

Say Goodbye to Whining,
Complaining, and Bad Attitudes...
in you and your kids!

Video Series

Leader's Guide

With Questions
for Group
Discussion

Written to
accompany the
book and video
series by

*Effective
Parenting*



Welcome

Dear Leader,

Providing parents with answers empowers them to change, but families need more than short-term solutions. God is concerned about the heart of a child and we believe that the things we do every day with our kids helps develop the heart change necessary for success in life.

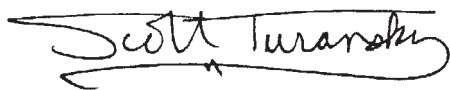
This video series approaches common parenting problems from the perspective of honor, not just obedience. Obedience gets the job done but honor deals with how the job is done. We'll talk about bad attitudes, meanness, wanting to be first or best, arguing, tattling, anger, and a host of other issues. We'll give parents practical suggestions that they can put into practice right away.

Your job as the leader isn't to be a parenting expert. Your job is to facilitate this parenting seminar or class and help parents change the way they think about parenting. In this manual you'll find suggestions for introductions and transitions, as well as discussion questions that follow each video.

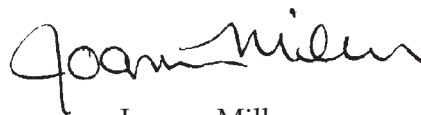
Spend time praying before each session and ask God to make you sensitive to the specific needs of the parents in your group. Pray that God will provide the answers through the videos or the discussions. But realize that problems take a long time to develop and may take a long time to overcome as well. It may be that your primary mission will be providing hope to the discouraged parent or helping people see that their problems are not unusual and that real answers are available.

It's fun to watch honor change people. So enjoy being a part of God's work in the lives of the families that are touched by this program. Don't be surprised though to see that God will change you in the process. We are praying that God will richly bless you as you help families grow in honor.

Blessings,



Scott Turansky



Joanne Miller

How to Use This Leader's Guide

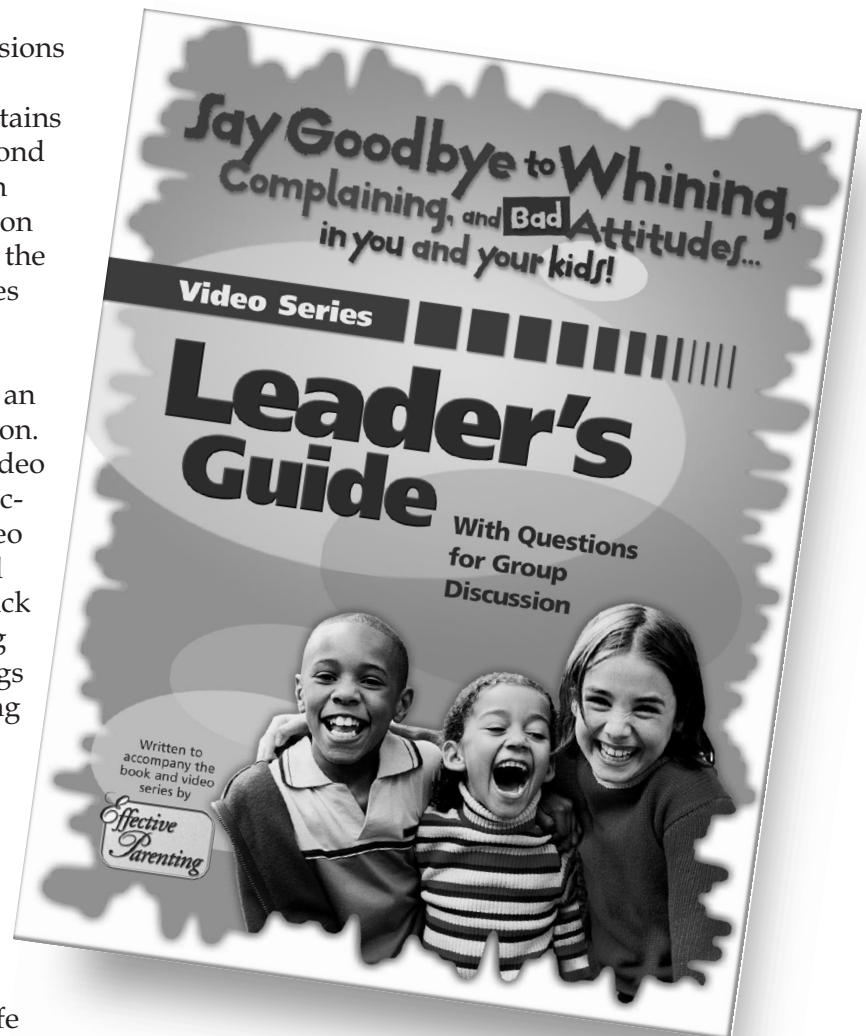
This manual is divided into thirteen sessions to correspond with the thirteen videos. Each session has three parts. First it contains suggestions for you as a leader. The second page is a handout to photocopy for each participant. The third page of each session gives you questions for discussion after the video. Feel free to photocopy these pages also and hand them out to your group.

You'll probably want to take an hour to an hour and a half to cover each video lesson. This will allow thirty minutes for the video and the remainder of the time for interaction and prayer. After watching the video together, you'll want to break into small groups for discussion and then come back together for a concluding time, allowing the groups or individuals to report things they've learned. This will be an affirming way to review and end a meeting.

You might want to start each meeting (except session 1) with the question, "What did you do this week that worked?" Or, "What do you remember from last week that was helpful?" Those questions and their answers help parents see the new concepts come to life in others' families.

In preparation for the discussion time, encourage people to break up into groups of five to seven. That means some groups will be a little larger and some a little smaller but that size is generally best to allow several people to speak but not make people feel too uncomfortable by being put on the spot.

It's not necessary to designate leaders because leaders tend to surface. However, many find it helpful to spread out the mature or experienced parents to provide maximum benefit to smaller discussion groups.



Make prayer an important part of your meeting. Parents need to rely on the Lord for their strength and regularly ask him to bring the changes necessary in them and their kids. Remember that some people have a hard time praying in front of others, so be careful about putting people on the spot.

Please photocopy pages from this book as handouts and discussion questions so that people can take notes and jot down things to consider in the coming week.

