

LEADING KIDS 101

LEAVING A POSITIVE LEGACY BY LEADING YOUR KIDS INTENTIONALLY



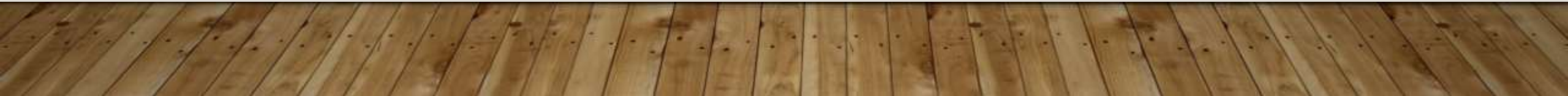
PARENTS ARE LEADERS

Parents are the most powerful influence in their kid's lives. The word 'lead' means going places and guiding others. Where are you leading your kids and how will you guide them? According to leadership research, everyone can be a good leader! What is the key? After studying leaders for 30 years in 70 countries, Kouzes and Posner discovered this: people become good leaders through learning. Really! So, when you take the time to learn just five fundamentals for leaders and some key practices, you can excel as a leader and a parent! Let's start by looking at the myths of leadership....



MYTHS ABOUT LEADERS AND THE FIVE FUNDAMENTALS

- The Talent Myth: Leadership is available to only the few naturally talented people. Truth: Leadership and parenting is a learned set of skills and abilities and all parents can be good leaders and great parents! The key, is believing you can be a good parent!
- The Position Myth: Leadership is a title or position. Truth: Good parenting, like leadership, is more than a title. Parenting and leading is about the values that guide your decisions and actions. It's about the vision you have for your family and your desire to excel as a parent.
- The Strengths Myth: You can only lead from your strengths. Truth: Leadership and parenting well means using your strengths and growing and learning in your areas of weakness. Challenge is important for leadership and learning.



MYTHS ABOUT LEADERS AND THE FIVE FUNDAMENTALS

- The Self-Reliance Myth: Leaders are self-reliant and superhuman. Truth: No one makes extraordinary happen alone. Good parenting requires a team (marriage) and other approved delegates such as extended family, friends, church, community to help shape a child's life experience. Engaging support is key!
- It Comes Naturally Myth: Good leaders are naturals, requiring little effort. Truth: Leadership and parenting require practice and sustained effort and training helps leaders reach expert levels. Parenting well means practicing deliberately those skills that make for better, more consistent parenting.



FIVE FUNDAMENTALS FOR BECOMING A BETTER PARENT/LEADER

The best leaders are learners. As a parent you have the opportunity to grow as a leader in many areas of life and to pass on these skills to your children over time.



FUNDAMENTAL ONE: BELIEVE YOU CAN

Believing that you can be a terrific parent is essential to developing your parenting skills and abilities. Continuous learning is a way of life for exemplary leaders, so you are never done learning.

YOU HAVE TO BELIEVE IN YOURSELF

1. Do you believe deep down you are capable of being a good parent? Nobody can put leadership into you. You must bring it out of yourself.
2. Choose a growth mindset: Engage in learning, reflect, read, watch others, attend training, get a coach. Engage!
3. Recommended: Daily affirmations, journaling, podcasts, process your own childhood and address painful moments that may hinder your view of yourself as a parent. Forgive, move forward.



FUNDAMENTAL TWO: ASPIRE TO EXCEL

To become the best parent you can be, you need to be clear about the core values and beliefs that guide your decisions and actions.

ASPIRE TO EXCEL

Top leaders focus on the people they care about and think about the future.

1. What are your core values and beliefs that guide your vision for your family? (create a family statement of faith, mission, vision and values)
2. What kind of legacy do you want to leave and model for your children? How you live and love others through your speech, conduct, priorities, work ethic, and play are powerful teachers.
3. Pick stories to read or movies to watch that are inspiring tales of people who chose to excel, even in adversity. Stories are powerful.



FUNDAMENTAL THREE: CHALLENGE YOURSELF

To develop as a parent and do your best, you must step outside your comfort zone. You must be curious, take the initiative to try new things, persist in the face of difficulty thinking more like a marathoner than a sprinter. Strengthen your resilience.



