

Session #1

Getting Things Done

Dr. Scott Turansky

Parenting Tips for Challenging Times
September 28, 2020



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Questions for Group Discussion

- 1. How would you describe a heart-based approach to parenting and how is it different than a reward/punishment model?**
- 2. What is the difference between the tasks of getting things done and that place in a person's heart that represents getting things done?**
- 3. Why do you think training is more powerful for heart change than correction alone?**
- 4. The Instruction Routine is just a technique but why might it be helpful to practice it in family life.**
- 5. What is a heart quality you would like to see your child develop in the area of getting things done?**

Session #1

Getting Things Done

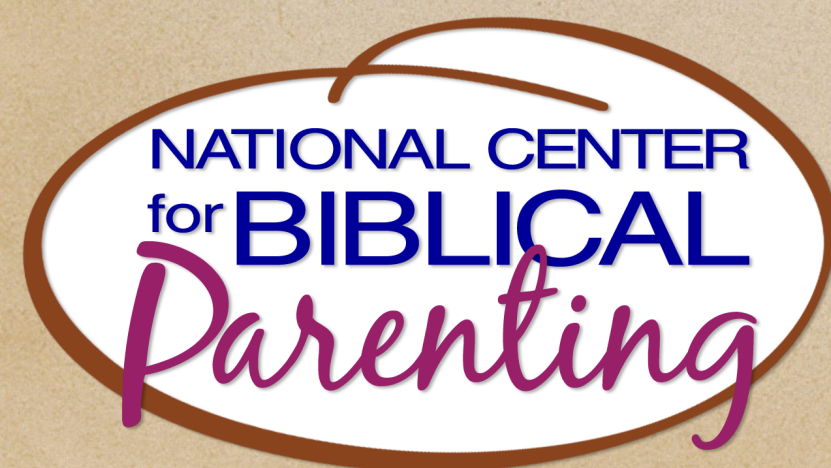
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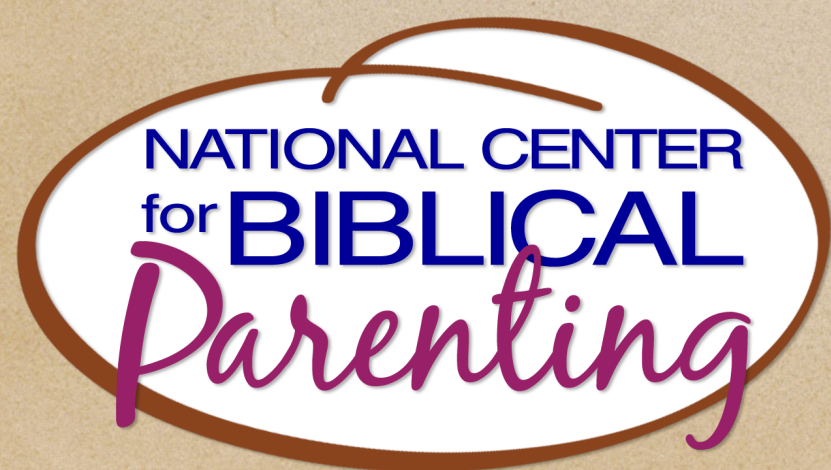
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**What Country are you from?
If USA, then what state?
Put it in the comments.**



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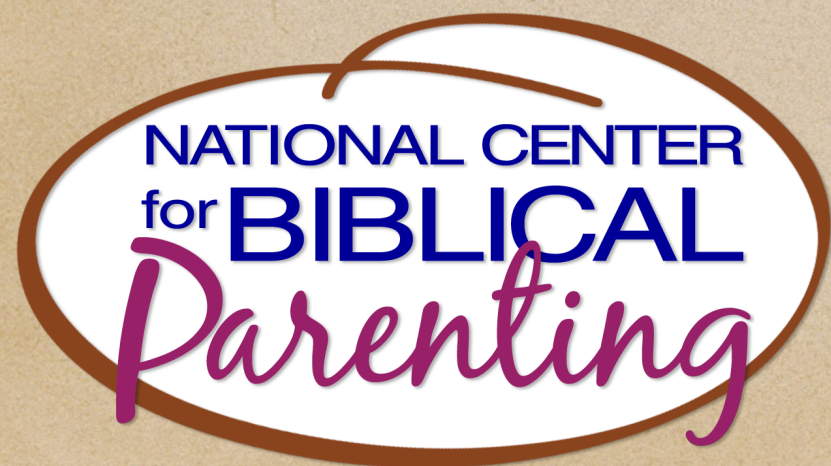
**Let's do a poll.
How old are your kids?
Multiple Choice.**