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Leader's Guide

To accompany
the video series,
"Say Goodbye
to Whining,
Complaining, and
Bad Attitudes, in
You and Your Kids"

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Session **1**

Honor: The Secret Ingredient for Family Life

Summary of the Video:

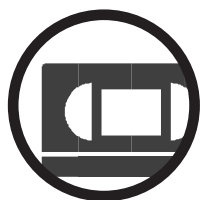
The concept of honor is introduced with a practical definition. Honor means treating people as special, doing more than what's expected, and having a good attitude. Parents are given specific suggestions for teaching children how to treat people as special. The session includes a story of how Scott's son, Josh, honored him with a special meal. Ephesians 6:2-3 is used. A spiritual application concludes this session asking people to consider their relationship with God as their Heavenly Father.

Read Along in the Book: "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids"

Pages 13-20 and 46-49 introduce the concept of honor and emphasize the part of the honor definition that teaches children to treat people as special.

Suggested Introduction:

We all know that "Honor your father and mother" is one of the Ten Commandments. But do we know what that means? And do we know how to teach it to our children? That's what this series is all about. It's amazing how many issues in family life are honor issues. Let's join Dr. Scott Turansky and Mrs. Joanne Miller as they introduce this idea of honor and give us some practical ways to teach it to our kids.



**Show the
Session #1 video**

Suggested Transition:

You're probably already thinking of some ways you'd like to see your children grow in honor. Let's divide into small groups and look at the discussion questions provided. As you think of them, share some of the ideas you have about teaching honor in your family.

Goal of the Discussion:

To raise the awareness level of what honor is and how to live it out more in family life.



**Give 30-35 minutes for
group discussion and
prayer, then encourage
everyone to come
back together**

Suggested Conclusion:

It's interesting to think about our work with our children and then make the switch and think about our own relationship with our Heavenly Father. That's a special relationship to consider and to be grateful for. If you don't know what it means to know God in a personal way, then let's talk afterwards. We really do need all the help we can get as parents and knowing God in a personal way is at the heart of it.

Honor: The Secret Ingredient for Family Life

Honor isn't just for children
Honor helps adults relate more effectively too

HONOR

• • • • • • • •

Treating people
as special

Doing more than
what's expected

And having
a good attitude

Some ways to teach children about honor

The difference between obedience and honor

One thing I'm going
to work on is...

God honors us and wants us to honor him

“Working on honor is like cleaning up a messy room. When cleaning, you start by picking up one thing and you deal with it. Then you pick up another thing and put it away. The same thing is true about honor in family life. You start with one thing. Maybe that one thing is in you. Then you can choose something in one of your children to start working on. It's amazing to see honor begin to grow in family life.”

Honor: The Secret Ingredient for Family Life

- What is one thing you heard that you appreciated from the video?
- On a scale of one to ten, how would you rate your family in this area of honor? What are some positive things you're seeing in your family already?
- When Jesus was talking to the Pharisees who were caught up with all kinds of legalistic ceremonies, he said, "These people honor me with their lips but their hearts are far from me." (Mark 7:6) What point was Jesus making? How might this idea demonstrate itself in family life and what can we do about it?
- What is one way that you could start working on honor in your family?
- In what ways has God honored us and how does he want us to honor him?

Session **2**

Helping Children Add Energy To Family Life (Instead of Draining It)

Summary of the Video:

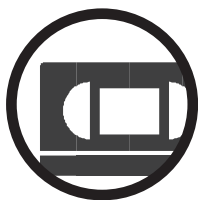
Introducing this session, Dr. Turansky tells the story of Mike who learns a surprising lesson by doing more than what's expected. Children are taught how to add energy back into family life instead of draining it. Practical suggestions are given for teaching children to do more than what's expected. Ideas include honoring others while setting the table, the importance of cleaning the corners, not just getting by, and how to show honor when you leave the bathroom. Matthew 5:38-45 is used. Four suggestions for dealing with a bad attitude are also presented.

Read Along in the Book: "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids"

Pages 49-55 teach the importance of doing more than what's expected and having a good attitude.

Suggested Introduction:

Some children have an ability to drain energy right out of family life. In this session Dr. Turansky and Mrs. Miller will discuss ways to teach children to add energy back into family life.



Show the Session #2 video

Suggested Transition:

As you move to the discussion groups, take some time to consider ways that you can help your children understand new aspects of honor and ways to live it out.

Goal of the Discussion:

To brainstorm with other parents about ways that they can increase honor in their families. By focusing on the part of the honor definition, doing more than what's expected, parents will develop practical suggestions for their children and for themselves. By discussing bad attitudes, parents can develop a plan for pointing out problems and exploring ways to encourage good attitudes in their children.



Give 30-35 minutes for group discussion and prayer, then encourage everyone to come back together

Suggested Conclusion:

I can think of a lot of ways that I do more than what's expected in family life. But the challenge is helping my children get a vision for that as well. Let's spend some time this week looking for opportunities to help our children do more than what's expected and then let's share those things next week.

Helping Children Add Energy To Family Life (Instead of Draining It)

Ways to teach children to do more than what's expected...

HONOR



Treating people as special

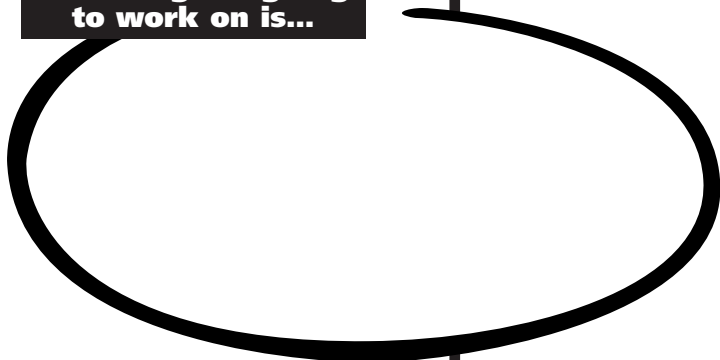
Doing more than what's expected

And having a good attitude

Four hints for dealing with a bad attitude:

- A bad attitude often comes from an angry heart.
- If you want to change a bad attitude, you have to correct for it.
- Break a bad attitude down into parts so children know what they're working on.

One thing I'm going to work on is...



- Teach children what they should do, not just what not to do.

