

The Richardson Studies Family Series Vol. 4

Parenting Methods

Solutions for Marriage, Parenting, & Family Crisis



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“Motherhood ... is not something to do if you can squeeze the time in. It is what God gave you time for.”
-Elder Neil Anderson

About this Volume

Some marriage topics include highlights from John Gottman’s 7 marriage principles, & more.

Some parenting topics include: Building Faith in Children Through Love & Limits, Expectations & Responsibility, When Kids Resist Religion, General Adolescent Rebellion, Adoption & Trauma, Spank Debate, Common Parenting Mistakes, Traditional Infant Care, Four Parenting Methods, Privileges, Trust, & Work, Printout Guidelines, Building Intrinsic Motivation, Family Counsel, Food Issues, Typical Rules & Developmental Guidelines, Etc.

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Abbreviated Contents

Part 1: Marriage Counsel

Part 2: Parenting Methods

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PART 1: MARRIAGE COUNSEL

How to Communicate with Your Spouse

I've heard women say they want to be listened to, not given advice. While this can be accommodated to an extent, it's not fair to ask a man to just sit and listen to his wife's complaints and ask him to be restrained. Men love their wives. Thus it is in their nature to try and help them. So, just as wives need to be listened to, so do husbands need to be listened to. When a husband offers advice to his wife's problem, let her not say a thing like, "I didn't ask for advice, I just want you to listen!" That is rude of her to say. Let her rather say "I appreciate that you're thinking of a way to help me. I'm not sure that would be the best option. Allow me to tell you more about my situation." The husband learns to listen to his wife, but the wife also learns to listen to her husband. Husbands hate hearing wives in distress longing for help, so they offer help. The wives may not think that offer ideal. Similarly, wives hate to hear husbands speaking of their ideas of what to do, so they say they don't want to hear about those plans. The husbands may not think that suggestion ideal. So you see, both husbands and wives need space to speak in their own way, and to be heard. Men like to talk about action, women like to talk about feelings. Though there can be times when more emphasis is given to woman's speech, there must be other times when more emphasis is given to man's speech. Seldom should conversations be one sided. A conversation between a man and his wife can be difficult because of inherent differences in male and female speech preference, but they can learn to accommodate each other within a conversation. Women thirst for "being heard & acceptance", and men thirst for "collaboration & building". Let each spouse have in mind not only their own needs, but the needs of their other half, their spouse. Though male prefers one method of speech and female another, both have interest in both types. For the man to insist on his preferred speech all the time would be him using his wife as a door mat, and for the woman to insist on her preferred speech all the time would be her using him as a door mat.

Keeping a Latter-day Saint Marriage Alive: Q&A with a Friend

Topics:

1. Disclaimer: Limitations of and Suggested Sources for 3rd Party Marriage Advice
2. "My spouse wants to change me"
3. "My partner says I'm not giving my best effort since we got married"
4. "My partner complains that I'm a stay at home mom, says I don't do anything"
5. "My spouse and I have been arguing a lot, serious side effects are arising"
6. "Some say I shouldn't make such a big deal of our marriage issues"
7. "My spouse says my criticism of him and the opinion of my therapist are one sided and thus irrelevant"
8. Note: a few things to do regularly

Disclaimer: Limitations of and Suggested Sources for 3rd Party Marriage Advice

You're aware that when possible we keep marital issues inside the marriage, but you also understand that more serious/ongoing issues can necessitate a different approach.

Your councilor and bishop can go into more specifics and detailed plans for your marriage, I will keep things on a general basis.

Since I only know a little about your situation some of what I say can be irrelevant or offensive, so apologies in advance.

-
1. "My spouse wants to change me, is nagging et."

The wanting to change your spouse thing is tough, because we want to help each other be our best selves, but the issue is when we are impatient or proud about how we go about that. I'm sure there are things in your husband you'd like to change, just like there are things in you he would like to change. I've heard some speak of accepting their partner as they are; there is much of that which needs to go on, but a high expression of love is seeking someone's growth. But this must be done in the Lord's way and time.

-
2. "My partner says I'm not giving my best effort since we got married"

As for a complaint of not giving full effort since marriage, we often have ideas pre-marriage which don't reflect reality post marriage. It's natural to want 'Zion' to come faster than its coming, but we have much to learn about what 'Zion'/ideal really is, and how to get there. It's like the ancient missionary question 'why doesn't God just send angels to preach and baptize everyone?' The answer being baptizing is only half the goal, the other half is teaching missionaries how to work with people. Having the weekly family meeting will help spousal complaints be regular and from both sides rather than occasional blowups from one side or the other.

3. "My partner complains that I'm a stay at home mom, says I don't do anything"

As for being a stay at home mom, my wife is too. I think that is a very special arrangement. I think a core issue here is that we must avoid comparing ourselves to others. It's also quite popular to have both spouses contribute to the family income; That may or may not be the right thing for your family. I for one believe housekeeping and childrearing is more than a full-time job. Different families have different systems of who does what, it seems the best is to let whoever is most interested/skilled in a thing oversee that thing, be it shopping, cooking, budgeting etc., though both should be sensitive to each other's needs and wants.

4. "My spouse and I have been arguing a lot, serious side effects are arising"

- Something that me and everyone else needs is marriage education. I've been married about 5 years, studied family life in college, and still it's hard for me often to work on my marriage. Point being, it's hard for any man to deal with emotional/marital issues. You can suggest to your husband in a polite but important way that you want to do regular marriage education studies with him, be that in an informal (the YouTube videos, or reading marriage books together) or if he is willing, seeing a bishop together (can see him alone too, but seeing him together is genius) or a therapist together. Your husband holds religion as a high priority so try and get an LDS therapist. My wife and I worked with a great lady at the BYU therapy place named Lauren Barnes her contact info is 247 TLRB (801) 422-3889 lauren_barnes@byu.edu. Your bishop will likely have other local resources for therapists. Men often resist therapy so you may have to be creative (and patient).

-One of my favorite therapists is Dr. John Gottman. He has lots of YouTube videos which make for good FHE and date night material. Short clips that help start conversations etc. Gottman is famous for his '4 horsemen of the apocalypse' (defensiveness, contempt, stonewalling, criticism) which he says if remain present in a relationship will, like the apocalyptic horsemen, bring destruction to a marriage. Gottman gives examples of these. I.e. Defensiveness is when you tell someone an issue and they throw it back at you rather than taking accountability for it. Stonewalling would be like refusing to go to couples counseling. Criticism would be like focusing on the lacking aspects of one's spouse.

