



Kinship Link

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Pro Kinship for Kids

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Life Savors: Simplifying Your Life

Far from being selfish or irresponsible, taking time for yourself on a regular basis can make you a better parent, spouse, worker - and a happier person as well. Nearly half of Americans feel they don't have enough time to do what they really want. Life is passing them by - or running them over.

In research, on dual-career couples, it is found that there are distinct differences in how men and women use downtime. Men spend their downtime doing what they want, and don't worry about it. Women typically use downtime to become more organized. Men seem to possess more of a sense of entitlement when it comes to time for themselves, the research shows, whereas women tend to feel guilty if they take a few hours off from their responsibilities. Simplification is the key. You must first let go of the attitudes that continually deny your health and happiness in an effort to be responsible.

Try simplifying your work and/or home life with these techniques:

- Set realistic goals; simplify your expectations. Life is filled with imperfections.
- Mark one day off your calendar a month to "catch up".
- Give yourself permission to play. Get as good at planning fun as you are now at scheduling work.
- Plan a day to work at home once in a while.
- Schedule a breather. Schedule one hour a day to allow some breathing space.
- Take five for yourself. Five minutes away from your work area can have a dramatic effect on your productivity.
- Schedule time to work on specific projects by scheduling work time in your calendar.
- De-clutter. Pick one section and start de-cluttering. Try handling things only once.
- Delegate. Stop trying to do everything yourself.
- Take a 1-minute speed whine. Find a friend, set a timer, and take turns whining about everything you can fit into one minute. If you whine fast enough, you'll end up laughing - the best stress-buster of all.
- Be spontaneous. Spontaneity is key to feeling like you're in control of your own destiny. Every once in a while, a change in routine can spark your spirits and your energy.
- Live beneath your means. Did you know that 80% of America's self-made millionaires are frugal? If you want to achieve economic independence, try buying only what you can afford, not what you think you need.

Everyone needs to renew, recharge, and relax. Only by breaking the chains of busyness

Life Savors: Simplifying Your Life continued

can we escape the prison of status quo and experience life. You don't need to set aside hours to reap the benefits of trying to build little blocks of fun into your day. The

trouble with most people is that they work so hard making a living that they don't have any time to live.



Setting Limits and Standing Firm

What are limits and why are they so important in parenting? Limits are specific behavioral expectations parents set for their children. Setting limits defines the boundaries for acceptable behavior. Parents show their love, concern, and willingness to parent children when they set and use reasonable limits. But there is something funny about limits - children will never say they want/need/like them. However, children need clear, reasonable limits just as much as they need food and shelter. Limits are the foundation of parenting responsibility.

There are two behaviors we see from children reared without limits. Some children will withdraw, too frightened to test the boundaries by themselves. Other children will deliberately misbehave to see who is watching to step in and provide the limit.

There are four functions of limits. Limits protect people from physical harm, protect property, prevent psychological harm, and promote respect for others.

Limits must reflect your deeply held values. This conviction is what you draw on every time the limit is broken/tested, and you must enforce it.

Set Reasonable Limits

Reasonable mean limits that allow a child to succeed. Tune into the child's individual personality and needs. Expecting too much can lower self-esteem and cause stress in your child. If a child can not be good at succeeding, he/she is going to be tempted to be good at failing.

Clear and Positive

Limits tell children what to do and how well it should be done. Make sure you have their attention. Children who understand the limits are much more likely to assume responsibility for their actions.

Consistent

Limits should not change from day to day or setting to setting. Parents should discuss and agree on limits before they are presented to the children so there is a consistent response.

Adapting

Many limits continue from year to year. Other limits should be changed as children grow older.

Input

By involving the child in "limit discussions," parents are more likely to gain their children's cooperation in meeting the limit.

Whys

Explain the "why" behind the limit. If children understand the whys,

they are more likely to accept them.

Enforceable

Children are going to "try" the limit, and parents must be willing to stand tough. In testing the limit, children are testing parental commitment to their word. Children want their parents to love them enough to stand up for their deepest beliefs consistently.

Here is what you need to do:

- Show interest in what your child does. When you think children are about to misbehave, ask them to talk about what they are doing or what they have considered doing. This discussion might distract them from misbehavior.
- Ask the child to restate the rule. If children know a rule and are acting on impulse, ask them to stop what they are doing and identify the limit they are breaking. Tell them whether their description is correct.
- Use humor. When a lighthearted approach might work, use a humorous exaggeration to make a point or remind children of what you expect of them.
- Express strong disappointment. Describe honest feelings or discouragement or apprehension about a misbehavior.