“ Teach children to take an honor look. If you ask your child to clean the playroom and he comes back and says, “I’m done,” then you could say, “Please go back now and take an honor look.” What does that mean? Well, first make sure the job is done and done thoroughly. Then find one more thing to do, to put away, or to straighten up. That’s honor—doing more than what’s expected. ”

Helping Children Add Energy To Family Life (Instead of Draining It)

- Share ways that your children already add energy to family life.
- What are some ways that you, as parents, do more than what’s expected?
- What creative ways might you use to motivate your children to do more?
- How do the ways that we help a preschooler show honor differ than that of a teenager?
- What are the common causes of bad attitudes in your family? What can you do to encourage more honor in the attitude department?

Dealing with Whining and Complaining

Summary of the Video:

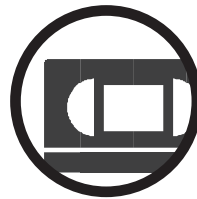
Whining and complaining are dishonoring. Children are taught that there are two kinds of people in the world, whiners and solvers. Whiners focus on the problem. Solvers concentrate on the solution. Two biblical alternatives are presented for whining and complaining. "Obey first and then we'll talk about it" is illustrated in scripture with people like Abraham, Peter, and Philip. A "wise appeal" is illustrated through the life of Daniel, Esther, and Nehemiah. Parents learn how they sometimes contribute to their children's whining and learn several practical ways to address it.

Read Along in the Book: "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids"

Pages 25-43 talk about the difference between obedience and honor. It's not enough to get your children to do what you ask. The way they do it is also important because that's where honor is demonstrated.

Suggested Introduction:

This session focuses on the common problem of whining and complaining. We've all heard it haven't we, but it's not just a child problem. Many adults whine and complain. We want to help our children deal with the frustrations of life without those dishonoring responses. In this presentation we'll see Dr. Turansky and Mrs. Miller teach us two Godly choices that will help our children not just now but for the rest of their lives.



Show the Session #3 video

Suggested Transition:

As you move into discussion groups think about ways that these two skills might be useful in your home. Sometimes hearing these ideas is great but applying them is difficult. Let's work together now to apply these principles to our families.

Goal of the Discussion:

To encourage parents to interact about the two biblical solutions for whining and complaining and to help people understand how these might work in their families. To share stories about real life family situations and try to apply these two alternatives in practical ways.



Give 30-35 minutes for group discussion and prayer, then encourage everyone to come back together

Suggested Conclusion:

As we conclude this time let's pause for a moment and jot down one thing that we are taking away from this session. Jot down one area that you appreciated or plan to work on this week. (If time allows, encourage a few people to share what they wrote.)

Dealing with Whining and Complaining

Children (and adults) whine and complain and it's important to address it

Choice #1: Obey first and then we'll talk about it
What it is

Why it's helpful

The biblical basis

CHOICE #1



Obey first and then we'll talk about it

Choice #2: The wise appeal

What it is

- I understand you want me to...because...
- I have a problem with that because...
- So could I please...

Why it's helpful

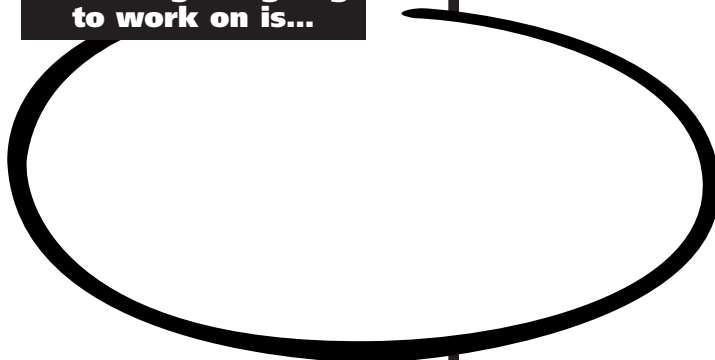
The biblical basis

CHOICE #2



The wise appeal

One thing I'm going to work on is...



“ One of the things we want to pay attention to is the difference between the issue and the process. The issue is the problem, the activity, the instruction, or the things that are going on in family life. The process is how we’re handling them, how we’re treating one another, and how we’re relating to each other about this issue.”

Dealing with Whining and Complaining

As you evaluate the following questions, please consider a child’s age, maturity, character strengths and weaknesses, and habits of interacting.

- When do you think you might emphasize the “obey first and then we’ll talk about it” approach in your family?
- What negative attitudes and behaviors might you see in a child that indicate that he or she needs the “obey first and then we’ll talk about it” approach?
- When do you think the wise appeal might be helpful in your family?
- What indications might you see in a child that suggest that he or she is ready to learn the wise appeal?
- Have several people suggest situations in their families that would have provided a good time to teach these two choices.

The Solution Isn't Just Bigger Consequences

Summary of the Video:

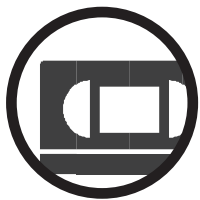
Four goals are presented to help parents solve parenting problems. First, parents learn to be practical, helping their children know exactly what to do, not just what not to do. Second, the parents are challenged to work toward heart change in children, not just behavior change. Third, parents are encouraged to use the scriptures in day-to-day life with their children. Fourth, parents are encouraged to develop adult solutions to children's problems so that children can grow into mature responses that will strengthen them for the rest of their lives.

Read Along in the Book: "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids"

Pages 13-23 talk about the importance of changing the heart. A diagram demonstrates a four-step approach parents can use as they develop heart-based discipline strategies.

Suggested Introduction:

Parenting problems can get pretty complex sometimes. It's like a knotted ball of string. It's hard to know exactly where to start. In this session Dr. Turansky and Mrs. Miller provide some guidelines for troubleshooting all parenting problems. Whether you're dealing with a five-year-old or a fifteen-year-old, you need solutions that work. Let's listen as Scott introduces this session.



Show the Session #4 video

Suggested Transition:

Maybe you're thinking right now about a problem in your family that you'd like to address using these goals. Let's move into small groups for a discussion time and you might have an opportunity there to apply these goals to your specific situation.

Goal of the Discussion:

To help parents re-evaluate their usual patterns for disciplining their children and to challenge them to consider the Four Goals of Effective Parenting as they try to solve parenting problems.



Give 30-35 minutes for group discussion and prayer, then encourage everyone to come back together

Suggested Conclusion:

This week as you come across some of your regular challenges, look for ways to think about them differently. I'll be eager to hear next week how God uses these ideas to make changes in you and in your kids.

The Solution Isn't Just Bigger Consequences

The difference between honor and respect is...

