isn't always the best as you do need and want that one on one interaction with your child.



*Figure 9 – father daughter checkers*

I know playing a game with your child is also a great way to keep them talking and engaged in what you are trying to accomplish. We would sometimes go for dinner or ice cream. Sometimes, we could go play a game so as to enjoy quality one on one time with my children.

Remember to always pay attention to what they are saying and not what you want to hear. This is not about you this is about your child. Really learn to listen so that you can help. Make sure that this meeting is always uplifting and help them so they are happily engaged. You owe them this. If you are thinking about work or the game that is on, it will turn your children off and they will, as a result, be more reluctant to participate. Just stick at it and do not forget that it is a process. It could be tough on you as a parent on some days while some days are really good. Just know that sooner or later, your efforts will pay off.

### **Secret #6 – Always have the end in mind**

You have to ask yourself, what are you trying to accomplish with this meeting? These councils are a great way to get to know your children, but they should also be about helping them grow, and giving them the tools they need. When you are expressing a concept or lesson, get it in your head and know how it can benefit your child in the future or how that lesson has helped you in the past.

In my [Purposful Parenting Course](#), one of my lessons is on helping your child learn the importance of keeping a journal or tracking their life. During this lesson, I have given all of my children a journal and some pictures of their youth. We open the council jamming out to Photograph by Nickelback. Here, we discuss the song a little and what the message is.

If you don't know the song, the message is how keeping photos in an album has helped keep good memories alive. You know we document the good times, and we record the terrible times. The essence of this is so that we can learn from the past, and the good times such that when we are in the bad times, we have something to cheer ourselves up.

We discuss the quote by an unknown author – *“A life that is worth living is a life worth recording.”* We also discuss the reason it might be essential for them to

keep a journal. I also have a YouTube video that we watch. I read to them some of my journal entries. If you don't have a journal yourself, start to keep one. Your children, your grandchildren, and all your posterity will love you for it. We talk about what should be journaled.

I give suggestions as to what might be good things to a journal. We talk about when journaling the downtimes that you take time to reflect and find out what lesson you can learn from this experience. I also add the things maybe what helped to get out of the rut.



*Figure 10 – female starting with end in mind*

The point is during this council, I try to help my children understand the value of writing in a journal. Asking them the right questions and getting them to think help them sell themselves on the idea of having a recording of their past. Now, I may be old fashion, but I like to have physical photos. I know everyone has a history online.

However, having a tangible aspect to look at to hold is a great way to get over some of the rough spots. Also, there is a need to have a substantial personal book where you can read about your downtime and the lessons you have learned, and

how it has made you a better person, how it will help you in the future, the place you can revisit and the good memories is a great thing to have.

## Secret #7 – Make these meetings time and age-appropriate

When I started these meetings, my oldest child was about 10, which means my youngest was about 3 years old. Did he know what we were doing? No, he did not. If I taught him the same lesson as my 10-year-old, would he understand? No. So why even meet with a 3-year-old? The older siblings were getting time with Daddy, so why shouldn't he? Children are smart they know.