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Another Poll

**Are you an influencer at your church?
Or do you help churches develop
Parent Discipleship Programs?**



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**YOU MUST
REGISTER**

Session #2 Managing Emotions

Dr. Scott Turansky

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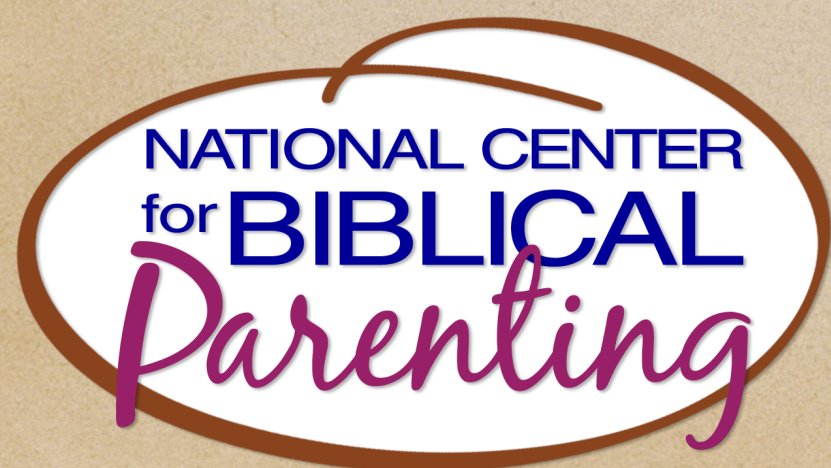
Parenting Tips for Challenging Times
Monday, October 12, 2020, 8:00 pm Eastern Time



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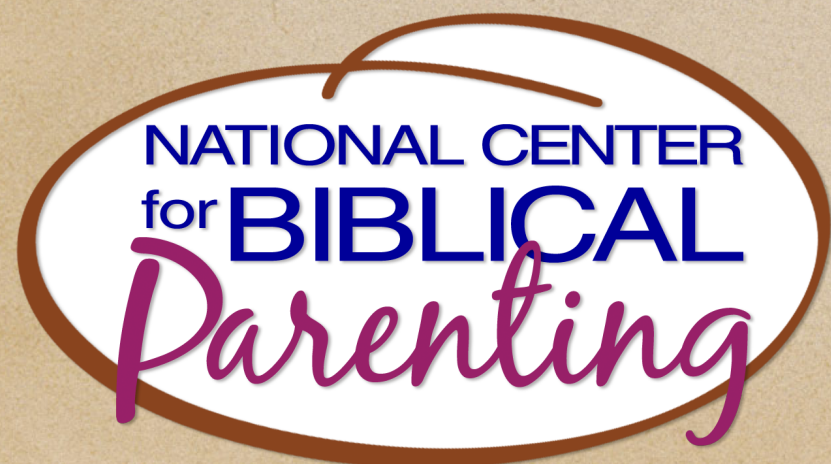
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The “Getting Things Done” Department of Family Life

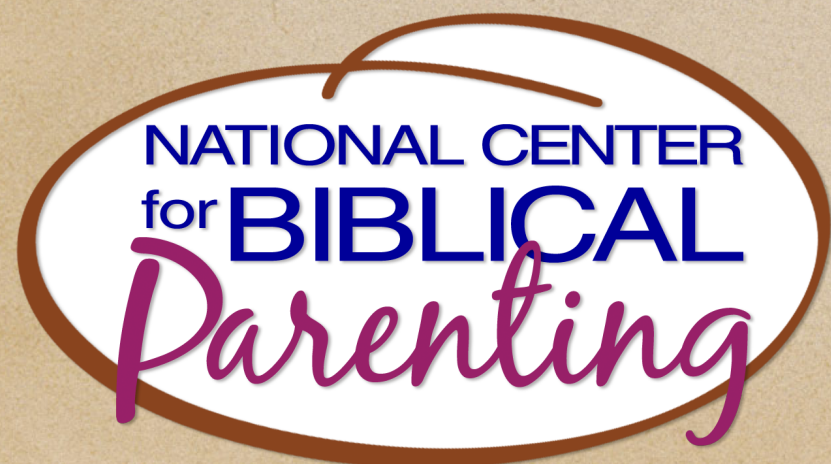
- **Get up**
- **Morning Preparation**
- **Homework**
- **Chores**
- **Laundry**
- **Food**
- **Cleaning up**
- **Getting Along**
- **Getting in the Car**
- **Shopping**
- **Errands**
- **Unforeseen Surprises**
- **Having Conversations**
- **Eating Meals**
- **Entertainment**
- **Getting to Bed**