FOUR GOALS OF EFFECTIVE PARENTING



Be Practical

Focus on the Heart

Be Biblical

Look for Adult Solutions to Children's Problems

Four goals to use when developing strategies in your parenting:

1 Be Practical

2 Focus on the Heart

3 Be Biblical

4 Look for Adult Solutions to Children's Problems

One thing I'm going to work on is...

“ *These four goals are so important. First, be practical. Teach children exactly what you want them to do. Second, focus on the heart not just behavior. Third, be biblical and fourth, look for adult solutions to children problems so that they can grow into maturity and not just outgrow the things they’re learning as children. This concept of honor accomplishes all four of these goals.* ”

The Solution Isn’t Just Bigger Consequences

How might you use the Four Goals of Effective Parenting to address these problems? As soon as you read the problems you’ll probably have advice but before you give it, ask yourself which goal you tend to favor. Might there be other strategies for dealing with this problem that come from one of the other goals?

- Mary is four years old and whines a lot. It seems that whenever she wants something she uses that high-pitched voice instead of asking nicely.
- Bill is fifteen years old. He tends to argue with Mom about every little thing. Whenever she says no, he has a better answer. Whenever she asks him to do something, he’s got a better way to do it. Although Bill has a lot of good ideas, Mom is frustrated by the way Bill continually has to have things his way.
- Kyle, age six and his sister, Andrea, age eight, bicker continuously. Whenever they’re together Kyle and Andrea are at it again, comparing, competing, and making unkind remarks to each other. Mom just doesn’t know what to do.
- Suggest a problem in your family and brainstorm about ways to solve it using the Four Goals of Effective Parenting.

Session **5**

Parenting with Honor #1: Being Firm Without Being Harsh

Summary of the Video:

Honor is a two-way street. Children need to honor their parents, but parents also need to learn to honor their children. Parents often fall into extremes in parenting. Either they become too lenient, wanting to please their children, or they become too strict and overly controlling. Honor-based parenting requires a number of skills, and since many parents don't have a good history with honor in their own family growing up, these skills provide a helpful framework. This session focuses on one skill, "Being firm without being harsh." Parents learn that firmness sets a boundary that won't be crossed without a consequence. Harshness pours emotional intensity into that limit to try to convince a child that you mean business. Suggestions are given for handling bedtimes. With a tighter action point and clearer consequences, parents can replace their harshness with honor.

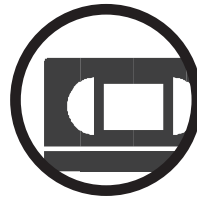
Read Along in the Book: "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids"

Pages 89-106 teach parents ways to communicate without anger. Children also need to learn good communication skills so that their words will help bring about positive change rather than just be hurtful.

Suggested Introduction:

Do you ever wonder why anger is so common in family life? I think it's because anger and harshness with kids works. It gets the job done. Kids know we mean business. Kids get moving when parents get angry. The problem is that angry responses create a rather negative relationship pattern and parents and kids become distant from each other. So does that mean that we become more lenient? Dr. Turansky and Mrs. Miller don't think so and they have a lot of ideas of ways to apply this issue of honor to the parents in addition

to the children. Let's join them again as we evaluate the ways that we show or don't show honor.



**Show the
Session #3 video**

Suggested Transition:

Some of you are probably feeling pretty good right now because you are seeing that you're doing a lot of things right. You're not on one of the extremes and you're moving in the right direction. Others may be feeling overwhelmed so it will be interesting in the discussion time to exchange some ideas in this area. Let's be sensitive to one another as we all try to learn something new about honor.

Goal of the Discussion:

To help parents evaluate their parenting style and determine to make some changes to become more honoring and more effective at helping children change their hearts.



**Give 30-35 minutes for group
discussion and prayer, then
encourage everyone to come
back together**

Suggested Conclusion:

I think we all have things we can do to become better parents. The idea of honor-based parenting can help us think about the ways we want to grow in our own relationships with our children. Pray and ask God to give you specific ideas of ways you can show more honor to your children without becoming lenient with them. Helping a child change the heart is more difficult than we sometimes imagine. Ask God for wisdom and guidance as you try to work with your kids this week.

Parenting with Honor #1: Being Firm Without Being Harsh

Power-Directed Parenting is characterized by...

Freedom-Oriented Parenting is characterized by...

The difference between firmness and harshness is...

One thing I'm going to work on is...

A parent can be firm without being harsh by tightening the action point.

“ You need the nurse’s hat when children are sick or injured. You need the manager’s hat to keep everybody’s schedule straight. The cook’s hat and the playmate’s hat always have to be available. You need the coach’s hat and the counselor’s hat... and the teacher’s hat when kids have homework. It’s not so much what hat you wear but how you wear it when it comes to honor. Because honor addresses how we relate in family life.”

Parenting with Honor #1: Being Firm Without Being Harsh

- What did you think about the ending to the dramatic sketch? When is it best to change your mind as a parent and when is it best to continue with the consequence?
- When four-year-old Katie doesn’t come when she’s called, how might Mom handle the situation with firmness but not demonstrate harshness?
- Older children have a way of pushing our buttons, often drawing us into arguments resulting in harsh words. Using the principle of being firm without being harsh, how might you handle that kind of situation with honor?
- What kind of family did you grow up in? Was it power-directed or freedom-oriented? What were some of the advantages and disadvantages of that dynamic in your family?

Parenting with Honor #2: When Parents Change, Kids Change

Summary of the Video:

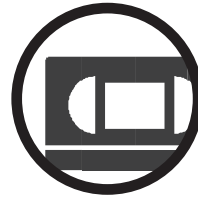
Three more honor-based parenting skills are presented in this session. “Use sorrow instead of anger in the discipline process” reflects the way God grieves when we sin against him as mentioned in Ephesians 4:30. “Use decision making and problem solving to teach honor” helps parents know when to step in and how to use common everyday experiences in the teaching process. And “Envision a positive future” helps parents to focus on the positive qualities in their children so they can encourage their kids with a preview of a successful future. Jesus is used as a model of balance as he worked with his disciples.

Read Along in the Book: “Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids”

Pages 106-109 suggest the value of using problems to teach children honor. Instead of just solving the problem with kids, why not use the opportunity presented to teach children how we solve them.

