

Josh + Christi Podcast—In This Together

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Josh + Christi Podcast – In This Together
#5 How Secondhand Screen Time Can Harm Our Kids

Distractions that occur every day, including meaningful tasks, take away a parent's ability to respond to the child's needs.

This kind of multitasking wires the child's brain to be more susceptible to anxiety and depression.

It is important to be intentional to use your time well as a parent in order to foster a healthy relationship with the child.

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#10 Eight Ways We Shoot Ourselves in the Foot When We Discipline Our Kids

We discipline our children when we didn't pay attention.
Our ugliest selves come out when our children show their ugliest selves.
Our behaviors are more important than theirs in tantrums/meltdowns.

Top 10 factors to get the best outcomes:

- #6 actual behavior modification/discipline
- #1 love and affection
- #2 how we as adults manage our own stress
- #3 how you treat your spouse

8 ways we shoot ourselves in the foot when we discipline our kids:

1. **Fail to set clear rules**- If we don't know the rules, how can we expect our kids to? Talk about rules in times of connection and not reacting out of anger.
2. **Set too many rules**- Too many consequences, too many power struggles, too much disconnection. Age appropriate rules.
3. **Inconsistency**-We give in. Too many rules, don't want to enforce, don't want to react, giving in. We teach that manipulation works and it leads to entitlement of children.
4. **Spanking in anger**-We react to misbehavior. When we react vs. respond, we are not self-disciplined. Our children follow our example.
5. **We yell at and shame our kids**- Time out is more for us than for the kids.
Teaching/modeling calming down time. Keep consequence and actions close together so kids can make the connection. We are focused on behavior; they feel the lack of connection from us.
6. **We use our relationship against children**-“If you don't behave, we aren't going to do (activity with emotional connection).”
7. **Discipline out of annoyance** - not for disobedience
8. **We undermine our spouse/parenting partner**- One too strict, one too lenient—both respond by digging in heels to prove a point to our spouse. We teach respect to our children by modeling it ourselves.

Josh + Christi Podcast – In This Together

#14 How to Speak to Your Kids and Win Their Hearts

Kids get hyper when they are over tired.
Get on their level when you speak to them.

5 ways to speak to our kids

1st – in their anxiety

Children are looking for our presence.
Don't discipline for anxiety behavior.

2nd- in their discipline

We usually react in anger, punish misbehavior, and dismiss their experience.
What we need to look for is the motive behind behavior.
Show love in discipline.

3rd- in their interests

We should tailor our discipline and our strategies for connection by what piques their interests.
Encourage personal interests, not what we think they should do/want them to do. Encourage living through their strengths; often this will adjust the negative focus to other items.
They'll find someone else who is interested in their interests/ their passion.

4th- in play

In the midst of power struggle, get silly to reduce tension.
Bring light into the home.
Enter into their world for at least 15 minutes a day.

5th- in our mistakes

Repair/forgiveness is the ultimate in relationships.
We need to apologize for how we messed up.
Our apology models behavior we desire and teaches humility, how to appropriately respond, and reduces expectation for perfection.
Even if parents are emotionally safe 40% of the time, they can still create happy adjusted children.

Be a student of who your child is—genuine interest, genuine love, wins hearts.

Josh + Christi Podcast – In This Together #17: When Your Kids Are Anxious

Three ways to respond to your children when they are anxious:

Let them ask questions

It starts the processing of their anxiety and allows them to voice their fears.

Play with them

Enter into their world in play for 20 min. a day. Children especially below the age of 7 process fears and anxiety through play. Bigger kids do, too. Adults often could use more meaningful play!

Be calm

The way an adult copes with a child's anxiety shows the child how to respond to his or her own anxiety.

Josh + Christi Podcast – In This Together
#20 Raising Kids to Reach Social, Emotional, & Spiritual Milestones

Emotional Vocabulary
Perspective
Empathy
Resourcefulness

Anxiety
We protect our children too much.
Sons want to do what dad is doing.

Leads to:
Boys who can't name what they are feeling—emotion naturally shown is anger.
Milestone of vocabulary: What am I feeling and how to communicate that?
Boys channel emotions in a physical way.

Lack of Empathy and Emotional Language
Addiction comes when hungry, angry, lonely, tired, and bored.
Screens—Inability to process emotion
Screens—everything moving and sensory. If they put the screen down, they don't know how to calm themselves.

Kids today are growing up with an audience from Facebook and Instagram instead of a community.