5. "Some say I shouldn't make such a big deal of our marriage issues"

-This brings up another thing I wanted to mention: when people are dismissive about your marriage problems, saying it's just a phase, give it time, etc., beware that council. Divorce is a real thing and happens to amazing people like your husband and yourself who find themselves in difficult, even if only temporarily difficult, circumstances. Marriages need lots of maintaining, its particularly hard for men to understand that. If your husband is anything like me, he will think he is doing a great job, and learn that he needs to do even more to meet the high bar marriage sets for men to rise to. I think men underestimate how difficult managing a marriage can be, I know I do. Getting your spouse to be committed to relationship education and maintenance is perhaps the biggest hurdle. This doesn't mean be doom and gloom, it means follow your promptings about issues that need addressing. You can do this while heeding the council of your therapist to 'not let things bother you so much'.

-I recently discovered FB groups, there's one called LDS healthy sexuality for women where women can bring up hard marriage questions in a private group. There are others but that's one I know of specifically for women. I'll bet they're willing to talk about more than just sexuality since everything plays into sexuality. There's probably some called 'LDS mothers' or 'LDS marriage' which may be a better fit for you. I like LDS groups because they have a unique understanding of the standards and ideas we face as LDS people. There are some FB groups like these for men.

6. "My spouse says my criticism of him and the opinion of my therapist is one sided and thus irrelevant"

-The idea about a 'paradigm shift' being irrelevant because its only your perspective; That's where couples therapy is so key: getting him to go with you to see bishop & therapist. It's important that you both feel like your voice is being heard! Only then can you build solutions together. To me, this is sort of impossible if only 1 of you is getting therapy. Some

people don't trust therapists but trust bishops, you may need to start there and get to couples therapy a little later. If that's the situation, it would help if a bishop could suggest to you together that you have marriage counseling. Often the church will even pay for it. I was a finance clerk I know. If you've hit a wall and he won't talk to bishop with you, let him know how serious this is – the suicidality, the thoughts of running, etc. Tell him you love him but that you need help, and that to get that help he needs to be present for the therapy/bishop meetings at least some of the time. (The school of psychology and the school of family studies sort of split on this idea: the need for individual therapy vs the need for therapy with family members involved, that's why I studied family studies instead of psychology, my strong belief in couple's therapy.) Seeing a bishop together for a while may be sufficient and you won't need to see a professional therapist together. Bishops are a good place to start. Bishops can discern council for you, often that council is to get professional counseling. Again, most guys resist the idea of counseling; ya'll may not need it but with the symptoms you described, I'd say better safe than sorry, and it can only help. There is no shame in getting couples therapy, only shame in avoiding marital problems. And don't be ashamed of your symptoms. I'm not saying I know what ya'll should do, I'm just saying that therapy is in my experience 95% of the time helpful for these important situations/road blocks. Ya'll may do a few months and sort things out and be good to go, ya'll may need to do couples therapy for a long-term basis – either way, it's worth it if it means saving a marriage or making a good marriage into a great marriage. You may be able to sort things out without therapy, but one thing is certain: some sorting out needs to happen, and it's probably not going to happen overnight.

7. Note: a few things to do regularly:

-A few housekeeping items: Make sure you're doing these specific things the prophets have suggested for family success: 1. Couple prayer 2. Couple scripture study 3. Family meeting (for planning, budgeting, bringing up issues, giving compliments, etc.) 4. Weekly date night 5. Monthly temple. These aren't the end solution, but they're important to move things forward. (*Not the endgame, but gamechangers)

The 7 Principles of Successful Marriage by John Gottman, PhD – Book Highlights & Commentary



Hear the full book here <https://youtu.be/UyuhOSTvCC0>

The following notes are in my own words and do not completely represent the ideas and intended message of the author. Various principles I found meaningful are shared here with added commentary. Be sure the use the full text for more great ideas.

I enjoy Gottman's series of questions, they remind me of the questions in Alma 5 to gauge whether one's soul is alive, but here they gauge whether one's marriage is alive. The teachings in this book for marriage are also very helpful for parenting where applicable.

Introductory Messages:

After listening to a couple interact for as little as 5 minutes he can predict with 91% accuracy which marriages will

succeed and which will end in divorce.

Within 4 years of marriage **67%** of them will end in divorce.

Most divorces **happen within the first 7 years** of marriage.

People who have divorced once are 10% more likely to divorce again.

People take marriage for advantage, they don't realize it takes nourishment to live.

Therapists go based on their own experience and values, they don't give council based on scientific data.

Emotional intelligence is now being recognized as a major factor in predicting a child's future success.

An unhappy marriage can increase your chances of getting sick by 35% and shorten your life by an average of 4 years. But happily married people are healthier and live longer than people who are divorced or who have unhappy marriage.

Happily married people have stronger immune systems.

If bodybuilders would spend 10 minutes of their workout time each day working on their marriage instead of their bodies it would give them much more health advantages.

Children from homes with bad marriages and high stress were followed over the years and were found to measure more negatively in various areas - they were more aggressive, they did worse in school, had a harder time with getting along with peers, etc.

Divorced parents continue to fight, so children of those marriages are often no better off after the divorce than they were before it.

Therapists focus on telling people to use good communication skills like active listening, but this doesn't work .

Even if you're making "I statements" about how what the other person is doing, the other person still knows those are indirect attacks on you and they won't take it well. For some people communication skills helps but for most it doesn't. It only helps 35% and a year later it's half of that.

Happily married people can have loud arguments without their marriage being hurt.

It's **false that personality problems ruin** marriages.

The key to marriage is not having a normal personality, it's finding someone with whom you mesh.

A person who doesn't like authority and doesn't like working with bosses should not marry someone who is bossy and gives commands. This person will be able to have a happy marriage with someone who treats him like a partner.

(Note: It helps if you mesh, but even people with differing personalities can learn to make a marriage work well.)

It's false that common interests will keep a marriage together.

Happily married people don't keep score about what the one does for the other, to calculate what they need to do, they just spontaneously out of love do things for the other.

Happily married people do **little things to accommodate** their spouse because they know their spouse has that preference.

It's false to say that a couple needs to hash out every problem to have a happy marriage. The reality is that when you're upset with your spouse, walking away from the situation or brushing it under the rug can be a good thing. They can then later they can come back together like nothing happened, and that actually does work when a marriage is strong.

There are different styles of resolving conflict in a marriage; you can use whatever style works for both people. Some people like to talk out conflicts, other people like to close it off and forget about it, some like to negotiate, etc.

Getting people to disagree in a nicer way does reduce stress levels, but it's not enough to pump life into a dying marriage.

Happily married people have just as many arguments as unhappily married people. The difference is the happily married people know how to get through it.

Friendly married people understand that when one of them is on edge it's not to be taken as a personal attack, it's just that

something is bothering them.

It's false that affairs are the most common thing that leads to divorce. Affairs are more of a symptom of a failing marriage than a cause of it. Usually **affairs are less about intercourse and more about friendship**, caring, & affection. Most married couples break up because of a lack of affection. **For both men and women the quality of romance & intercourse is based on friendship.**

Now that so many women work out of the home the number of marital affairs by women has skyrocketed. Women now have more affairs than men.

His marriage workshop relapse rate is 20% while most of the nation's percentage is 30 to 50.

