



FAMILY RESET PLAN

A GUIDE TO STARTING FRESH AND BUILDING
HEALTHY BOUNDARIES

BY Rachel Gunn

DO WE REALLY NEED TO RESET?

You may be asking yourself this very question. To help you find the answer, ask yourself these questions first:

Am I feeling angry at myself or my kids most days?

Do I yell at my kids or speak harshly to them often?

Am I struggling getting my kids to listen to me?

Do I have to repeat myself over and over?

Do my kids speak disrespectfully to me?

Do my kids pitch a fit or nag until they get their way?

Do I give in to my kids' anger/tantrums?

Am I just trying to get through the day?

DOES THIS SOUND FAMILIAR?

If you said yes to any of these questions, then the Family Reset may be right for you. The plan simply offers a step by step, structured way for you and your kids to make a fresh start and begin building the foundation of trust and relationship.



Discipline is an integral part of building a healthy foundation in our families. However, discipline is often a misunderstood element of parenting. Discipline is not the goal of parenting, but it is an important part of building a thriving family. Without it, many families find themselves simply surviving from one day to the next.

*Obedience is not the goal.
Relationship is the goal.*

Healthy discipline takes more time on the front end, but it builds a strong foundation for trust and openness later. A relationship built on trust and openness can result in kids who willingly submit to our authority because they trust us and believe we truly have their best interests at heart.

HOW DOES THE PLAN WORK?

First, the goal of the plan is to help you set boundaries or create a discipline plan that will help you parent in a way that establishes you (and your partner) as the authority in the home. It will also help you address certain behaviors that are not okay but have become the norm in your home. By addressing these behaviors and getting back on track, you are paving the way for better communication, understanding, trust and relationship- all of which are important down the road when we are parenting tweens and teens.

If you follow the steps, you will end up with a very detailed plan to address behaviors that have become a problem in your home. You will make a plan for how to deal with the behaviors, including pre-written responses that you can use in the heat of the moment. You will be equipped to start creating healthy boundaries in your home and building strong connections.

READY TO GET STARTED?

FIRST THINGS FIRST!

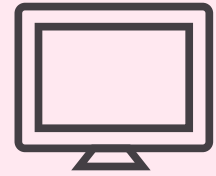
THREE KEYS TO SUCCESS



Make a Plan



Write it down



implement it

So basic, right? *It's so basic that many parents **skip it!***

But not having a written plan is really what gets us into these parenting struggles in the first place. A written plan helps us stay on track in those heated moments. Over the

next pages, you will see the step by step plan. Gather up anyone who needs to be involved - use your judgment about kids (see FAQs) - and work together to identify the areas of struggle and create a plan! **Let's go!**

STEP 1:

PRAYER

For me, prayer is the starting point. Prayer invites the Holy Spirit to come in and work with us, bringing the power of Christ to our situations. Wherever you are in your faith, I humbly invite you to start your journey with prayer. I've written out a prayer that you can use as an outline or simply read silently or aloud. If prayer is not your thing, then you can skip to Step 2 and get started. Either way, your journey will be challenging and rewarding. I pray God's grace and mercy for you and your family.

Lord, Thank you for your mercy and grace. You are our healer and protector and our banner of victory. You have plans for our kids and our family, and I humbly submit myself and my family to your will. Holy Spirit, I invite you into this process. I ask that you go before us and behind us and shield us from evil plans. I pray for a spirit of wisdom throughout this process. Help us understand the root problems and show us how to heal. Help me create a loving, healthy atmosphere that brings honor to you.

As we begin the process of resetting and rebuilding, prepare our hearts to learn and grow. Bring unity into our home so that we are united as a family. Show us how to grow stronger as a family and how to remain rooted firmly in your word. I thank you in advance for all that you will do in our family. I ask all of this in Jesus' mighty name. Amen.

STEP 2:

WHY ARE YOU HERE?

Ask yourself this question and consider the answer. Why are you here? Why are you ready to make such a big change? What is it that needs to change? Consider yourself as you think about this. Our kids generally behave the way we allow them to, and they often model what they see. So consider the whole family. What needs to change? What is the cost of not making changes? How do you see the future of your family if these changes are not made? What would it look like if these changes are made? Write down your thoughts in the space below. Use the back if needed.