**Use the things kids already love to teach emotions, like movies and shows.
Pause in the middle of the show to discuss content.**

Josh + Christi Podcast – In This Together
#28 Mom Set Free: Find Relief from the Pressure to Get it All Right
Faith Based

Mindset of a Mom

Instead of having the thought, "How could you?", remember we are human and have the same struggles. Think, "Me too."

If we were perfect, our kids would worship us, but they need to worship God, not us. We can remember that our imperfections serve a purpose.

Our parenting changes when we have a heart change and that means more than any amount of parenting formulas.

It is powerful for our children to see us repent for our wrong doings.

Kids need truth, grace, and boundaries.

It is good to remember that grace makes you want to do good.

God disciplines those he loves, and we need to work to weave His unconditional love into the way we discipline.

Truth without grace will be received as condemnation.

Grace will calm our kids' minds enough that they can then speak in truth.

Warmth is the #1 factor to transmit faith and truth within a family.

Top 3 parenting strategies for good outcomes include:

- 1. Love and affection**
- 2. How we manage our own stress**
- 3. How we treat our spouse or co-parent**

Moms need to remember that we have a major impact on our kids, but we need to trust that God will do the work with them that only He can truly do.

Josh + Christi Podcast – In This Together
#42 Losing Patience, Feeling Inadequate, Discipline, and Not Enough Time
Faith Based

#5 Discipline with Kids

Be the adult you want your kids to grow up to be.

#4 Patience

Take a deep breath, be mindful, go on a 5-minute walk (even if your 5 minutes can only be 30 seconds).

#3 Feeling Inadequate

Trust in the Lord and that He has given us what we need to parent our children.

In our society we accept our inadequacies as truth, but remember it is only true if you believe it is possible or true.

It comes down to your consistency in following the Lord.

#2 How can I get my kids to obey?

Lead in grace and then follow up in truth because truth without grace will be received as condemnation.

We need to watch ourselves as parents because sometimes we can get angry when our kids don't even know they are doing wrong. Saying this, you still have to follow up with grace, truth, and consistency/consequences.

If I have higher expectations of my kids than I have for myself, I need to do an about face.

#1 Not Enough Time

Spend 1 on 1 time with each kid as you see them struggling.

20 minutes of command free time

This means getting into our kids' world and doing what they want.

We put a sense of urgency on things that aren't urgent.

Put the phone away and act as if we aren't the most important people in the world sometimes.

We don't do the things we should. We do the things we must. We must move our kids and playing with them to the must bucket instead of the should bucket.

Josh + Christi Podcast – In This Together
#51: Emotional Safety is the Key to Raising Kids who Live, Love, and Lead Well
Faith Based

Emotional Safety is the key to parenting and the core of a parent-child relationship. Understand attachment styles.

Attachment is built within the first year of life.

Attachment means a person's core relationship beliefs as well as how we behave in relationships.

Parents feel a lot of pressure and have a lot of decisions to make beginning before birth. We want our kids to experience happiness and success in their lives.

The best way to allow our kids to have positive outcomes is through emotional safety.

A safe relationship is described as love minus fear.

The top three strategies for parenting: love and affection, stress management, and relationship skills.

We find ourselves parenting out of fear.

When this happens, it prevents us from being present with our children and not responding to their personal needs.

In order to create emotional safety we must be present and okay with what they are feeling.

Allow children to feel sad, mad, happy, etc. It is not our job to rush in and fix it.

The single largest parenting struggle is busyness.

It is not helpful for kids when we do everything for them.

Parenting Styles are related to the **Safehouse Model**:

4 Walls=Safehouse

Foundation-Secure Parent

Walls- Grace (Lead through Grace)

Truth (follow up in truth)

Protection

Exploration

Parenting Styles:

BFF- 54% of millennial parents; grace and exploration are too high

Kids resent their parents later in life—there are no boundaries

Helicopter-Too high in grace and too high in protection

Religious-Too high in protection and too high in truth (condemnation and control)

Boss- Too high in exploration and too high in truth

Josh + Christi Podcast – In This Together #53 How Not to Raise Entitled Kids

Entitlement is a human problem, not a generational one.

Antidotes for Entitlement:

Gratitude, Humility, and Responsibility

Change our language

Take out “I deserve”. “I’m responsible for x, y, and z.”

Knowing to say “please” and “thank you”.

Do hard things first.

God set it up to where we don’t receive a reward without making hard choices first.

Parenting is about the future. Don’t let them have a reward until they do the hard things.

Keep inconvenient commitments.

When we love God and love others, we are keeping promises.

Excuses don’t work; we have to keep our promises as well.

Bring me the solution, not the problem.

The best gift we can give our children is changing from a survival mindset to a growth mindset.