Suggested Introduction:

We’re learning that honor is a two-way street. We can’t just teach our kids honor but we too need to grow in the way we treat others, including our children. So, this session gives us some more practical ideas of ways we can do that without compromising our authority or our identity as parents. We can’t just become buddy, buddy with our kids. We need to keep some sense of our parental role in the process. Dr. Turansky and Mrs. Miller teach us how.



**Show the
Session #6 video**

Suggested Transition:

I know that the wheels are turning in some of your heads. You like what you hear but you’re trying to figure out how to put it together for your family. In your discussion groups look for ways that you can apply honor to solve the day-to-day issues you face.

Goal of the Discussion:

To help parents think through some specific ways they can honor their children more as they do the hard work of parenting.



**Give 30-35 minutes for
group discussion and
prayer, then encourage
everyone to come
back together**

Suggested Conclusion:

Having kids means that parents change. Just think, we could have lived a life with no kids. That would have been different, that’s for sure. Parenting challenges us in ways we never imagined. We need to pray for our kids but we also need to pray for ourselves that God would show us ways that we can grow in this area of honor. Well, practice it this week and then let’s get back together for more next week.

Parenting with Honor #2: When Parents Change, Kids Change

Honor-Based Parenting is characterized by...

Express sorrow instead of anger in the discipline process

Use problem-solving and decision-making to teach children about honor

One thing I'm going to work on is...

Envision a positive future for your child

“Parents often gravitate toward one extreme or another as they’re parenting their children. They either choose freedom-oriented parenting that emphasizes helping children be happy or power-directed parenting which emphasizes a parent-centered approach. We don’t believe that a parent-centered approach or a child-centered approach is the best. We believe that a God-centered approach is the ideal and God has implemented honor as a concept he wants families to understand. We believe that honor-based parenting is the best way to go.”

Parenting with Honor #2: When Parents Change, Kids Change

- Why might it be better to reflect sorrow instead of anger in the discipline process?
- How can you reflect sorrow when you feel angry?
- Can you think of some ways that God envisions a positive future for his children? What are some Bible verses that talk about an exciting future for the believer?
- Share one positive quality about each of your children and explain to the group how this quality will help your child be successful as an adult.
- What is one way you would like to grow in honor as you relate to your children?

Session **7**

A Special Gift

Summary of the Video:

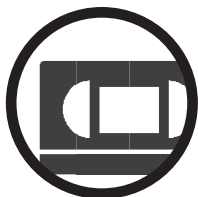
Can you honor your family too much? Yes, we believe you can. A family can become so inwardly focused that it encourages selfishness. The solution is to work as a family to give honor away. Then children see that their family has a special gift that they can pass on to others. A family actually grows closer together as they learn to reach out with honor. Practical ideas are shared of how a family can show honor to others.

Read Along in the Book: "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids"

Pages 165-178 address the question, "Can you honor your family too much?" The point of this chapter is that your family actually grows in honor as you work as a team to give it away.

Suggested Introduction:

Honor is valuable but sometimes it's hard to get our kids to put it into practice. In this session, Dr. Turansky and Mrs. Miller give some practical ways that families can give honor to others. When we do that it creates this sense of identity in us that we are an honoring family. Let's watch the video and see if it triggers some ideas about ways you could raise the awareness level of honor in your family.



**Show the
Session #7 video**

Suggested Transition:

That idea of a gift of dirt is a good one. In fact, it's one of the Family Together Times at the back of the book, "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids." It's a visual example of the ways we sometimes treat each other in family life. Let's look at the discussion questions in small groups and see if we can identify more ways to teach honor in our families.

Goal of the Discussion:

To help parents see the value of planning activities for their family to honor others. To look for ways to use relationships outside the family to teach our children about what honor means in practical terms.



**Give 30-35 minutes for
group discussion and
prayer, then encourage
everyone to come
back together**

Suggested Conclusion:

I hope you're going home with a renewed vision for practicing honor in your family. Sharing honor with others can go a long way to teach children how to live it out. Sometimes dealing with each other is too close to home but if we all work together to help someone else, it reveals some good things about who we are as a family. Have a great week and let's talk next week about ways we've grown in honor.

A Special Gift

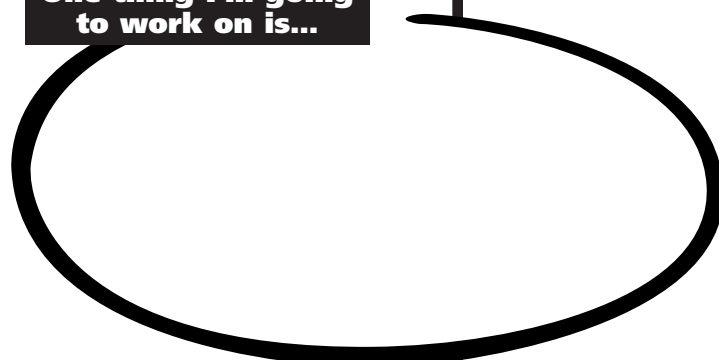
Don't honor the family too much. Some of the negative effects are...

Some benefits of honoring people outside our family are...

Some ways that we can honor people outside the family are...

One thing I'm going to work on is...

Honor is a special gift



“ *Share honor with others outside the family. That's what God does. The whole essence of Christianity is sharing with others, not just keeping it to yourself but giving it away. Even as we just share those small gifts of honor with others we're modeling in family life what God does.* ”

A Special Gift

- Share some ways your family has honored others outside the family.
- How can you know when you're honoring your family too much?
- How can you tell when protecting your children has turned into overprotection?
- What creative ways might you use to motivate children to work with you to honor others?
- Is it possible to share negative information about someone and still be honoring? How?

Sibling Conflict #1: A Plan for Anger in Children

Summary of the Video:

This session focuses on the first of three roadblocks to sibling harmony – anger. A plan for anger management is presented, and then parents are reminded that honor means adding something more. In Matthew 5:9, Jesus talks about being a peacemaker. Children are encouraged to see their own anger coming on and deal with it appropriately, then look for ways to bring peace into relationships as well.

Read Along in the Book: “Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids”

Pages 115-122 provide insights into sibling conflict. Anger is a major hindrance to harmony in family relationships. Children learn not only to manage their anger but to grow as peacemakers as well.

Suggested Introduction:

The family is like a laboratory where we can explore and experiment with life and learn what works and what doesn't. One area that most families have to deal with is anger. We all have to learn how to control it and work with it without hurting relationships. It's a family issue but it's also an individual issue, so as we work with our children in this area we can do some significant equipping of them for the rest of their lives.