Friendship (meaning mutual respect and enjoyment of company) is what happy marriages are built on. They know each other well, they know each other's hopes and dreams.

A fragile marriage will have a hard time with someone who has a long work schedule, but a strong marriage finds ways to get around that (like calling each other at different times of the day to see how things are going).

Your body has a set weight that it will usually stay at, so dieting doesn't really work unless you also exercise to help the metabolism (note – that's mostly true, but a really good diet will work regardless, though fitness obviously helps.). Marriage is similar with the amount of positivity and negativity, meaning for positive marriages it takes a whole lot of negative to really bring it down. A little negative here and there won't bring it down. For marriages which are very negative, just a little positive thing here and there won't turn it into a positive marriage, it needs some overhauling.

Superficial conflicts are driven by bigger issues underneath.

When marriages are based on friendships it **doesn't mean there will be no arguing**, it means they **won't let the arguing get out of hand.**

Repair attempts are a secret weapon of emotionally intelligent couples to keep arguments from escalating out of control. Almost everyone messes up during marital conflict, what matters is that the repair is successful.

A surprising truth is that **most marital conflicts cannot be resolved** (we just learn to deal with them in manageable ways).

All married people will admit that their marriage is not perfect.

As divorce gets near people live together but are like ghosts haunting a marriage that used to exist and they have no interest in each other's lives.

Criticism contempt defensiveness and stonewalling these are ***the four horsemen of the Apocalypse of marriage*** and they enter marriage in that order.

Criticism: You'll always have complaints about people you live with but there's a **difference between complaints and criticism**. Criticism tacks on negative attributes of a person's personality to the complaint. Complaints are about a specific thing, but criticism attacks someone's character.

Contempt is hostility, name calling, etc. Contempt conveys disgust and it is the **worst of the four** horsemen. Contempt is **when criticisms become global** like saying you **always** do such and such. Belligerence is similar to contempt: it is aggressive anger with a threat.

Defensiveness is blaming your partner for your problems. When you are defensive you ignore repair attempts from your spouse and you refuse to let them win.

Stonewalling is when one partner eventually tunes out. This is more common among men. Instead of facing the marriage, the person walks out when there's a problem. The stonewaller gives no feedback when the spouse is speaking. Stonewalling happens after negativity from the first three horsemen become negative enough and heavy enough to where the person wants out.

When a spouse floods you with criticism or contempt, all you can think about is protecting yourself from the turbulence the spouse will cause and the way to do that is to disengage emotionally from a relationship.

Habitual harshness and flooding leads to stonewalling, then comes divorce.

Flooding is more common among women and stonewalling more common among men, but either the man or the woman, whoever floods, the other will respond by stonewalling eventually.

Gottman measures the biological responses of people while they're talking to each other. Blood pressure, heart rate, sweating, etc.

When you have all of these signs of stress you have an innate feeling of fear.

Note - as is common, Gottman like other scientists today tows the line of "we were once cavemen and we still have some of that" and related nonsense. This is not a necessary line of thought - just because we get afraid etc. does not mean we used to be cavemen.

The amount of milk a woman produces is caused by the amount of relaxation oxytocin they experience.

Men are more prone to become anxious and upset when marital problems are brought up, they have this reaction in general; for example, if a loud noise happens, men will be more startled and have a higher blood pressure for longer than women.

You can listen to a newlywed couple have an argument and see how they do it and predict the rate of success of their marriage.

Note - of course well-meaning people can learn new skills etc. to change old habits and methods of dealing with things and change their success percentage predictions. More accurately, and I'm sure Gottman would agree, would be to say that by measuring such a conversation, the success rate can be calculated that if they DON'T change their ways, their end is near with the present broken methods.

The presence of the four horsemen in a marriage make it an 80% divorce probability, but when you add in failed repair attempts (repair attempts being ignored), the probability goes up to 90%.

84% of marriages where the four horsemen were present but they repaired successfully were still married happily together 6 years later.

Even telling someone to stop yelling at you can be a successful repair attempt.

The repair attempts do not have to be fancy or perfect, they will work if the marriage is in a good state.

When the four horsemen are there to stay in a marriage, no matter how good the repair attempt is, it gets rejected.

There are actually more repair attempts in bad marriages than good marriages because in the bad marriages they keep trying and trying to no avail.

The quality of the **friendship in the marriage is what determines whether repair attempts will work.**

In a strong marriage they view the history of their marriage as positive and they see the good that came out of it even in the hard times; but in a weak marriage they see the negative in everything about their marriage, they rewrite history to emphasize all the negative and exaggerate the negative.

Note - we see this really well in the Book of Mormon with the Nephites and the Lamanites, where the Lamanites are always complaining about how the Nephites "wronged them". The Lamanites had learned to blame all their problems on the Nephites, and cultured contempt (hostility) toward them.

Marriages with aren't doing well when the people can't remember the good times, they can't remember the positives that

led them to get married in the first place, etc.

Note - this is why it's important to review photo albums, etc.

In a happy marriage a sign of affection is just, that but in an unhappy marriage a sign of affection is interpreted as 'the other person must want something from me'.

When the history gets rewritten in a negative way, the marriage is about to fail.

Note - This also tells us a lot about the progressive rewriting of church history and the progressive rewriting of American history - these institutions are being attacked in a very effective way. Enemies get people to see things as inherently negative, and the people abolish the institutions on their own.

Some people leave a marriage literally by divorcing, others leave a marriage by checking out emotionally. Inexperienced therapists can see a couple and often not tell that one of them is already checked out of the marriage, even though the couple is not constantly arguing etc.

Steps toward breakup:

- 1 you see your marital problems as severe
- 2 you try to solve problems on your own
- 3 loneliness ensues
- 4 you start living separate lives

A harsh startup to a discussion is a sign the marriage is in very bad shape.

Gottman Marriage Principle 1: Sharing Love Maps

A marriage which is about to hit rock bottom can often be revived if the proper help is applied. Bad advice from a therapist to just negotiate your differences and improve your communication won't suffice. It's not just about teaching people how to argue. **The key is not in what you do when you're having argument, it's what you do when you're not having an argument.** That's how you generally get along. The key is to strengthen the friendship at the heart of the marriage.

Emotionally intelligent couples are intimately aware of each other's world. In other words, there is a richly detailed love map where you store information about your partner's life. If you don't really know someone how can you truly love them? It's telling that the biblical term for sexual love is "to know".

67% of young couples after having their first baby experienced a decrease in marital satisfaction. But for many of the rest of them their marriage improved, and that is because they had detailed love maps all along.

When you become a parent it's such a significant change that your whole sense of who you are is changed.

But if you're in the habit of staying up to date with your spouse you'll learn who this new person is as they develop you won't just be surprised by a new person that you're not connected to.

Having a baby is just one major life event that can cause couples who don't have a detailed love map to separate. Any major life-changing event can cause the separation.