CHALLENGE YOURSELF

Challenge is the defining context for leadership and learning. In the best practices research, (which we will review after the fundamentals) every person experienced change, challenge and even misfortune. Sounds like parenting!

1. Seek new ideas, experiment, make mistakes, try again. Be curious, ask questions of other parents, coaches, teachers, experts. Your 'parents' way may not be the best way.
2. Don't settle, show grit, know your long-term purpose and pursue it with passion. Parenting is the longest commitment you will ever make outside of marriage. Find inspiration to think outside the box.
3. Be courageous. Parenting well requires courage at each stage and age!



FUNDAMENTAL FOUR: ENGAGE SUPPORT

In learning to be a better parent, you need connection. You need connections that are strong, close and personal. Connections open doors and you may have to initiate, create and sustain these relationships for parenting success.



ENGAGE SUPPORT

Top leaders seek out support, advice and counsel of others.

1. Parents can seek support from good role models and people who love your kids and respect your values: family, friends, neighbors, teachers, team parents, church small group, pastors, leaders.
2. For those situations that are extra challenging you will want to find a counselor who can give you honest feedback and help with specific situations. Set healthy boundaries on relationships that discourage you.
3. Find books you can read or podcasts that are inspiring and encouraging about the importance of your role as a parent. You need a feel-good experience and a reminder of what is at stake.



FUNDAMENTAL FIVE: PRACTICE DELIBERATELY

You can't become a better parent without practice, and you will need discipline to make your practice permanent. Being a good parent is a lifelong commitment, so give yourself grace and go for it!



PRACTICE DELIBERATELY

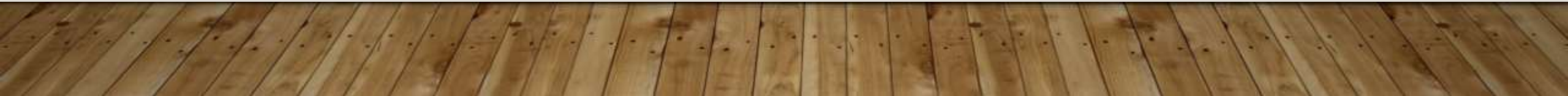
Practicing good parenting takes an environment of trust and respect and a daily commitment to learning. It is your responsibility to create this environment in your home.

1. Set parenting goals such as reading 10 minutes at night with kids, game night once a week, talk time at dinner, etc.
2. In January have each family member set goals in all five aspects: physical, intellectual, emotional, social and spiritual. (age appropriate-keep track, celebrate accomplishments throughout the year!)
3. Ask your children to share what they like about your parenting style, and what is hard about it for them. Personalities experience parenting in different ways. A great communication builder!



THE FIVE PRACTICES OF EXEMPLARY LEADERSHIP

THE FOLLOWING ARE THE COMMON PRACTICES OF EFFECTIVE LEADERS OBSERVED IN A VARIETY OF SETTINGS. HAVE FUN IMPLEMENTING THESE IDEAS IN YOUR DAILY LIFE.



PARENTS ARE LEADERS

Where are you leading your children?

What vision and outcomes do you have in mind for your family?

- Based on Kouzes and Pozner's research, the extent people engage in these five leadership practices, positive outcomes can include employee retention, classroom achievement, worksite safety, congregational growth, emotional intelligence, resilience, performance of family businesses, quality of patient care, group performance, team cohesiveness, satisfaction, motivation and production. Imagine what this can mean for your family!

MODEL THE WAY

- Set values by finding your voice and affirming shared values.
- Set the example by aligning actions with shared values.



MODEL THE WAY

- Clarify Values
 - Post a set of family values or rules on a wall. Kids love to see these!
 - Create a family contract such as technology contracts, driving contracts, etc.
- Set the Example
 - Put your phone down at dinner, during conversations, at their sporting events.
 - Watch TV shows that are family friendly.
 - When talking about others, remember kids are listening to your words, so model kindness.

INSPIRE A SHARED VISION

- Envision the future by imagining exciting and ennobling possibilities.
- Enlist others in common vision by appealing to shared aspirations.



