



POSITIVE PRESSURE: FAMILY

Is the pressure we place on our kids a rocket that propels them forward or a meteorite that crushes them on impact? We always intend for our words to encourage our kids to do better, be more, go farther. But the reality is that sometimes that message gets lost in translation and our kids hear that they aren't doing enough or aren't enough in themselves.

We want to convey the message of positive pressure through the way we talk about our expectations and offer correction.

Expectations vs. Goals.¹

- Avoid setting expectations that are dependent on the outcome. Outcome expectations may sound like: We expect you to come in first in the talent show or We expect you to maintain straight A's, no matter what. Expectations like this can hurt our kids' feelings of competence and self-worth.
- Do set goals. Our society is very outcome-oriented, but instead of using words like "we expect" for their performances in school and extracurriculars, we can focus on "we have a goal." Goals give our kids something to strive for so that the way they go about it is more important than the outcome.

Punishment vs. Correction.²

- Avoid punishing or lecturing in anger. When we wait until we've had a chance to calm down, we're more likely to see their point of view and adjust the conversation accordingly. Discipline doesn't have to be a parent vs. teen situation.
- Do treat mistakes as a learning opportunity. When we correct from a place of love and understanding, we help our teens own their mistakes and learn from them. Most of the time, our kids already know what they did wrong, they just need guidance to take responsibility for that.

We want to place positive pressure on our kids, so that they are propelled forward instead of being crushed. We do this by focusing on goals and correction instead of expectations and punishment.

/// BEST 5 ///

THE BEST FIVE MINUTES OF THE WEEK

Do your family members tend to place positive or negative pressure on each other? How so?

Expectations of behavior are positive for formulating our family intentions and values. Why do expectations become negative if they focus solely on outcomes?

What goals are you striving for? Why do you frame that thought as a goal rather than an expectation?

How can you ensure that you and your teen are both in a calm, productive state of mind when dealing with a punishment/correction situation?

How do you help your kids learn from their mistakes? How do they help you learn from yours?