No matter how busy, married people should daily check in on how their spouse is doing, and once a week they should go out to dinner and talk about whatever.

Note: It's similar for children. Keep checking in and have a weekly family night.

Even if a couple does not know each other for very long before they get married they can still have detailed love maps and deep intimacy by knowing who the other person well, not just their hobbies but their hopes dreams fears etc.

Note – Ayn Rand said that people with honest intentions don't need great introductions, they aren't hiding things, you can get to know them quickly. This is right, and is why some couples meet and date for only a short period of time before creating a lifelong happy marriage.

Some ways to develop the love map:

Can you name your partner's best friends?

Can you say what stresses your partner is currently facing?

Do you know the names of some of the people who have been irritating your partner lately?

Do you know some of your partner's life dreams?

Are you very familiar with your partner's religious beliefs and ideas?

Can you explain your partner's basic philosophy about life?

Can you list the relatives your partner likes the least?

Do you know your partner's favorite music?

Can you list your partner's three favorite movies?

Is your spouse familiar with your current stresses?

Do you know the three most special times in your partner's life?

Do you know the most stressful thing that happens to your partner as a child?

Can you list your partner's major aspirations and hopes in life?

Do you know your partner's major current horrors?

Does your spouse know who your friends are?

Do you know what your partner would want to do if they suddenly came on a large amount of money?

Can you explain in detail your first impressions of your partner?

Do you periodically ask your partner about their world right now?

Do you feel that your partner knows you pretty well?

Is your spouse familiar with your hopes and aspirations?

When you know each other well you'll be able to handle problems that will arise in your marriage.

Take the time to get to know more about your spouse because people's lives change so you **need to update** the love map.

Getting to know each other should not be a chore, it could be one of the greatest joys.

Play a game that helps you get to know each other better. Could have pre-written questions and points for having them answered.

Can you describe in detail what your partner did today or yesterday?

What is your spouse's favorite way to spend an evening?

What was one of your spouse's best childhood experiences?

What is your spouse's preferred method of soothing?

What are some important events coming up in your spouse's life and how do they feel about them?

Know what your spouse is most sad about and what medical problems ail them?

Who are two people your spouse looks up to and someone who is their rival?

Do you know your spouse's social security number?

Make love maps right down the basics. The point is to listen and learn about your spouse not to give advice during these type of exercises. The love map should be long and deep. Even if you think you are an open book there's always more to learn.

Don't take advantage of knowing about your spouse's life, keep that information updated. It is an ongoing and lifelong process to get to know your spouse. Feeling known and understood is one of the greatest gifts you can give to someone.

Write a mission statement for your own life, your interests hopes etc., goals for the long term.

Who you want to become

What you have already faced.
What you have failed to develop.
Who you want to be in 5 years.
Write your own tombstone & obituary

Gottman Marriage Principle 2: Nurture Your Fondness & Admiration

If there's some glimmer of a fondness and admiration, there is hope to save a marriage.
Recount your courtship. By looking at the past you can often come up with embers of positive feeling.
If married people do not feel respect for each other, the marriage is doomed.

Ask:

Can you easily list the things you admire most about your partner?
Do you often find ways to tell your partner you love them?
Do you often touch or kiss your partner affectionately?
Does your partner really respect you?
Do you feel loved and cared for in this relationship?
Do you feel accepted and liked by your partner?
Do you feel that your partner is attracted to you?
Do you feel fire and passion in the relationship?
Do you feel romance is definitely still part of the relationship?
Are you really proud of your partner?
Does your partner really enjoy your achievements and accomplishments?
Can you easily tell why you married your spouse?
If you had to do it all over again would you marry the same person?
Do you rarely go to sleep without some show of love and affection?
When you come into a room is your partner glad to see you?
Does your partner appreciate the things you do in the marriage?
Does your spouse generally like your personality?
Is your intimate life generally satisfying?

The simple act of discussing the positive things about the history of your marriage generates tremendous power as you solve problems in your marriage.

Ask:
What was it that initially attracted you to your spouse?
How long did you know each other before marriage what do you remember about the highlights of this period and some of the tensions?
What made you decide to marry this person as opposed to anyone else in the world?
What do you remember about your marriage wedding and your honeymoon and the first year of marriage?
What was it like making the decision to become parents?
Many relationships go through periods of ups and downs, is this how you describe your marriage talk about those periods?
How and why have you gone through the difficult times of your marriage?
What fun things have you stopped doing?

Talk about each other's philosophy of marriage of what makes a marriage work and what doesn't; talk about people you know who have a good and bad marriages, what makes them different, and how you would compare this to your marriage.

Talk about your parents' marriage and how it's different or similar to yours.

Make a chart of your marriage the major turning points, ups and downs, find the happiest parts for you and your partner.

Train your thoughts to think about the positive of your spouse.

Think of one belief you share.

Think of one common goal you share.

Think of the time when your spouse was very supportive of you.

Think of your spouse as your best friend.

Think of a specific time when you have felt proud of your family.

Think of a difficult thing you've overcome together.

Ask your spouse about something that interests you.

Write a love letter to your spouse and mail it.

Plan an elegant evening or vacation.

Gottman Marriage Principle 3: Turning Toward Each Other Instead of Away

When couples engage in casual chit chat it is a predictor of marital success. They are little moments of connection, of turning toward each other.

Unlike the movies dramatic scenes, real marriage and romance is strengthened by little connections.

When your spouse says something don't ignore it, act positively on what they say.

When you don't have time to discuss something tell your spouse to give you the short version of the account now and that you can discuss it later rather than just saying you don't have time.

Do couples read the news together or read it alone?

Do couples chat during a meal or do something to themselves?

Couples need to store up good will so that in times of crisis they have that to draw upon to keep a positive sense of their marriage.

Even a big event vacation won't help the marriage come alive if it's already dead, you have to keep it alive by doing little things each day, then at that point the big event can fan the fire higher.

Do you enjoy doing small things together?

Do you look forward to spending your free time with your partner?

At the end of the day is your partner glad to see you?

Is your partner usually interested in hearing your views?

Do you really enjoy discussing things with your partner?

Is your partner one of your best friends?

Do you think your partner would consider you a very close friend?

Do you just love talking to your spouse?

When you go out together does the time go by very quickly?

Do you always have a lot to say to each other?

Do you have a lot of fun together?

Are you spiritually very compatible?

Do you tend to share the same basic values?

Do you like to spend time together in similar ways?

Do you have a lot of common interests, dreams and goals?

Even though your interests are somewhat different, do you enjoy your partner's interests?

Whatever you do together do you usually tend to have a good time?

Does your partner tell you when they have had a bad day?

Little connections throughout the day are the heart and soul of a marriage. The first step in turning toward each other is to be aware of how crucial these little things are.

It may help to write a contract of a specific action you'll do like "I John will walk the dog with Mary 3x a week."

It may help to track the times you do well and poorly in marriage in a given day, giving and taking points.