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The “Getting Things Done” Department of Family Life

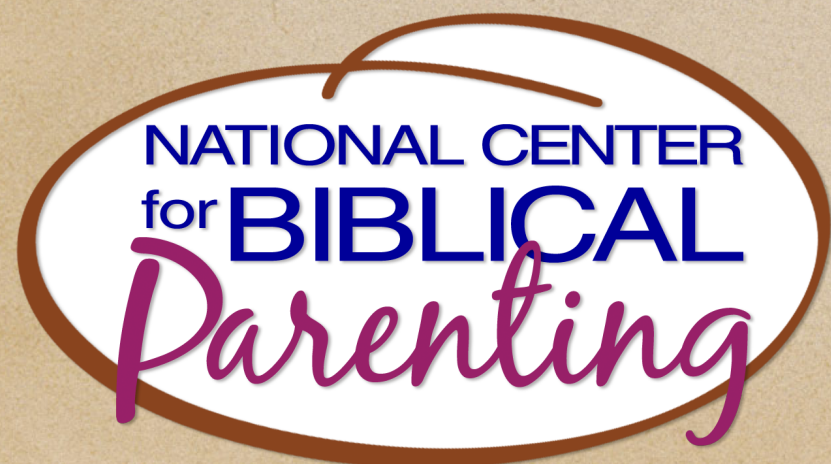
- **Bad Attitude**
- **Whining**
- **Complaining**
- **Arguing**
- **Defiance**
- **Bickering**
- **Lack of Focus**
- **Not listening**
- **Self-Focused**
- **Dawdling**
- **Meanness**
- **Dishonesty**
- **Lack of Cooperation**
- **Ignoring**
- **Resistance**
- **Anger**



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The “Getting Things Done” Department of Family Life

- **Obligation**
- **Responsibility**
- **Perseverance**
- **Diligence**
- **Thoroughness**
- **Focus**
- **Cooperation**
- **Contribution**
- **Integrity**
- **Responsiveness to Authority**
- **Honor**
- **Others-Focused**
- **Compassion**
- **Kindness**
- **Problem-Solving**
- **Gracious Speech**



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The “Getting Things Done” Department of Family Life

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TENSION



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- Obligation
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LIFE SKILLS

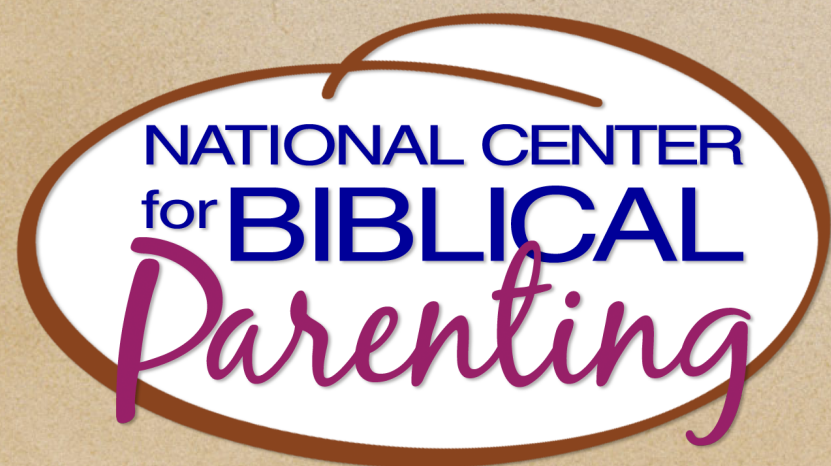


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Let's do another poll.

**Does your child have challenges in
the Getting Things Done
Department?**

Yes or No



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Biblical Parenting Principle #1

You are the best counselor, therapist, or coach for your child if you have a good plan.