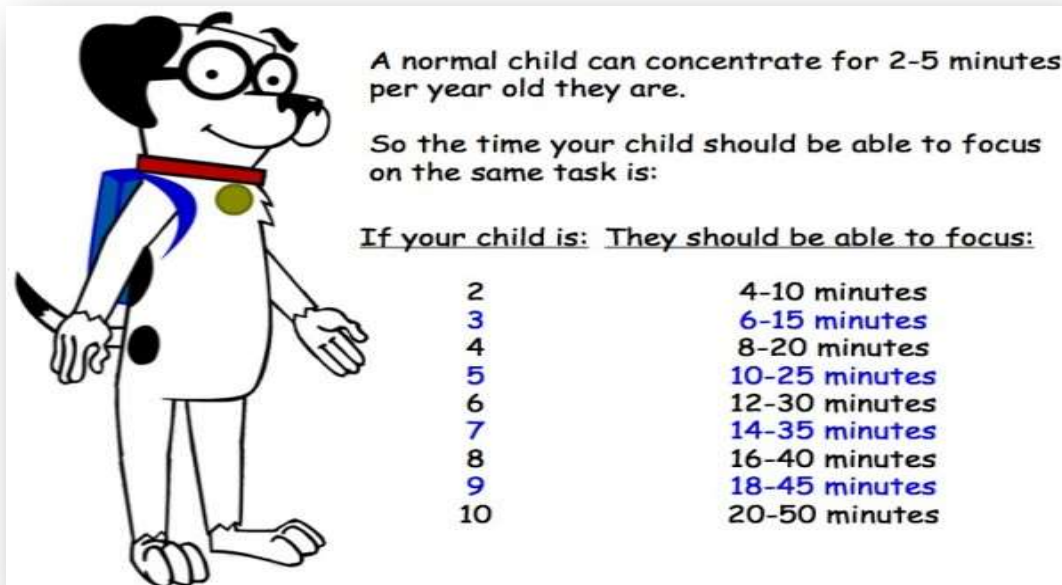


Figure 11 – a data showing the average concentration span by age

Did I try and teach him the same concept as the older ones? Sometimes and other times I specialized in a lesson for him. However, when he came in, it was usually only for about 3 to 5 minutes max. This was his attention span, but he felt so included whenever we did this.

Now that I have adult children, we still meet, maybe not as often, but frankly, when we do, these meetings can go an hour. Hence, we make sure that you open

your time and make time for them. The more you meet with them, the more feeling you will get for their attention span and the longer you can participate. One of the reasons I watch movie clips and listen to music or read parts in books is so that we can have things to talk about.

It is something to captivate their attention. However, let us face it, this dad is kind of boring.

### **Secret #8 – This is a discussion, not a lecture**

How many people want to listen to a lecture? I remember in college I hated the classes where we just went in there and the professor just talked for 50 minutes, we took notes, he left, and we left. People don't learn this way. The average attention span of someone isn't that long at all.

However, if you will prepare in advance and have questions ready, have things to discuss for things to go smoothly. Honestly, as the old adage goes, *the teacher learns more than the student*. It is excellent to get a child's perspective. Trust me, and there are many things I have learned from the pure mind of a child. You get them talking and understand their perspective on things, keep an open mind, and you will learn as much from them as they learn from you.

My children have taught me love, kindness and patients. This is not as a course of their negative actions but from their knowledge and insight.

### **Secret #9 – Children listen and hear more than you think**

Sometimes my children are having off days. Sometimes, I am having an off day. So, the council doesn't go as planned or as I would like it to. I have felt like I was talking to a door. You know how it feels getting no interaction from one's child. Then, after some weeks or months have gone, they speak to you about what you could have discussed in that meeting.

Just remember just because your child's posture or interaction says I am not listening to you, I don't want to hear what you have to say. Leave me alone. Doesn't mean that's what actually happens. I believe that we all have ingrained in

to our subconscious the ability to listen even when we don't want to listen. Be loving kind and patient during these council sessions. Try to get them engaged and involved. If you can't make it quick and loving and go on. Trust me parents 90% of the time its not you.

So, I encourage you not to give up hope. Try to keep at it and know that even in their off days, they are still listening. Your children always hear what you say. So, don't try and pound things into their heads. Children are smart; they get it. Now, does it always register right there? No. Are they still able to execute what you are teaching then? No. However, as it has been said, if you show them correct principals and let them govern themselves eventually, they will get it. You are making a difference in their lives.

### **Secret #10 – Resist the urge to always correct – Don't be a nag**



*Figure 11 – mother nagging daughter*

Do you want your children to listen to you? Do you want them to take your advice? Do you want them to participate with you in these meetings? Then if so, when you are outside of the sessions, you need to do everything you can to resist

the urge to continually coach, or to consistently correct them. Instead, you should continuously try these things and guide them. You should love them and help them along the path of life. Help them discover their way. Learn to ask the right questions, teach them to look at the good, teach them to ask the right questions. Be there and guide them by showing them the good. Keep encouraging them. I know that to many, this may seem like an impossible task. Well, I agree it is tough, and it requires self-control on the part of the teacher.

Now please don't take me wrong; there are times where you must correct on the spot. You don't want your kids running into the road. Nevertheless, you have to make judgement calls. There are no hard and fast rules here.

Remember what you are trying to accomplish here is not to make them feel like you are nagging. Sure, a positive direction is always right. Still, be careful of the words you choose. I know from my own experiences that most of the time when someone is highly emotional, even the best of intentions, and the most positive words can be taken the wrong way.

### **Summary**

In conclusion, never give up, keep at it. Keep working because it will pay off in the end (or at least that's what I have been told). No one ever said that parenting was going to be easy. since you are a parent, be that parent with purpose. Help your kids so they can deal with life, the trials, and the issues that they are going to have.

I am not a pessimist; I am a realist; unfortunately, we cannot shelter our kids. The more we do so, the more we will hurt them when they get older.

They will not have the tools they need to overcome the trials and challenges that life will throw at them. Trust me, it's not a matter of if, it's a matter of when.

## Happy Parenting!