No matter how good your communication techniques are it's hard to not feel extremely angry when your spouse is just laying on one after another criticism and complaint. But it does help to use good communication techniques when you're talking about good things.

Unsolicited advice is likely not going to go well in a marriage.

They have to know you understand and empathize before you suggest a solution.

Usually women react very negatively if men try to give advice right away after women tell them their troubles.

A man is much more tolerant of hearing solutions when he complains.

The role of a spouse is not to solve their spouse's problems but to offer support. It seems almost too good to be true that you earn points by not trying to solve your partner's problems, but so it is.

Empathize with your partner. The point is not to be dishonest, it's about using good timing.

Never take the side of the enemy when your spouse is complaining about someone.

Friendship is about knowing someone is on your side.

Have you been feeling defensive hurt angry sad misunderstood criticized worried unappreciated righteously indignant unattractive disgusted disapproving like leaving like your opinions didn't matter like you had no idea what you were feeling or lonely?

What triggered these feelings? Did you feel excluded unimportant to your spouse cold towards your spouse, feeling no affection towards your partner, feeling your partner is not attracted to you, that your sense of dignity was being compromised, that your partner was being domineering, that you cannot persuade your partner at all?

Are these feelings related to your past experiences? Do these feelings about your experience and your marriage come from the way you were raised, past injuries tough times or traumas you've suffered, your basic insecurities, things you have not yet resolved, unrealized hopes you have, ways people have treated you in the past, things you've always thought about yourself, old nightmares or catastrophes you worry about, and other subjective matters?

Distance and loneliness are nobody's fault.

Have you been very stressed and irritable, have you failed to express appreciation and affection to your spouse, have you been overly sensitive, have you been overly critical, have you failed to share about your inner world, do you feel you have a chip on your shoulder, have you not been very affectionate, have you not been a very good listener, have you been feeling like a martyr?

Friendship helps to balance the power between husband and wife. Friends can appreciate each other's point of view even when they don't agree.

Gottman Marriage Principal 4: Letting Your Partner Influence You

When a man is not willing to share power with his wife there's an 81% chance of divorce.

Data shows that sharing power in a marriage is mostly a male issue but there are some women also who have a problem

with sharing power.

This does not mean men should give up all their personal power and let their wives rule their lives.

Usually women do not increase the negativity in a discussion, they try to lower it or they match the husband's negativity level.

But 65% of the men's responses escalated the negativity.

If a man responds to his wife using one of the four horsemen it's a sign he is not willing to take advice from his wife.

Studies show that if your discussion begins on a harsh note it will end poorly even if there are repair attempts in between. You can predict the result of a 15-minute conversation within the first 3 minutes with almost complete accuracy; if you have a harsh start-up to a conversation you may as well pull the plug on that conversation.

You can turn any complaint into a criticism by the magic phrase "what is wrong with you?"

Women are much better at friendship than men, men have much to learn from them on this regard. Women naturally are friendly and like to discuss feelings, events etc. From a young age girls games involve relationships and boys games do not.

Before age 7 boys and girls are friends and between age 7 and puberty there's virtually 0% of friendships between boys and girls. In very young children, as in under the age of five, girls will be influenced by boys or girls, but the boys will only be influenced by other boys. By the time kids reach age 5 or 7 the girls are fed up with this and don't want to play with the boys anymore. This is a worldwide phenomenon.

Men have to be more intentional about becoming emotionally intelligent than women.

Men must learn to honor their wives and respect their wives. They must change their definition of success to also include family life, not just career. He must have a map of his wife's life, must have affection for her and must turn toward her throughout his day to show that affection.

Research shows that a man who can accept influence from his wife also makes a good father and is aware of his children's worlds. He is not afraid of emotions and teaches his children to respect their feelings. He turns off the TV and wants his children to remember him as having had time for them.

When a man is connected to his wife she will come to him not just when she is in trouble but when she is delighted.

Those who are unwilling to accept influence will be minimally influential themselves. Men must beware falling into the trap of thinking that women cannot influence them.

Sharing marital power is a relatively new concept from the past few decades. Men who are willing to accept influence from their wives are happily married and those who are not accepting influence are usually divorced .

There are no female dominant societies but there are some egalitarian.

There has been a shift in attitude about fathers. They help care for infants more now, they'll feed them a bottle, change a diaper, push the baby in a stroller, they will help with more chores around the house and sometimes the woman helps provide financially. There is less need for the man to defend since we have enforced laws in society and there is less hunting going on which has always been a man's job.

The 'female' aspects of God as in love, compassion, mercy, these aspects are being more widely recognized by society.

There is now a men's rights movement. This is evidence that there is certainly a change taking place.

Note - Warren Farrell in the men's rights movement does have some very interesting things to say.

When there's a big problem you can try to crash right into it or you can try to drive around it because you have to.

In arguments one must be willing to compromise, make rearrangements, etc.
The home belongs to the woman not just the man, so the man should not make all the decisions about it by himself.

- Are you interested in your spouse's opinions?
- Do you learn from your spouse?
- Do you want what your partner says to feel like their opinion matters to you?
- Do you want your spouse to feel influential in your marriage?
- To what point can you listen to your spouse?
- Do you believe your spouse has a lot of basic common sense?
- Do you try to communicate with respect even during disagreements?
- Are you trying to continually convince and win over your partner?
- Do you reject your partner's advice just because it's from your partner?
- Do you take your partner seriously when you discuss issues?
- Do you believe there should be give and take in your discussions?
- Do you feel like you need to be the winner in discussions with your spouse?
- Do you feel that your partner usually has good ideas?
- Do you feel your partner is a great help as a problem solver?
- Do you try to listen respectfully even when you disagree?
- Can you usually find something to agree with in your partner's decisions?
- Do you feel your partner is usually too emotional?
- Do you feel that you are the one who needs to make a major decisions in the marriage?

Yield to win. Sometimes you have to let go of some things you want in order to get other things you really want.

The goal in marriage is for both partners to be influential. When your spouse expresses that something is out of balance or needs to be done differently, take that seriously into account and talk about how that problem can be solved in a way that works for both of you.

Play a survival game where you have to choose which items you bring with you from a long list with a limited number you can bring and see how effective you are at influencing your spouse and how effective your spouse is at influencing you. In the game you are working as a team. Were you dominating? Did you both have fun? Did you feel irritable, did you feel included?

When there's a problem in your marriage the best thing you can do is talk about it, it'll take time to fix.

Ask your partner for what they feel like you could work on in the marriage.

There are two types of marital disagreements, ones that can be resolved and ones that will be perpetual. 69% are perpetual. Despite what many therapists will tell you, you don't have to resolve your major conflicts to have a happy marriage. You just have to find ways to get along notwithstanding. Problems are inevitably a part of a relationship just like how physical ailments are a part of growing old.

Note - Gottman is pretty soft about religious differences etc., and encourages people to simply find ways around them. I would say however that there are some things where couples shouldn't compromise. Gottman surely understands this, but it appears his line is drawn quite far back.