STEP 3:

IDENTIFY THE BEHAVIORS

In this step, you are going to brainstorm and list the behaviors that are troubling. Think about the areas of struggle for you as a parent and for your kids. These behaviors might be talking back, not following directions, rude or disrespectful behavior, etc. (For social behaviors, saying sir or ma'am, table manners, saying please and thank you, etc., I encourage parents to avoid consequences and model correct behaviors. See FAQs for more.) In the box below, jot down the behaviors. List any that you think of.

STEP 4:

CHOOSE THE FIRST BEHAVIOR

In this step, you are going to decide which behavior to focus on first (See FAQs for why). Your decision may be based on the most immediate need or the one you are most comfortable addressing first. If your child is involved in the process, then choose the behavior that he or she feels good about working on. Once you decide which behavior, write it in the box below. This will help you stay laser focused and lead to consistency.

Now take a few minutes to consider the circumstances surrounding the behavior. For example, does the behavior usually happen in the car, or when other people are around or not around, when you are in public or at home, etc.? Jot down your thoughts in the box below. This will help you when you start deciding on your action plan.

STEP 5:

CHOOSE YOUR WORDS

Your phrases will come in handy when you implement the plan. We all know that in the moment, we can get stressed, frustrated, even angry. By coming up with preplanned phrases that we can recite in the moment, we can get control of our angry words and replace them with corrective or redirective words. Decide if you will be reminding or redirecting. Reminding is simply a reminder of the behavior. Redirecting is a reminder with the addition of a replacement behavior. Take a minute to think of some simple phrases to address your child's behavior. I encourage parents to follow the PBS method (see FAQs for more info). Take a minute to write down some specific phrases that you and your parenting partners can all use.

STEP 6:

DECIDE ON THE CONSEQUENCES

Consider what the consequences will be for this behavior. Consequences should not be derogatory or shameful. Consequences should be a logical response to the child's action. For example, if a child is disrespectful, then a logical consequence might be that they lose a privilege that you provide. Or if a child is not following directions, then a logical consequence might be that they lose time from what they want to do or their plans are delayed. Consequences should be a result of the action and should not speak to the child's character. At the same time, positive behavior should be acknowledged and rewarded. Also, note that in this process oftentimes children never even get to the consequences phase. Write down the consequence for the behavior below. Remember you are only focusing on one behavior at this point.

STEP 7:

ACKNOWLEDGE YOUR PART

This can be a tough step, but the fact is most kids act the way we allow them to act. So if you are at this point, then likely you have had a part in getting here. Think back months - years if necessary - and consider where it began. Maybe you were busy and let some things go or maybe you were distracted and didn't see what was happening. Whatever it was, own it. And acknowledge it to your child. It will go a long way in getting their buy in and cooperation. Write any notes about this below.

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STEP 8:

THE CONVERSATION (REVIEW PHASE)

First, write out your conversation, or some key points on your conversation card (see next page). Include the following elements in the conversation:

- Describe the current situation and why it is not working.
- Take responsibility for your part and share how and why you are going to make a change.
- Tell your child the positive things about him or her.
- Explain the behavior/behaviors that need to change. Explain why they need to change. Be sure to include that the behaviors don't fit the character of your child.
- Explain how the plan will work—reminding/redirecting, and reinforcing.

Allow your child to ask questions and even express his or her opinion. They may be a little shocked at this point, especially if you have never done anything like this. The goal here is to prepare your child for the change.

Also be sure to get acknowledgment of their understanding. This is important because they may try to act confused when the time comes to implement consequences.

See p. 18 for a sample conversation.

STEP 9:

WRITE THE CONVERSATION

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STEP 10:

IMPLEMENT THE PLAN

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Sit down with your child and have the conversation. Use your notes. Be sure that you have clearly communicated the expectations. Allow discussion and answer questions.

EVERY SINGLE TIME the child exhibits this behavior, remind or redirect him or her using your auto-responses. Consistency is key. Remind your child that this is part of the plan.

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Be laser focused and consistent in this phase. Utilize your predetermined phrases and consequences. Once you enter into this phase, implement the consequences EVERY SINGLE TIME.