INSPIRE A SHARED VISION

- Envision the Future
 - Set a family goal for saving money for a special vacation. Create a chart.
 - Help each child in their goals for a project, sport or class.
 - Inspire kids with possibilities by watching an inspiring movie or reading a book.
- Enlist Others
 - Collect money for a charity or a family friend in need.
 - Allow your kids to design their preferred bedroom or play space. Plan and save and create!

CHALLENGE THE PROCESS

- Search for opportunities by seizing the initiative and by looking outward for innovative ways to improve.
- Experiment and take risks by constantly generating small wins and learning from experience.



CHALLENGE THE PROCESS

- Search for Opportunities
- Take a Manners and Etiquette course, culminating in a dinner out!
- Help a teen son or daughter create business opportunities for yard work, babysitting, data entry work, etc.
- Experiment
- Go one weekend a month without technology.
- Let your older kids plan, buy and cook dinner once a month.

ENABLE OTHERS TO ACT

- Foster collaboration by building trust and facilitating relationships.
- Strengthen others by increasing self-determination and developing competence.

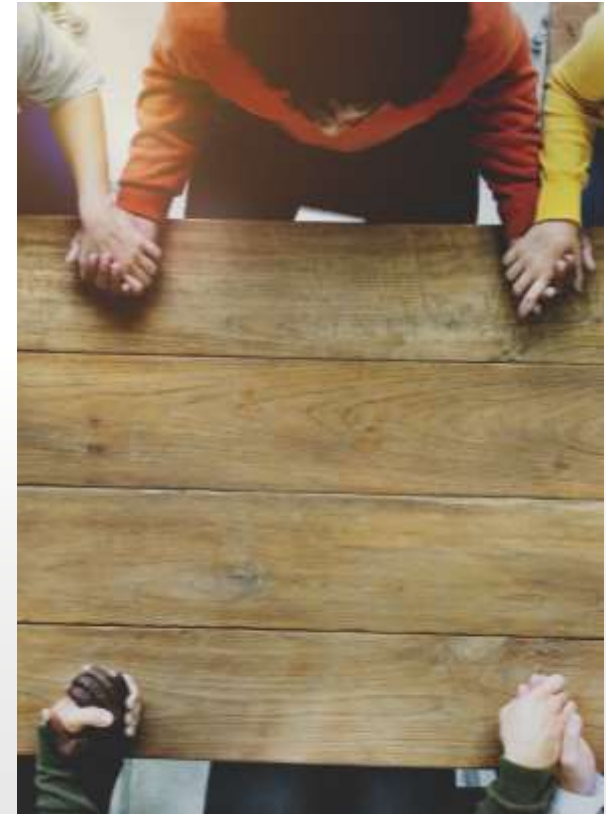


ENABLE OTHERS TO ACT

- Foster collaboration
- Sign up for a class as a family to learn a skill or sport.
- Invest time in relationship education for each child to enhance their social capital and soft skills.
- Learn a new language as a family.
- Strengthen others
- Clean out closets, donate gently used items to needy.
- Visit a Senior Center, bring gifts.
- Serve food to homeless or others in need.

ENCOURAGE THE HEART

- Recognize contributions by showing appreciation for individual excellence.
- Celebrate the values and victories by creating a spirit of community.



ENCOURAGE THE HEART

- Recognize Contributions

- Little kids can earn Mommy money and Daddy dollars for doing their chores. Keep a chart.
- Buy “I saw you do something good” cards to give when a kind or responsible act is done.

<https://www.finaltouchschool.com/product/caught-in-the-act-civility-cards/>

- Celebrate Values and Victories

- Every child is a gift, make sure birthdays and milestone moments are celebrated!
- Discover each child’s Love Language (and your own!) and connect with them in those ways.

<https://www.5lovelanguages.com/book/the-5-love-languages-of-children/>

YOU HAVE SUCCESSFULLY COMPLETED LEADING KIDS 101

CONGRATULATIONS!

- For these principles and more, we recommend you read Learning Leadership – The Five Fundamentals of Becoming an Exemplary Leader by James M. Kouzes and Barry Z. Posner.
- For relationship strengthening resources go to www.thelegacyinstitute.com
- For manners and etiquette training go to www.finaltouchschool.com