See book *After the Honeymoon: How Conflict Can Improve Your Relationship-Revised Edition* Paperback – September 24, 2008 by Daniel B. Wile

Gottman Marriage Principal 5: Solving Your Solvable Problems

Solvable problems can be solved but they haven't been yet. It's more than just validating advice you hear.

Here's a summary of the tips for solvable problems:

1. Ensure your startup is soft rather than harsh.
2. Use repair attempts effectively.
3. Monitor your physiology during intense discussions for signs of flooding.
4. Learn how to compromise.
5. Become more tolerant of each other's imperfections.

If you don't work on solvable problems they can evolve into perpetual problems.

Emotional style is part of one's personality and is unlikely to change.

So learn to tolerate each other's emotional style.

Note - True to some extent but remember people can change.

The symbol of money and how a person perceives it is usually rooted in childhood experiences.

Categorize your marital problems as solvable, unsolvable or as 'not a problem right now'.

Are you talking about issues in your marriage, do you have romance and fire in your marriage, do stresses in your life spill over into family relationships, are your differences leading to separation and irritability, do you differ in how to deal with children and how to be close to children, is there a lack of trust, are you sharing the weight of family duties, is your spouse being considerate and sharing in power and influence, are you united in managing and planning your finances, are you feeling close about spiritual issues, do you agree about religious values?

It's impossible to accept advice from someone unless you feel that person understands you, so before you ask someone to change you need to make sure they feel you understand them.

Studies in child development show that children grow optimally when we acknowledge their emotions. Don't belittle them or punish them for their feelings, rather talk to them about how they feel. When you acknowledge that emotions are okay you're also sending the message that that person is okay and accepted which allows them to grow.

In all arguments no one is ever absolutely right.

Note - that's probably true a lot of the time, but I take a little less of a relativistic approach than Gottman. For example: when a prophet is duking it out with an antichrist, the prophet is right and the antichrist is wrong. Like President Monson said, you're never in the wrong when you're doing what's right, and you're never in the right when you're doing what's wrong. Something like that. Sometimes people are simply wrong. Gottman's point is likely that in marriage, both parties need to be sensitive to each other's views, and open to the possibility that you could learn something from your spouse. Of course there are cases where one spouse argues against doing something you know is right, and people need to be brave enough to stand their ground in these cases even in marriage. Elsewhere Gottman and others like Jordan Peterson point out that it's better to duke it out than to live year after year being upset by your partner. But remember the need for temperance humility and self control. Brigham Young taught that it's not good to just let your anger out, that you should be quiet in these cases, that some self-suppression is right and good.

When you argue with your spouse do you feel hurt angry defensive sad misunderstood criticized indignant unappreciated unattractive disapproving like leaving like your opinions didn't matter like you had no idea what you're feeling lonely.

What triggered these feelings, was it that you felt excluded, that you felt not important to your spouse, that you felt cold

towards your spouse, that you felt rejected, that you were criticized, that you felt no affection towards your partner, that you felt that your partner was not attracted to you, that your sense of dignity was being compromised, or that your partner was being domineering, or that you could not persuade your partner at all?

See if you can find connections between earlier traumas in your life and the current situation.

Note - this can help you understand what's going on, it's not to say 'dwell on past trauma.'

We are all complicated creatures whose actions and reactions are governed by a wide array of complexities. This makes reality subjective where neither partner may be right.

Note - there is some truth to this but of course there's also objective reality which we try to be in tune with.

Both need to be admitting that they had a role in creating the conflict.

Consider your partner's imperfections as amusement rather than frustration, this is a secret of long happy marriages. Yes there is hurt and hardship but there's also fondness and respect for the complete package of who your partner is.

Shakespeare wrote In The merchant of Venice that mercy is twice blessed, blessing the giver and the receiver, and so it is in marriage - when you forgive it helps you both.

We all have communication and relationship skills but we get out of habit of using them with those that are closest to us. Treat your spouse and family as you would guests in your home.

The wife is more likely to bring up a touchy subject and push to get it resolved than the husband. Therefore the wife is usually the one who will do the harsh startup of an argument.

60% of divorces are not from major events but from little things over time leading to lack of connectedness.

Note - great point. Most divorces aren't because you "chose the wrong person", but because you failed to maintain the marriage.

You can tell there is harsh startup when in an argument someone feels picked on and the argument comes out of nowhere and escalates quickly and involves criticizing and harmful words.

If you can't have a calm argument, wait until you can.

The Bible says don't let the sun go down on your wrath.

Repair attempts are putting on the brakes. When you learn how to drive a car the first thing to learn is how to hit the brakes. Repair attempts are things that deescalate situations. Repair attempts often go unnoticed because they are often not sugar coated.

Sometimes learning to do something the right way feels awkward and unnatural but once you get that skill down it becomes natural.

You can make an obvious repair attempt like saying 'clip clop' whenever you see one of the four horsemen has come into an argument.

It is harder for a man's body to calm down after an argument than for a woman.
Soothing each other regularly is a good way to prevent future flooding.
When flooded people tend to hold their breath so breathe.

The keystone of effective compromise in marriage is accepting influence from your spouse; this doesn't mean you have to agree with everything, but you have to openly and honestly consider their position.

To be able to compromise successfully you can't think about your spouse in an "if only if such and such were different about them" way, you have to accept them.

Marriage takes work, this means there are a series of emotional tasks you have to go through together.

Today's couples work an average of 1,000 more hours per year than couples did 30 years ago. This means less time for talking, relaxing etc. Bringing home work stress is very bad for marriage.

Often when people come home from work they need a little time to unwind from the stress of work. If your spouse just grumbles after work, ask them what the matter is don't take it personally.

You might have a little session where each partner gets to complain about their day while the other listens.

In-laws:

It's more common for there to be issues between a wife and mother in law than a husband and mother in law.

The only way to end such a conflict is for the husband to side with his wife. He is a husband first then a son.

Don't ever complain about your spouse to your parent.

Always stand up for your spouse as who knows best for your kids.

If your spouse sees you as siding with your mother against her about something, that is something you need to work on, even if you don't agree with your spouse.

Note - there is wisdom from the ancients, and hopefully both partners can respect that. But having the family unit be united and strong is of utmost importance. Some views take time to form.

Finance:

See book "Get a Financial Life: Personal Finance in Your Twenties and Thirties" by Beth Kobliner

Budget.

Maybe have a joint account and two separate accounts for recreation if you can't agree on that.

Intimacy:

For marital intimacy, if you never ask for what you want you're unlikely to get it.

View issues in this area as making a great thing even better, see the positive in what you have.

It's a very vulnerable area, people are understandingly hesitant to discuss it.

You might take turns accommodating ones preferences.

A chef isn't upset if a customer doesn't want a certain dish, he just accommodates their wishes. Similar idea. (Involves service element).