“And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates.” —
Deuteronomy 6:6-9

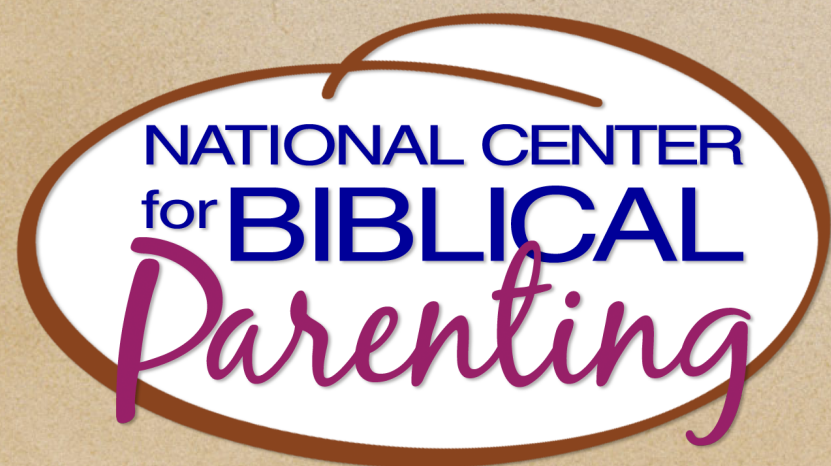


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Biblical Parenting Principle #2

Training is more powerful for heart change than correction alone.

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.” —2 Timothy 3:16



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Biblical Parenting Principle #3

A heart-based approach to parenting is much more powerful than reward/punishment models.