FAQS

Q Should I involve my child in the planning process?

A That is personal choice based on your family dynamics, relationship with your child, and your personal comfort level. I would consider whether your child is mature enough to add constructive ideas. Also, is your child open to correction? If not, then it may be best to bring the child in at the conversation stage. If you do decide to involve your child at the beginning, be sure to listen to his or her ideas with an open mind. Also, know that if it is not working, you can change your mind.

Q Why shouldn't I give consequences for social behaviors?

A Our kids have so much to learn, and as parents we have to use consequences as teaching tools for some behaviors. Social behaviors are just that - behaviors that are socially accepted. Rather than using consequences, I suggest modeling the behavior and allowing kids to pick them up naturally. They usually do and what they don't learn from us, they will learn from seeing others outside the home.

FAQS

Q Why do we choose only one behavior at a time?

A We choose one behavior for a couple of reasons. First, it helps us laser focus on the behavior, which helps us be more consistent. Second, it helps us avoid constantly correcting our kids throughout the day. When we focus on several or all of the behaviors we want to correct, then we can end up correcting all day, which leaves little time for praise and encouragement.

Q What is the PBS Method?

A The PBS Method is the use of phrases that are ***Polite, Behavior-focused, and Simple***. This helps us stay calm and behavior-focused rather than making statements about the child. It also helps us keep it short rather than lecturing our kids when they mess up. An example of a reminder would be, Remember, we don't yell at mom (or each other). A redirection would be Remember we don't yell at mom, try to say it again more calmly.

SAMPLE CONVERSATION

Anna, I would like to talk to you about some things that have not been working well in our family. One of our goals in our family is to treat each other with respect. I have noticed that you have been treating me disrespectfully and I cannot allow that behavior to continue. You are such a kind and generous young lady and when you call me names and speak rudely to me, it doesn't represent who you are. It also goes against our family values and is unacceptable. I have allowed this behavior and that is my fault. As a parent, my job is to prepare you for adulthood and adults do not speak to each other that way when they get angry. Thankfully, God's grace means that we can change and start fresh. So that is what we're going to do. I understand that this behavior has become a habit, so I am going to help you break that habit and start a new one. While I am the one who will ultimately make the decision, if you have any input that you would like to offer, I would love to hear it as long as you speak respectfully.

Hear any ideas or thoughts she has. If she has none, then move on.

Here is what we are going to do.

I will remind you whenever you speak rudely to me. We will do this for a few days, maybe a week. This will help us both begin to hear and notice the rude words or tone in the moment. I will also begin redirecting you to a new behavior and giving you the opportunity to restate your thoughts in a respectful way, or to apologize. Once I feel that we have both broken the bad habits, my hope is that you will have replaced that behavior with a new one. If not, then to help you remember further, I will begin implementing a consequence. I have decided that since I pay for your phone and that is a privilege that I provide, then if you continue to treat me disrespectfully, you will no longer be able to use your phone.

PUT IT INTO ACTION!

This can all seem overwhelming at first. Making changes like this can be a lot of work, but this plan will help you break it down into manageable, focused steps. Remember why you are here in the first place. Go back to Step 1 if you need to and consider the cost of not making changes. In the moment, it can feel more doable to let things be and ride it out. But we are not parenting for the right now. We are parenting for the future. Putting in the hard work right now will pay off in peace and order in the home later.

Go ahead and set your mind to the follow through. This means settling it in your mind that this could take a while. If you are at this point, then these behaviors have probably been going on for a while. So, it will take a while to form new habits and behaviors. Go ahead and set your mind to see beyond a week or two. This could take a month or two.

Accept it and be consistent! The payoff will be worth it!

YOU'VE GOT THIS!



Hey, I'm Rachel. My heart and my mission is to impact families in a way that creates positive change for future generations. I believe that with the right tools, motivation and confidence, parents can build strong relationships with their kids while maintaining healthy boundaries. Through my nonprofit, Seeds of Impact, I meet moms where they are and walk with through the challenges of parenting.

Learn more about it here:

seedsofimpact.org

**A
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ABOUT
ME...**



rachel gunn FAMILY COACH