**Show the
Session #8 video**

Suggested Transition:

It's interesting that when we talk about anger in kids, we even get some ideas as parents for dealing with our own anger. As you work in groups try to explore these ideas a little more so that you have some specific things you can do to help your children deal with anger and to become peacemakers.

Goal of the Discussion:

To explore practical ways to address anger in family life and discuss ways to help children learn to be peacemakers.



**Give 30-35 minutes for
group discussion and
prayer, then encourage
everyone to come
back together**

Suggested Conclusion:

I think this is an area where we especially need a lot of prayer. Anger is a common response in most of us, I'm sure. But honor means we learn to respond differently.

Sibling Conflict #1: A Plan for Anger in Children

Some words that describe anger's various levels of intensity...

**ANGER IS
GOOD FOR
IDENTIFYING
PROBLEMS
BUT NOT GOOD
FOR SOLVING
THEM**

• • • • • • • •

Help children manage their anger with three steps:

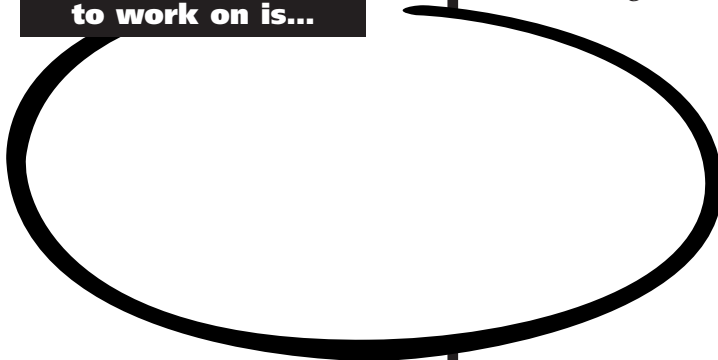
- 1 Identify the Cues

- 2 Stop

- 3 Choose a Better Response

**One thing I'm going
to work on is...**

Learning to be a peacemaker...



“ *Getting angry is easy and most people do. It's a natural response. Few are wise enough to be peacemakers, but that's what we want our children to do. We want to give our children the skills they need to be peacemakers in life. We want to help them to see how to break anger down and understand the emotion in themselves but also in other people. If children can learn to be peacemakers then they can bring harmony into the home. They'll look to create situations where everyone is happy, people are pleased, and the atmosphere is a pleasant one. That's why Jesus said, "Blessed are the peacemakers."* **”**

Sibling Conflict #1: A Plan for Anger in Children

- What are some of the cues that indicate that your child is beginning to get angry?
- What are some things parents can do when their children are angry?
- How might you help your child learn what it means to be a peacemaker?
- What kinds of things do you do in your own life to help handle your anger appropriately?
- Where do you tend to get hung up in the anger department? Are there some specific areas where you can predict a problem will take place? How might you start to respond differently in those situations?

Sibling Conflict #2: When Children Want to be First or Best

Summary of the Video:

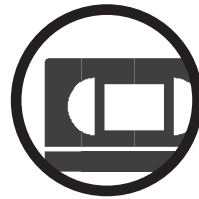
Selfishness or “wanting to be first or best” is one of the greatest enemies of honor. Two guys who wanted the best seat approached Jesus. His answer was, “Whoever wants to become great among you must be your servant.” (Mark 10:43) This session helps parents develop servant attitudes in their children. In particular the common complaint children raise is “That’s not fair.” Parents learn that fair doesn’t mean equal and that they can cut down on a lot of the competitiveness and comparison in children by treating them all uniquely as God does us. Several practical ideas are presented that help parents know how to teach children about servanthood.

Read Along in the Book: “Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids”

Pages 122-128 talk about one of the roadblocks to sibling harmony: selfishness. Kids often want to be first or best. Of course, the solution is to learn servanthood but that’s not easy to teach to children. Several practical suggestions equip you with ideas to teach children a different way of thinking about being first or best.

Suggested Introduction:

It’s amazing to watch children compete with each other. Some are pretty good at it. How are we, as parents, supposed to deal with the bickering that goes on between our kids? Honor addresses sibling conflict and in this session Dr. Turansky and Mrs. Miller apply it in very practical ways. Our children need to learn how to relate to others in order to be effective in relationships. Our job is to teach them how to overcome selfishness but that’s hard to do when they are continually in conflict with each other.



**Show the
Session #9 video**

Suggested Transition:

This problem can be pretty big. Sometimes it’s subtle and other times it’s glaringly obvious. Let’s spend some time in small groups and unpack this idea of servanthood a little more.

Goal of the Discussion:

To look for specific ways to help children develop a lifestyle of servanthood.



**Give 30-35 minutes for
group discussion and
prayer, then encourage
everyone to come
back together**

Suggested Conclusion:

Kids can be pretty creative in this area of selfishness. So, be on the look out for it. But also be sure to look for ways that your kids demonstrate servanthood. That’s important too. We want to give our children a vision for moving in the right direction and there’s probably no better way than to catch them in the act of doing something right.

Sibling Conflict #2: When Children Want to be First or Best

Children naturally want to be first or best
Selfishness is a common problem

To overcome selfishness, children need to learn how to be servants

Dealing with "That's not fair"

Several ways you can help children develop a servant attitude

**One thing I'm going
to work on is...**

“ *When children are being selfish, an attempt to be fair rarely brings about peace. We want to challenge our children in this area of selfishness. If you have two children who are fighting over a toy, then you have two selfish children. It doesn't really matter who started it. Both of those children have an opportunity to respond in a way that's honoring or dishonoring.* **”**

Sibling Conflict #2: When Children Want to be First or Best

- The term “servant” has a number of negative connotations in our culture. Why is that and why is servanthood an important quality in life?
- What's wrong with the complaint “That's not fair!” and how can a parent respond wisely to that accusation?
- How can you tell when tattling is a problem? When is reporting something okay?
- How does working hard help children develop a servant attitude?
- What are some things you might do in your family to encourage servanthood this week?

Session **10**

Sibling Conflict #3: When Children are Foolish or Mean

Summary of the Video:

The third roadblock to sibling harmony is foolishness: the inability to see how present actions will result in negative consequences. Meanness is discussed because children who are mean don't realize the value of their brothers and sisters and don't see how their actions are damaging relationships. Parents learn to see foolishness in their children when kids say things like, "I was only kidding," or "I didn't mean to hurt him." The solution is to help children become wise. Verses from the book of Proverbs are shared to help parents see the importance and value of teaching children wisdom. Parents learn to address foolishness by teaching children to (1) take responsibility, (2) accept correction, (3) anticipate consequences, and (4) avoid meanness.

