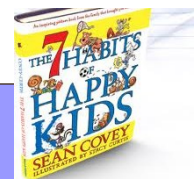


# HABITS IN THE HOMES



Synergise– Habit 6

April 2015

## Synergise

I value other peoples strengths and learn from them. I get along well with others, even people who are different than me. I work well in groups. I seek out other people’s ideas to solve problems because I know that by teaming with others we can create better solutions than any one of us alone. I am humble.

### What would this look like in the home?

All family members getting along with each other, respecting each other for who they are.

Discussion making is a family thing, everyone working together for the good of the family.

Working together, many hands make light work.

Parents and children working together for a common goal.

Goals	Actions	Outcome
To work together as a family for the good of everyone	<ul style="list-style-type: none"> <li>This has been mentioned in Habit 3 Think win-win. All family members have a part to play in the running of the home. Children have their schedule of roles and responsibilities to achieve daily.</li> <li>A task board set up for all family members . Same process as at school. (Roster)</li> </ul>	<p>Children understand that their contribution is of great assistance to the parents .</p> <p>Parents value the contributions offered by their children</p>
Planning meeting set for the preparation and organisation of the week	<ul style="list-style-type: none"> <li>Meeting once per week to reflect on how the task board is going, strengths, weaknesses and amendments if required. Remember it is a team approach not parent dominated. Maybe children have a say in the tasks they complete.</li> <li>Talk about what fun activities you would like to engage in as a family during the week. Everyone commits and parents ensure it happens</li> </ul>	<p>Self reflection– Am I contributing to the family as well as I should be, what is going well for me and for the family as a whole.</p>
Use a third person to assist when two parties cannot reach a solution. When a decision cannot be made the third person can provide an objective view.	<ul style="list-style-type: none"> <li>Because you cannot find a solution it doesn’t mean the other person is wrong.</li> <li>When having important discussions with family members a third person can provide a completely different view point.</li> <li>Listening to a neutral can provide the direction needed to find a solution.</li> <li>Teamwork</li> </ul>	<p>Family members understanding that to compromise can be productive.</p> <p>We cannot always be right.</p>

*Synergy values differences and seeks out third alternatives.*

*Synergy creates solutions that are better than those either of the two parties might come up with on their own.*

*Optimize your Childs’ strengths and diverse perspectives to resolve the issue.*

*Be humble. You do not have to have the right answer.*

*If needed seek out another person who might have a more objective or educated view and who might provide a better solution than you or*

**The All Blacks are a fine example of synergy.**

**Without all team members working together to produce the perfect game it simply won’t happen.**

**Life is the same, we cannot do everything by ourselves. Richie McCaw cannot beat the Springboks on his own but with the help of his teammates they will give it their best shot.**

**We need to run our homes with the same philosophy: Together is better!**

## Discipline Transaction

### What is it and how does it work?

Discipline Transaction is a strategy used by teachers to defuse problems instead of inflaming them.

As parents it is easier to use your power as an adult to discipline your children. I've got bad news, it simply doesn't work, all it does is dismantle the relationship you have with your children.

When children are aggressively disciplined they believe it is them that you do not like, they do not understand it is the behaviour that you dislike. This is reactive we need to be proactive.

Discipline Transaction is all about dealing with the behaviour and finding a positive solution that meets the needs of everyone.

Please view the example of how Discipline Transaction works. Refer to the scenario next to this passage.

## Things to consider !

- Your interests are important but your tamariki take priority. Sharpen the saw comes later, Habit 7
- Domestic disputes traumatise children more than anything else. When you have a disagreement do it behind closed doors and use the discipline transaction model to resolve your issue.
- Alcohol is the heart of family violence. Do not drink excessively around your children, have a drink but leave the big nights for adult only time.
- The families who want their children to be successful will make the Habits in the Home work. How important are your children to you?
- Proactive– You are in charge of you! All the decisions made by you are yours alone. You are in charge of you!

## Discipline Transaction– Scenario

Marvin and Moana are fighting over the one playstation control, Moana starts yelling at Marvin and he starts getting cheeky to her causing her to start crying.

Mum “Hey guys calm down and come over here and tell me what's going on”

Moana yells “He is getting cheeky”

Mum “ Sit down and take a deep breathe Moana”

Mum “ Marvin, can you tell me what happened”

Marvin “ I got the control and Moana wanted it and we started arguing, she started yelling so I got cheeky”

Mum “Thanks for your honesty, I appreciate that Marvin however getting cheeky is not going to help sort out the problem is it”

Marvin “I guess not”

Mum “ Moana is Marvin's story pretty true”

Moana “Yes , but I wanted a turn and he wouldn't let me”

Mum “ OK , what could we do to make this situation better”

Moana “We could have turns, 15 minutes then change”

Mum “ Does that sound fair Marvin”

Marvin “Yeah I guess so ”

Mum “ Cool, who knows maybe one day we could get a second controller but until