Sharing ones fantasies helps, and if it's not something that makes you feel uncomfortable you may as well indulge your partner. Don't judge your partner for their fantasies.

Initiating these things can be a chore which if one person always does you may want to share that duty better.

Intimacy can vary but at least sometimes must be an expression of love.

Book "The joy of sex"

Book "The new male sexuality"

Note - I've not reviewed those books and cannot vouch for them. I think sometimes authors and advocates for this topic take things too far, focus on this too much, etc.

Chores:

Men often don't realize how much women care about keeping their home clean. When a man doesn't do his share of the housework the woman resents him and feels unsupported.

Many men today were raised in traditional homes where men didn't know housework at all.

Most men overestimate how much housework they do. When men complain that they are doing all the housework it usually means they are doing half.

Women find men's willingness to do housework attractive. In marriages where the man does his share of chores there's higher reporting of marital intimacy satisfaction.

A husband who helps with the housework without being asked or nagged earns lots of emotional points in the marriage. And even better if he sees she's having a particularly hard time he volunteers to help extra.

When men do enough chores there is also less flooding and 'horseman' arguments.

It would be wise to itemize family chores and see who has which current assignments so that you can move forward on that. A man doesn't necessarily have to do half the chores, but couples must agree on a plan.

Often the wife gets more of the mindless daily drudge work of cleaning and the man gets more of the heavy lifting occasional tasks, the tasks which aren't as urgent.

Listing out family chores can range from indoor, outdoor, business, finance, child care, children emotion management, event planning, etc.

Parenthood Transition:

The thing that mainly determines whether a couple is happy after having a baby is whether or not the husband also transforms his life adjusting to the new world. The woman basically automatically always does transition. The Husband can't get his wife back the way she was before the baby came but he can follow her into this new realm and gain the pride of fatherhood.

A husband and wife who are making the transition into parenthood well don't look for ways to get away from the baby or to stop talking about the baby. They enjoy being with the baby and they enjoy talking about the baby. This is contrary to popular advice in psychology that encourages people to treat marriage and family as two separate things to be balanced and to take turns with; on the contrary they should unite these two. It is good and right that a new family is born and less attention is given to just the couple's relationship.

Note - Great point here. The family is to work together, to be a force together, to have a mission together, to find new identity together, members are to lose themselves in order to find themselves. This is why family life is so central to Christian life, it shows you how to selflessly become one with others, and only then can you begin to become one with God, and this unity is the precise will of God (see John 17).

You've got to know each other very well before the baby comes - the more you are a team before the baby the easier the transition into family life will be.

Mothers must beware of telling fathers how to care for the baby because the baby is also the father's baby and the baby will benefit from experiencing multiple parenting styles. If the mother is always correcting the father about how to care for the baby he will help less and less.

Giving a little advice is fine but avoid lectures and criticism. If you feel there is a serious problem consult the doctor.

Countless studies have affirmed that women are more nurturing and men are more playful when it comes to children. But when husbands make an effort to play with an infant they'll find even a 3 week old baby can smile and be playful.

The wife's time will be mostly devoted to the baby and less to the husband. The wife can be sensitive to this and continue to express devotion to her husband.

Mother will need a break whenever possible with the newborn so father should try to come home from work as much as he can to help.

Gottman Marriage Principle 6: Overcoming Gridlock

Try to move from gridlock to dialogue.

Gridlock is often from unfulfilled dreams of peace & freedom, a spiritual journey, being one with nature, finding who you are, honor, unity with one's past, having more power exploring the creative side of yourself, becoming more competent, exploiting an old part of yourself, being productive, truly relaxing, getting priorities in order, winning competitions, building something important, etc.

Some dreams are tangible like getting a certain degree or job, others are less tangible like having a feeling of safety or feeling of adventure.

Hidden dreams can harm families. Be open. Helping each other realize their dreams is one of the goals of marriage.

Gridlock comes when spouses do not understand each other's goals and dreams.

The dream at the core of conflict is often not obvious. Don't try to solve the problem before you understand it or it will backfire.

Intellectual analysis of an emotional problem will not solve the issue. You may have a big problem when a couple has an argument with no emotion even if it is calm.

It's best when you can become a part of your partner's dreams, meaning helping them fulfill those dreams and doing it with them. But when you can't do this you can at least be supportive.

Note - some of this book promotes an idea of doing what you agree on, and ignores right and wrong, only emphasizing agreeing with your spouse. I don't think this is the intended message of the author, he does say you shouldn't go along with your spouse in something wrong, but beware and don't assume that agreement and peace are the highest good. Gottman emphasizes the importance of understanding each other and compromising together where possible in order to save marriages. This is a good message when understood in the context of truth and basic morality. Furthermore, some compromise I don't think is justified, and those who marry people of a different faith (or a very different philosophy) will always have big disagreements, so try to marry within your faith and philosophy. (If you don't know your faith or philosophy, that's a good place to start.)

Gottman Marriage Principle 7: Creating Shared Meaning Together

Marriage isn't about only about chores raising children and intimacy even the happy marriages need more connection when there is still a longing for something else.

Note - this chapter is about the family mission, this is a big deal, and where much meaning and effectiveness comes in life. I recommend "A Christ Centered Home" by the Stoddards for an example of a family working together for God. See my notes on that elsewhere.

There must be spiritual family linking together.

The more you can agree about the fundamentals of life the richer your marriage will be.

If you are open to each other's perspectives it is likely that there will be some coming together on these deep issues.

Note - Also sometimes you have to plant seeds of truth and wait a while for them to grow. There's no such thing as a perfect person, you both will have problems you need to grow in. You can't delay marriage forever due to not finding a

perfect match, you just try to find someone who is willing to work with you and who loves God. When genuine love for God exists, much of the specifics will come by and by as they (you) are introduced to them and have a little time to see the wisdom of it.

Generational family stories teaching important values are a big deal.

As you work on each of the seven principles of this book it becomes easier to work on the others.

Are family rituals and holidays happy times for your family,
are end of the day reunions in the home special times,
do you agree about the role of TV in the home,
are bedtimes special times for being close,
do you do special things over the weekends which you both enjoy and value,
you have the same values about entertaining friends and parties in your home,
when one is sick does the other partner take care of them,
do you look forward to family vacations,
is spending morning time together special,
do you enjoy doing errands together,
do you have ways of rejuvenating yourselves when you are burnt out,
do you share similar values in your roles as husband and wife,
do you share similar values in your roles as parents,
do you have compatible views about the role of work in life and friendship,
do you both have similar views on how to balance work and family,
does your partner support your basic mission in life,
does your partner share your views on supporting family and kin,
do you and your partner share goals,
do you and your partner feel like your life together has meshed well,
do you have similar financial goals and similar concerns about potential disasters,
are your life dreams similar or compatible,
are your life dreams respected when they are different,
do you see eye to eye on what home means,
do you have similar values about the role of fun play family and marriage,
do you have similar values about possessions,
do you have similar views about the past,
do you have similar views about retirement, etc.?