Read Along in the Book: "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids"

Pages 129-134 focus on the problem of foolishness in children. Foolishness doesn't recognize the consequences of current actions and includes things like meanness, talking too much, silliness, and reckless or dangerous play. The solution for foolishness is wisdom.

Suggested Introduction:

Children can be pretty mean to each other sometimes. In this session Dr. Turansky and Mrs. Miller address meanness as one of the symptoms of foolishness. Foolishness is the third roadblock to sibling harmony. Sometimes foolishness happens and kids don't even realize it. I suppose that's what makes this roadblock a harder one to deal with but we're going to get four helpful suggestions here. Let's join them in this session.



**Show the
Session #10 video**

Suggested Transition:

You are probably already thinking of questions about how to deal with foolishness in your family. As you move into small groups be prepared to share some ideas of ways you'd like to see change take place and then listen to suggestions that others may have as well.

Goal of the Discussion:

To help parents identify signs of foolishness and to talk about practical ways to develop wisdom in their children.



**Give 30-35 minutes for
group discussion and
prayer, then encourage
everyone to come
back together**

Suggested Conclusion:

Getting kids to take responsibility for their part of the problem is sometimes a challenge. I guess we all need to take responsibility for our part of the problem in life. That's why I like God's plan of confession and forgiveness. It brings healing into our lives like no blaming or rationalizing can do. It will be fun to hear how you do this week on this area of foolishness in family life.

Sibling Conflict #3: When Children are Foolish or Mean

Foolishness is...

The solution to help children overcome foolishness is...

Develop wisdom by teaching children to:

- Take responsibility
- Accept correction
- Anticipate consequences

One thing I'm going
to work on is...

- Avoid meanness

“The word wisdom in the book of Proverbs is the word “hakam.” It’s a beautiful word. I love it because it means “skill.” When God wanted to create a tabernacle he told Moses to find some people who were skilled in working with wood, bronze, and cloth. That word then came to mean “skill in life.” That’s what we’re trying to teach our children, how to be skillful in life.”

Sibling Conflict #3: When Children are Foolish or Mean

- How will teaching children to take responsibility help them as they grow older?
- How can you correct a child in a way that teaches wisdom?
- What are some ways you can tell that teasing has crossed the line in family life? What’s a good strategy to deal with it?
- Discuss some ways to help children who can’t seem to see their own foolishness.
- Apply the honor definition to foolishness.

Session **11**

Teens + Honor = Success

Summary of the Video:

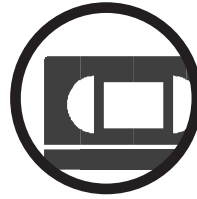
Family life changes when children become teenagers. The causes and purpose of these changes are discussed in this session. Parents are encouraged to make the Teenage Parenting Shift. A helpful discipline technique is presented from the parable of the talents (Matthew 25). When the landowner returned he rewarded the servants who were responsible by giving more privileges. That principle can be applied to teens as the primary discipline technique: privilege and responsibility go together. Parents are encouraged to use honor to build bridges with teenagers.

Read Along in the Book: "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids"

Pages 137-164 talk about applying the concept of honor to the parent/teen relationship. Special consideration is given to helping teens understand how privilege and responsibility go together.

Suggested Introduction:

Some parents fear the teen years. They hear about so many things that can go wrong and they imagine that they won't know how to deal with them. Dr. Turansky and Mrs. Miller pose some interesting solutions in this session. They talk about a shift that happens in our parenting during this stage of life. Let's join them as they use the concept of honor to build bridges with teenagers.



**Show the
Session #11 video**

Suggested Transition:

It sounds like a lot of wisdom is needed at this stage of family life. Some of you have teens and others don't so the discussion time will definitely be interesting. For those of you who have teens you may want to share some ideas that are working for you. For those of you who don't have teens, you'll want to be humble about your thoughts and suggestions. But we all need to be thinking about these things. It doesn't do much good to wait until you have teenagers before you begin talking about how to relate to them. So enjoy the discussion and let's all try to learn from each other.

Goal of the Discussion:

To discuss ways that parents can use honor to relate more effectively to their teens.



**Give 30-35 minutes for group
discussion and prayer, then
encourage everyone to come
back together**

Suggested Conclusion:

This is one of those sessions where we end up needing a lot more wisdom than we have, isn't it? All of parenting is like that but when it comes to teens parenting gets a little more complicated. We need to go to the Lord every chance we get for wisdom and guidance from him. We need to pray for our kids that God will grow them into the people that he wants them to be. So, keep praying and we'll continue next week.

Teens + Honor = Success

Changes during adolescence...

MAKE THE TEENAGE PARENTING SHIFT

• • • • • • • •

Control vs. Influence

Teach

Encourage

Entreat

Admonish

Persuade

Examples of privileges and responsibilities

Privileges

Responsibilities

One thing I'm going
to work on is...

“ *When children enter a new developmental stage we, as parents, need to keep up with the progress. We also need to make some changes. We believe there’s an important change that happens in our parenting when our young children enter into those teenage years. We call it a teenage parenting shift.* ”

Teens + Honor = Success

- List some of the privileges your children have that they may consider rights.
- How can you help your teen understand the connection between privilege and responsibility?
- How might you apply the principle of “privilege and responsibility go together” to a teen who can’t seem to relate to his parents without a bad attitude?
- What are some ways to get teens talking so that you can have more discussions with them?
- How can the concept of honor help us relate better to our teens?

Session **12**

Mapping Your Family Dynamics

Summary of the Video:

In this session the Network Factor is described, a tool used to change the way families interact. All relationships have predictable patterns. Some are helpful and others are not. Parents are taught to look closely at the patterns in their family and encouraged to target the relationships that need more honor. Triangling happens in relationships when two people in conflict draw another one into the fray. Triangling happens more than many parents realize. Using the Network Factor, parents learn to identify negative relating patterns and replace them with honoring ones.

Read Along in the Book: "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids"

Pages 65-88 discuss the Network Factor and apply it to family life. You will learn how to pinpoint the dishonoring patterns in relationships and know where to challenge your family to develop honor.