“The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.” —1 Samuel 16:7



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Focus on the Heart

*“For out of the
abundance of the
heart the mouth
speaks.”*

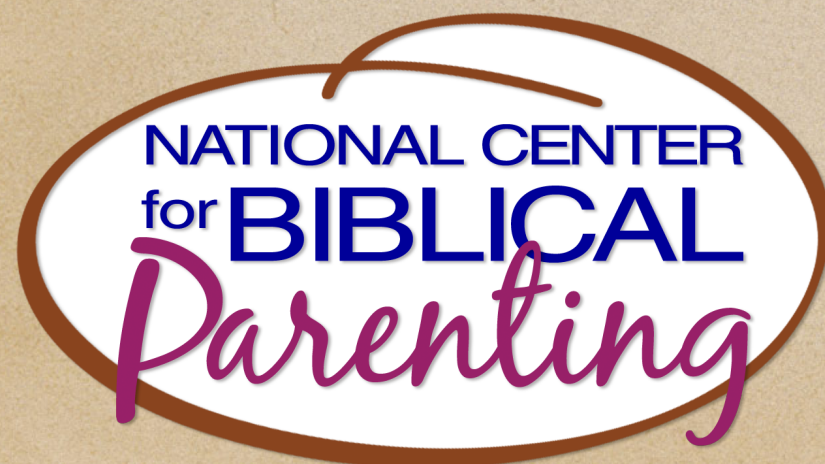
—Matthew 12:34

Tendencies

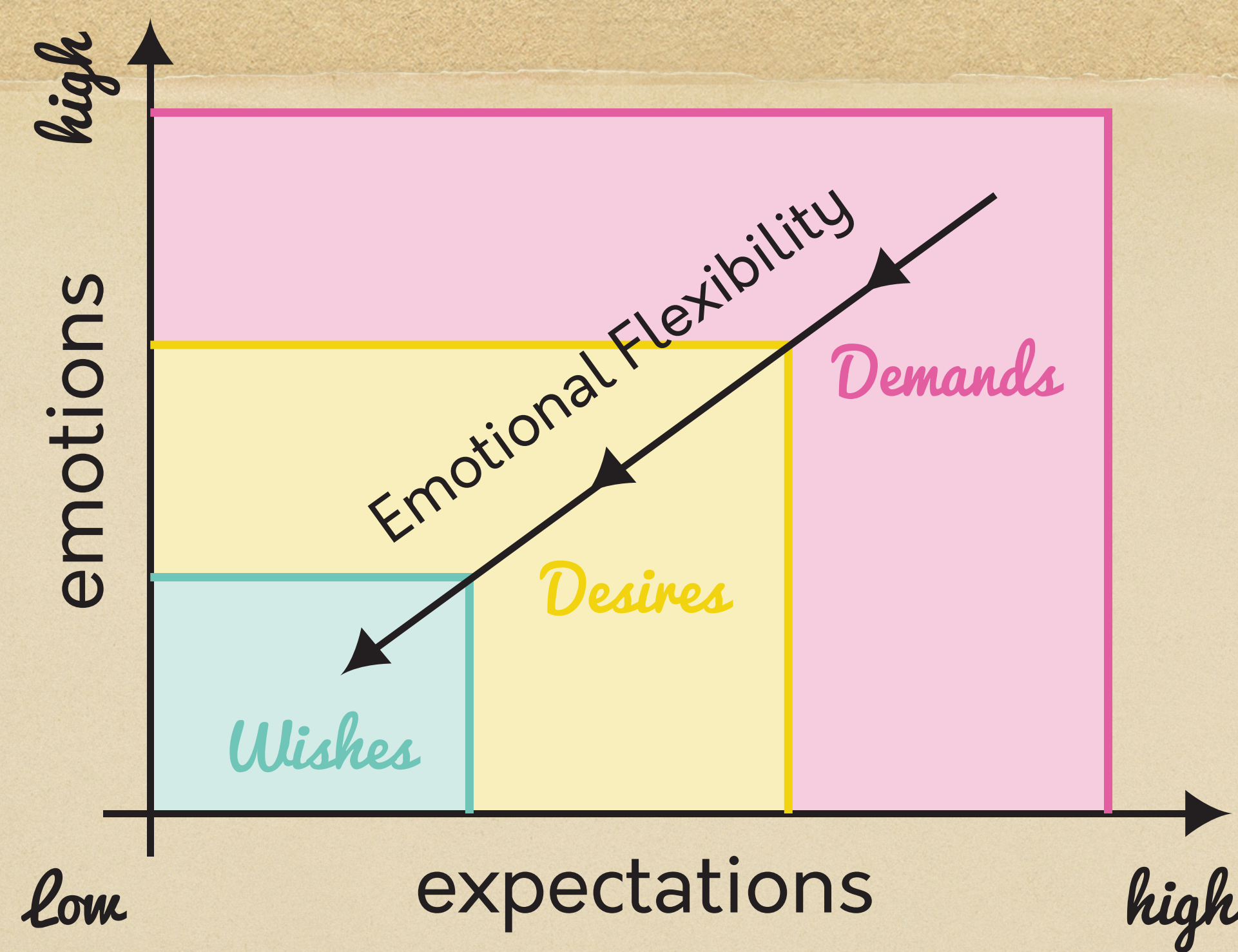
Desires

Emotions

Beliefs



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(Image designed by Elena Zwetsloot, Biblical Parenting Coach from the Netherlands)

A heart-based approach to parenting is essential for addressing this problem. Simply using rewards and punishment is usually ineffective and often makes the problem worse. Children with high emotions and high expectations become demanding and try to control situations using anger, badgering, arguing, and manipulation of various kinds.

Rather, the child needs a firm approach that emphasizes relationship, visioning, and structure. It's important to use a strategy that targets both emotions and desires to reduce the internal turmoil. Instead of relying only on correction to bring about change, parents must use a process of training and retraining. A multi-faceted approach to change is important.



To learn more about how the Biblical Parenting Coaching Program might help you work with your own child, visit biblicalparenting.coach.

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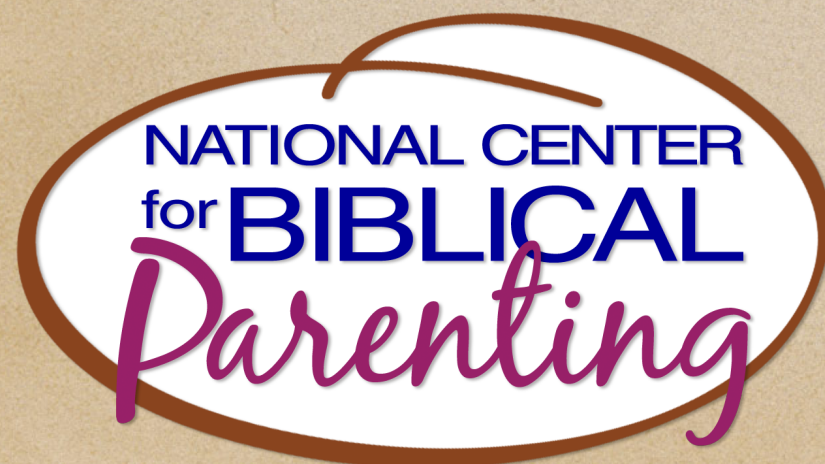
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Tendencies

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Use Three of the Seven Parenting Tools at the Same Time

