

## Epilogue

### It's Time to Launch

You're armed with the *Have a New Kid by Friday* strategies and ready to tackle those things about your child and your relationship that drive you crazy. You know why they do what they do, and that the volume and continuation of their war whoops have to do with you and the kind of parent you've been. And you're convinced more than ever that Attitude, Behavior, and Character are what really matter both now and in the long run.

For some of you, sparking that change using the *Have a New Kid by Friday* game plan may be fairly easy. Five days in the saddle and your children will be so bamboozled by the change in you that their mouths will be agape. *Why doesn't that work anymore?* they'll wonder. *It always used to get me what I want. . . .*

For others of you, *Have a New Kid by Friday* will set the stage for how your family will now be run, but your child may be more resistant, more set in his or her ways. The younger the child, the easier it is to mold that wet cement. Usually the older the child, the more difficult he or she is to shape, because some of the prints of Attitude, Behavior, and Character have already begun to harden.

Since you've begun this participant's guide, some of you may have already had some great successes. You've seen the tremendous power you can have as a parent in creating the kind of environment that encourages your child to reach his or her true potential.

Others of you have battled difficult situations with a child who was extremely rebellious and gave you all kinds of worries and sleepless nights. At last your child has turned the corner. Let me issue you a word of caution. Don't get smug or think you have all of life's answers in your back pocket. And especially don't get out your shovel and start being a bone digger. Leave the past buried in the past. Just be thankful that both you and your child have a new grasp on life.

You see, you're not perfect, and neither is your child. Sometimes your child will misbehave—and in colorful, exasperating, and embarrassing ways. Sometimes *you* will be the one who gives in when you know you

shouldn't, or the one who reverts to the old parenting style you grew up with. None of us are perfect, but the old adage is right: sometimes love has to be tough. And sometimes you have to be the one to deliver that type of love. Don't be afraid to let your kids know that you are very unhappy about a certain behavior or situation. Kids really do want to please you. The cubs in your family den don't like it when Mama Bear or Papa Bear is upset. So if you show tough love, the payoff will happen right in front of your eyes. You'll be amazed!

Today is *your day*. FUN DAY. The reward for your work and determination. The day you get to sit back and watch the FUN! The look of absolute confusion on your child's face when you launch your action plan will be priceless.

Your mantra should be, "I can't wait for that kid to misbehave, because I'm ready."

You too can experience what thousands of families already have: a complete revolution in their relationships and family life.

And with it comes a promise: "Oh, that their hearts would be inclined to fear me and keep all my commands always, so that it might go well with them and their children forever!" (Deut. 5:29).

## Appendix 1

# Have a New Kid by Friday Plan for Success

### Introduction

Identify what you'd like to change, and commit to this five-day plan.

### Monday

In order for your child to know you mean business (and to keep you calm and rational):

- Say it once.
- Turn your back.
- Walk away.

### Tuesday

It's all about the ABCs:

- Attitude
- Behavior
- Character

You understand where your child's attitudes came from, and you've done a check in the mirror for your own attitude. You understand why it's important to be aware of the purposive nature of your child's behavior. You're determined to hold firm in directing your child's character.

You also have the three simple strategies for success firmly in your mind:

- Let reality be the teacher.
- Learn to respond rather than react.
- B doesn't happen until A is completed.

### **Wednesday**

You're taking the long view in this journey of parenting. You've evaluated the kind of parent you are:

- Authoritarian
- Permissive
- Authoritative or responsible

You've evaluated how your parenting style influences the way your children respond to you. You are actively thinking of ways your Attitude, Behavior, and Character can be better balanced in regard to your children.

You've decided to focus first on your relationship with your child, realizing that without relationship, any rules will not be effective.

You've also decided not to make mountains out of molehills, and you're strategizing which areas really are important ones to address.

### **Thursday**

You understand the difference between self-esteem ("feeling good" about yourself) and true self-worth. You're evaluating how you can help your child develop the three pillars of self-worth:

- Acceptance
- Belonging
- Competence

You're determined to move from praise (focusing on how "good" a person is) to encouragement (focusing on an action).

### **Friday**

This is the day you go for it—you launch your game plan. Remember, there are no warnings, no threats, no explanations—only action and follow-through. Above all, there's no backing down, no caving in. Your child needs to know you mean business, or you won't accomplish anything.

## Appendix 2

### The Top 10 Countdown to Having a New Kid by Friday

10. Be 100 percent consistent in your behavior.
9. Always follow through on what you say you will do.
8. Respond, don't react.
7. Count to 10 and ask yourself, "What would my old self do in this situation? What should the new me do?"
6. Never threaten your kids.
5. Apologize quickly when you get angry.
4. Don't give any warnings. (If you warn your child, you're saying, "You're so stupid, I have to tell you twice.")
3. Ask yourself, "Whose problem is this?" (Don't own what isn't yours.)
2. Don't think the misbehavior will go away.
1. Keep a happy face on, even when you want to . . . do something else.