Suggested Introduction:

It's often the little things that make all the difference. In fact, sometimes we don't even recognize the importance of the small things we do or say. In this session Dr. Turansky and Mrs. Miller challenge us to look at the hidden cues we give to each other that are honoring and dishonoring. Then they give us ideas about how to change dishonoring patterns in family life.



**Show the
Session #12 video**

Suggested Transition:

As you share in small groups, be sure to take time to talk about some of the insights you thought about in your own family as you watched the video. Sharing those insights is helpful for others to connect as well.

Goal of the Discussion:

To help parents recognize the Network Factor in their own families and know how to use it to bring about more honor in their relationships.



**Give 30-35 minutes for
group discussion and
prayer, then encourage
everyone to come
back together**

Suggested Conclusion:

As we conclude this time let's pause for a moment and jot down one thing that we are taking away from this session. Jot down one area that you appreciated or plan to work on this week. (If time allows, encourage a few people to share what they wrote.)

Mapping Your Family Dynamics

Examples of the Network Factor

Diagram your family on the back of this handout or on a separate paper. Draw a circle for each family member and then connect the circles to represent the different relationships. Mark the relationships that need more honor.

THE NETWORK FACTOR

• • • • •
The combination of relating habits that dictate what's expected in family interaction

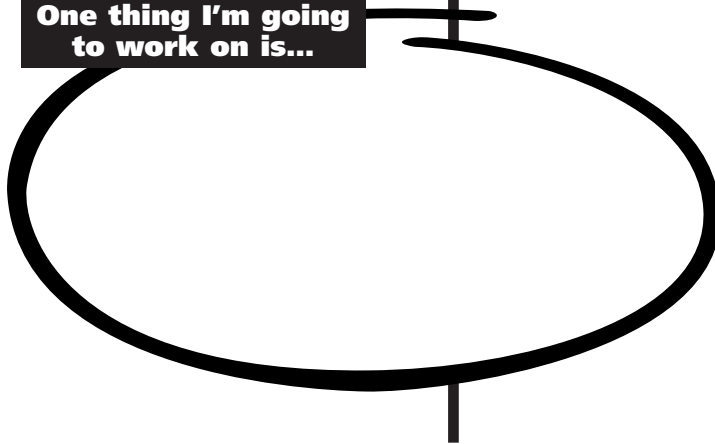
Three steps for changing the Network Factor in your family:

- 1 Identify the patterns

- 2 Apply Honor to the Situation
 - Treating people as special
 - Doing more than what's expected
 - Having a good attitude

- 3 Have a Parenting/Child Evaluation Meeting

One thing I'm going to work on is...



Dealing with triangles...

“ *The Network Factor is so powerful. If you can learn to understand this and use it as a tool, you will identify the dishonoring patterns that exist. You are part of some of that. If you can learn how to make those changes in yourself first, then your children will have to change. That's one of the benefits of the Network Factor. We are locked together in a network. It's hard sometimes to make changes because other people sometimes keep us in those patterns. We need to pull ourselves out and make the changes necessary so that we can adjust what's going on in family life. It's all part of what honor is. If we can identify the patterns, then we can make the changes needed to make our family honoring.* **”**

Mapping Your Family Dynamics

- What did you learn from the diagram you drew of your family?
- Billy, age 9, argues with his mom whenever he receives an instruction. Mom doesn't like the arguing but finds herself caught up in it. How might you advise her to change their relating pattern?
- How can you help children see the dishonoring relating patterns so that they can work to change them?
- List several examples of ways that families find themselves in triangles, both helpful and unhelpful.
- Mom, not realizing that Dad asked Jimmy to rake the leaves, tells Jimmy to unload the groceries. How might you help Jimmy know what to do in this situation?
- If Sarah's two friends are having a hard time getting along and she's being drawn in, how might you help her triangle in successfully?

Session **13**

Developing a Team Attitude

Summary of the Video:

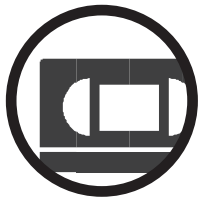
Honor comes when we value each other. This session talks about viewing our children as brothers and sisters in Christ. When families grasp this truth, they see the tremendous value of children and parents. Several practical ideas are shared to help families grow closer together as a team.

Read Along in the Book: "Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids"

Pages 179-188 talk about how we view each other in family life. Fathers and mothers are really brothers and sisters to their children when family members have accepted Jesus into their lives.

Suggested Introduction:

In this session we'll learn a different way of thinking about our children and our family as a whole. Dr. Turansky and Mrs. Miller will give us a refreshing view of the family that will encourage us to honor one another in new ways. Let's listen to what they have to say.



**Show the
Session #13 video**

Suggested Transition:

This idea of being brothers and sisters with our children may be new for you. Spend some time in your groups now and try to unpack this idea a little more.

Goal of the Discussion:

To challenge the way parents view their children and to give them renewed vision that the hard work of parenting is worth it. Lasting change takes time.



**Give 30-35 minutes for
group discussion and
prayer, then encourage
everyone to come
back together**

Suggested Conclusion:

If you feel like family life in your home is a constant tug of war, you are not alone. Take some time this week to look for ways to honor your children as brothers and sisters. Challenge your children in this area of teamwork and hang in there. Remember that change doesn't come quickly, but your efforts will be well worth it in the end.

Developing a Team Attitude

Paul gives a new way to view our family:

“Consequently, you are no longer foreigners and aliens, but fellow citizens with God’s people and members of God’s household.” – Ephesians 2:19

Some ideas for developing a team attitude in family life are...

THE CHRISTIAN FAMILY

• • • • •

is a collection of earthly parents and children who have been adopted into the household of God by faith, thus becoming spiritual brothers and sisters with God as their Father.

One thing I’m going to work on is...

“ *You may be putting money away to save for your kids to go to college. You're investing in them in a lot of different ways. We're suggesting that there's another way to invest in your children: to teach them this concept of honor. It's part of the Ten Commandments. God knows how important it is so he even listed it as one of the ten. He knows children need to learn it when they're young so that they can grow up understanding this concept.* **”**

Developing a Team Attitude

- Why is it hard to think of your kids as brothers and sisters in Christ?

- How can you have a team view of the family without losing a sense of authority?

- How can you help a child who views parents as opponents to develop a team attitude? How can you help this child respond to the family as a team member?

- What is one way that honor has changed your family?