



Happiness in the Home

by Tom Dozier, BCaBA
www.LDSParentCoach.org



1

Let us be a happy people. The Lord's plan is a plan of happiness. The way will be lighter, the worries will be fewer, the confrontations will be less difficult if we cultivate a spirit of happiness.

Gordon B. Hinckley



2

You can't force your boys, nor your girls into heaven. You may force them to hell, by using harsh means in the efforts to make them good... Our children are like we are; we couldn't be driven; we can't be driven now... We won't be driven. Men are not in the habit of being driven; they are not made that way.

*Joseph F. Smith,
Teachings of the Presidents of the
Church – Joseph F. Smith, p.253*



3

Anger should never be permitted to rise in our bosoms, and words suggested by angry feelings should never be permitted to pass our lips. 'A soft answer turneth away wrath, but grievous words stir up anger.' [Proverbs 15:1].

Brigham Young



4

If we desire to have a proper spirit with us at all times, we must choose to refrain from becoming angry.

*Thomas S. Monson
October 2009 General Conference*



5

What is happening

- Modeling – Children learn from parent example
- Paired experiences
- Setting events
 - Parent scolds child -> child behaves poorly
- Reduces positive influence of parent
- Reduces cooperation of child



6

Positive vs. Negative Consequences

Negative Consequences (avoiding something)	Positive Reinforcement (rewards or getting something)
<ul style="list-style-type: none"> • Reduce child's ability and desire to behave • Reduce parent's positive influence • Produce only enough behavior to avoid the consequence. <p>•The behavior can take on the feelings of the consequence</p>	<ul style="list-style-type: none"> • Increase child's ability and desire to behave • Increase parent's positive influence • Produce behavior to earn the consequence, plus extra, discretionary effort to earn more positive consequences. •The behavior takes on the feelings of the consequence. • Behavior will generalize to other behaviors. The child will become creative looking for good things to do, even in totally unrelated areas.

Everyone is happier with positive consequences!

Choose to Not Get Angry

We can lower our voices a few decibels. We can return good for evil. We can smile when anger might be so much easier. We can exercise self-control and self-discipline and dismiss any affront levied against us.

Gordon B. Hinckley

Choose to Not Get Angry

- Choose to stay calm and in control of self
 - "No one can make us angry. It is our choice." (Thomas S. Monson)
 - What is most important?
 - Enjoy the experience
 - How bad is it? (scale of 1 to 10)
 - Think, "I don't want to make things worse."
 - Parent time-out (to calm down)

Attention Builds Behavior

- You get more of what you focus on.
- Parameters for the value of attention
 - time
 - close proximity (distance to child)
 - touch
 - words
 - emotion

Choose to Be Happy

- Count your blessings (be specific)
- A parent's job is to serve and sacrifice
- Enjoy the moment
 - Focus on what is happening – experience it
 - Refuse to dwell on problems
 - "Yesterday is history, tomorrow is a mystery, but today is a gift. That's why it is called a present." (Master Oogway, Kung Fu Panda)
- Don't catastrophise.
 - Today is not forever!
- Being happy will make things better!

"At times our children may not be in possession of a good spirit; but if the parent continues to possess the good Spirit, the children will have the bad spirit but a short time."

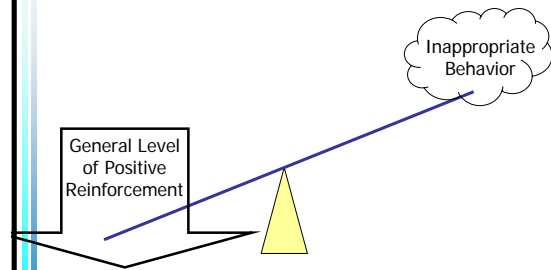
*Brigham Young
DNSW, 7 Apr. 1868, 3*

“The key is for parents to establish the quality of the environment and refuse to allow the annoying, disruptive behavior of unhappy children to dictate the mood or course of their behavior”

Dr. Glenn I. Latham,
Christlike Parenting

13

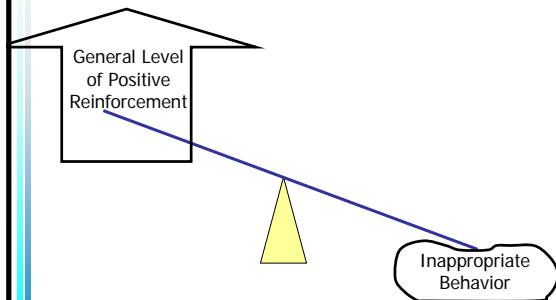
General Level of Positive Reinforcement vs. the Incidence of Inappropriate Behavior



Dr. Glenn I. Latham

14

General Level of Positive Reinforcement vs. the Incidence of Inappropriate Behavior



Dr. Glenn I. Latham

15

Keep Calm

- Respond to anger and strong emotions with empathy and understanding.
- “Pleasant, positive interactions between parents (and grandparents) and children always, in the long run, produce the best results.” (Dr. Glenn I. Latham)

16

Handling Problem Behavior

- Stay calm (easier said than done)
- Redirect (or Stop-Redirect)
- Ignore
- Empathy
- Expectations
- Avoid punishment
 - Help child to making amends
- Minimize your time and energy

17

Handling Problem Behavior

- Past behavior is the best predictor of future behavior.
- Discipline ≠ Punishment
- Discipline - Training that molds or corrects
- Make a plan

18

Handling Problem Behavior

- “You can coax them; you can lead them by holding out inducements to them and by speaking kindly to them.” (Joseph F. Smith)
- “Research has shown that the most effective way to reduce problem behavior in children is to strengthen desirable behavior through positive reinforcement rather than trying to weaken undesirable behavior using [punishment].” (Dr. Sidney W. Bijou)
- Use incentives to help your children do the things the need to do. (an apostle visiting Livermore)

19

Behavior Plan

Anticipated Behavior	Good Behavior Plan
Desired behavior:	
Inappropriate behavior:	

20

Parenting Tools

1. Make changes to make good behavior easier
2. Model appropriate behavior
3. Use your attention – positive home environment
4. Reinforce/acknowledge desired behavior
5. Ignore junk behavior (Pivot)
6. Teach desired behavior (expectations)
 - Provide motivation (incentive)
7. Grandma’s Law
8. Stop-Redirect-Reinforce
9. Time-Out from positive reinforcement
10. Role play / practice
11. Ask, Don’t Tell
12. Punishment (known in advance)

21

“It is our responsibility to create a Christlike ‘world’ in our homes, a safe place where children behave well because they enjoy the pleasant consequences of doing so, rather than to avoid the unpleasant consequences of behaving badly. It is a world in which the child thinks, ‘I know my parents will acknowledge and appreciate me’ rather than thinking ‘I am only doing this because I don’t want to be beat on’ (verbally or physically).”

*Dr. Glenn I. Latham
Christlike Parenting, p52*

22

Happiness in the Home

- “Children need sunlight. They need happiness. They need love and nurture. They need kindness and refreshment and affection. Every home, regardless of the cost of the house, can provide an environment of love which will be an environment of salvation.” (Gordon B. Hinckley)
- Lift up your head and be of good cheer.

23

LDS Parent Coach.org



Tom Dozier, BCaBA

LDS Parent Coach / Guaranteed Parent Training
5801 Arlene Way, Livermore, CA 94550

(925) 371-1576

tom@LDSParentCoach.org
www.LDSParentCoach.org

24