Relationship - softens the heart

Visioning - provides perspective

Firmness - builds character

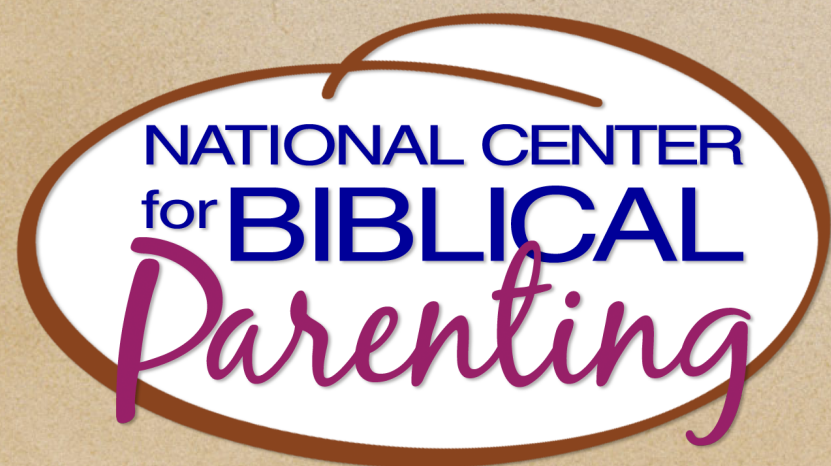


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A Heart-Based Approach

Techniques



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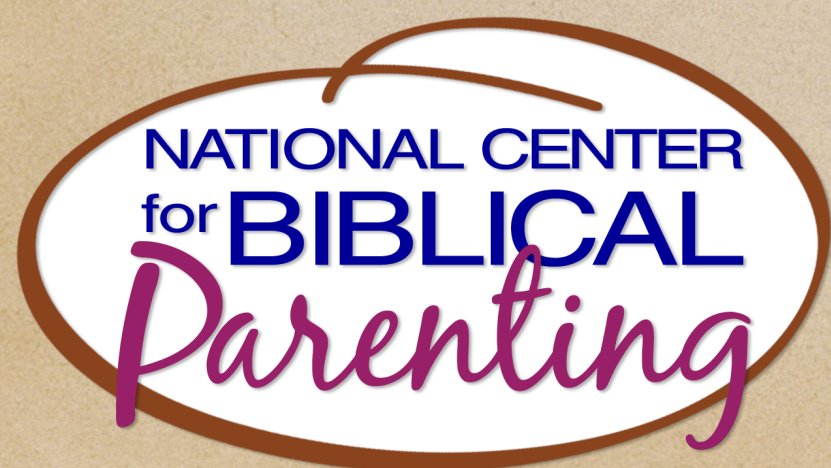
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Technique: The Instruction Routine

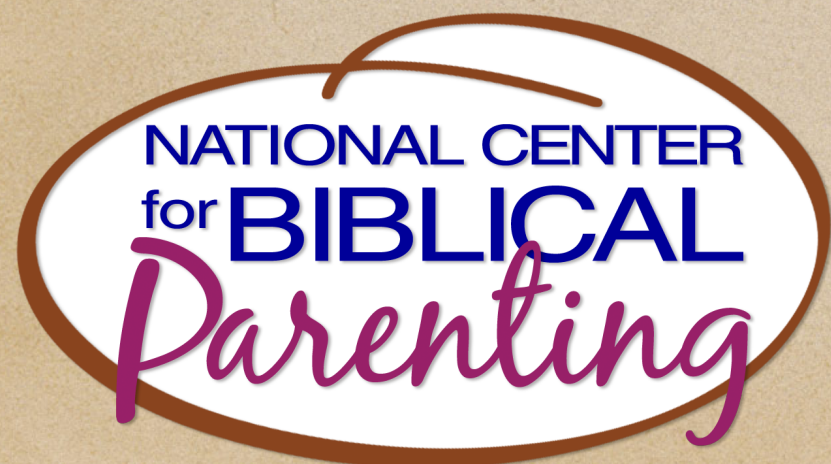
20 TIMES A DAY

THINK PROCESS

- 1 - Come When Called
- 2 - Give an Answer Back
- 3 - Report Back When Done

SMALL TASKS

DO DRILLS



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Your Assignment

#1

Work With Your Child

Relationship - softens the heart

Visioning - provides perspective

Firmness - builds character

Practice the Instruction Routine

#2

Check out the Parenting Power Pack

BiblicalParenting.org/ParentingPowerPack

#3

Sign up for Session 2: Managing Emotions

At BiblicalParenting.org



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