Write out of family constitution about shared meanings your family has and what values they have.

Less than a third of US families eat dinner together regularly and many of those that do have the TV on, ending conversation.

Script your family rituals about who does what and make them times which everyone can enjoy.

The scripts include what you do at dinner, how you greet, how you part, the meaning of weekends, the role of family vacations, the true meanings of a holiday your family celebrates, etc.

Consider Christmas midnight Mass to increase the spirituality of Christmas.

One family had a ritual of after dinner drinks where the parents would enjoy a drink while the children played, and the parents would talk after the dinner and up was done. It was a happy cozy time for all.

Romance and intimacy must be planned and made special to be at their best, not just saved for when you're burnt out at the end of the day.

When spouses feel similar expectations for each other the marriage will be well.

That especially applies to the bigger things like philosophies about life, gender roles, parenting styles, how you deal with family, and the role of work. The more you have similar values the better the marriage (though you'll never have completely the same views.) If you connect deeply in some areas of life you won't be thrown off in the few areas where you don't connect deeply.

Consider your roles in life (example: husband, father, member of community, etc.). Consider how your parents approach those roles, then consider how you would like to do them.

Many times we don't discuss our deepest goals or think of them, but doing so can have a profound impact on marriage. And working on shared goals together enriches marriage.

There should be symbols such as photos objects and family stories which symbolize the values of your family and important past experiences.

Successful marriages don't necessarily overhaul their whole marriage, but they spend five more hours a week on their marriage: a weekly date and some little routines each day. Before leaving in the morning, learn one thing that's going to happen in your partner's day. In the evening make sure you discuss how the day went. Find some way everyday to genuinely communicate appreciation to your spouse.

Kiss and hold each other while you are together. Go on a weekly date. Update your love map on these dates and if necessary work out problems. The weekly date should take about 2 hours a week. All of this together is about 5 hours a week.

It's a **false idea that marriages are unhappy because couples have too high of expectations of each other**. People with the highest expectations and standards for each other in their marriage usually have the highest quality marriage. By holding your marriage to **high standards you are far more likely to achieve the marriage you want rather than by looking the other way and letting things slide**. Multiple researchers have confirmed this. Those who **refuse to put up with negativity** but instead find ways to work it out end up happier later. You must talk about issues in your marriage before they become major.

In a soft, uncritical way let your partner know when you feel out of touch with them and ask what's going on. Beware asking this right before bedtime as it could interfere with sleep.

Have you been irritable, have you been feeling lonely, have you been wanting to spend time apart, have you been angry, have you been out of touch with each other emotionally, does your partner not know what you're thinking?

When someone has an emotionally unresponsive partner they will become critical. The only way out of this is for both to change.

An innate feeling of self-doubt and worthlessness, someone who has trained to see what is wrong and who is ungrateful, this can lead someone to criticize their spouse, focusing on the spouse's weaknesses. 85% of the time this is the problem in marriages. People think bad about themselves and so they're looking for something bad about their spouse. If you are critical of yourself, work on accepting yourself with all your flaws and your marriage will be helped. Forgiveness for all of your imperfections and flaws helps you grow tremendously as a husband and father and enables you to cherish what is good and strong in yourself and others.

Note - this doesn't mean we stop working toward greatness and Christian ideals, it means we accept that it may take a little time, that God is ok with that, that doing our best doesn't mean running faster than we have strength, that we have the ability to love and appreciate ourselves and others in the journey toward Godliness.

In Judaism prayer is primarily used for thanksgiving and praise. Prayers are not meant for God's benefit but for the benefit of the person who is praying. Prayers help us appreciate the works of God and the beautiful world we have inherited. Prayers help us be thankful for what we have already received, and whatever your religion, there is a message here for

marriage. **Thanksgiving and praise are the antidotes to criticism and contempt.**

Give genuine praise to your spouse, children, and others. Try to tell people what you genuinely appreciate about them. As you do this you'll begin to forgive yourself. Spiritual amazing grace is all about beginning to appreciate your own accomplishments rather than failures.

When a parent makes a mistake and apologizes to a child it helps the child know that it's okay to make mistakes and that people can recover from them.

Note - if kids don't learn this, they develop a double life, and major catastrophes ensue as they enter into a "Dr. Jekyll & Mr. Hyde " sort of situation, allowing one half of themselves to do whatever is wished without restraint, while attempting public excellence in the other personality. Eventually the monster comes out and exposes the man and ruins his whole life. So avoid this double-life catastrophe by learning to forgive, repent, confess, and repair as you go rather than hiding all your flaws in the closet. Parents can model this for youth, we all always have something to work on, something to apologize for, something to learn, etc.

Sincere apology to a spouse is a very significant event.

Marriage is the Gift, It's Quality is the Gratitude

It's been said that marriage is God's gift to us, and that our gift to God is the quality of our marriage. Truly family is the school of the Gods. This is where we learn compassion. Can we set aside our differences and cultivate charitable love one for another? What when youth or health fade? This shows cords of love stronger than death, which is just what we need to pull a marriage into the resurrection, bursting all bonds, shining forth in splendor forever. When the going gets rough, these times reveal our truest character, and show the great progress we each have yet to make. These are our opportunities to draw closer, to pray harder, to come to know God and ourselves.

PART 2: PARENTING METHODS

Introduction to Parenting Methods

“Second only to your love, [your children] need your limits.” -Jeffrey R. Holland (2005, ‘[To Young Women](#)’)

“One of the main problems in families today is that we spend less and less time together. ... Time together is precious time—time needed to talk, to listen, to encourage, and to show how to do things.” -President James E Faust

"The Lord never shouts, he whispers." -Elder Dallin H Oaks, 2020 Face to Face Event

“The human relationship is the greatest reward.” -Dr. Karyn Purvis, Texas Christian Institute of Child Development

“I have wept in the night for the shortness of sight that to somebody’s need made me blind; but I never have yet felt a tinge of regret for being a little too kind.” - Quoted by Thomas S. Monson

Parenting is the divine calling. It is one of the most difficult tests of our souls. Where’s the handbook? This surely isn’t it, but it points us to the most trusted resources of the prophets, ancient and modern, to help us become familiar with the Lord’s doctrines & the language of the Holy Ghost in this great quest.

Enjoy studying with me as we learn the WHY and HOW of the increasingly unpopular sport of parenting! We will look specifically at how parenting opens the door for having an exponential impact on society, and how the adage, “Have lots and don’t wait around about it!” is a sweet gospel truth and blessing only understood by the bravest of saints. Beyond parenting tips, this book studies how family relationships fit into the eternal plan of salvation.

Poem "To Raise a child" by Nate Richardson 2.28.23

A million hugs, a million smiles, a million conversations eye to eye,

To raise a child, to feel a soul, to win with Love by and by.

In heaven for joy we shouted to come on this long journey, and day by day the joy continues, though sewn with strife it may be.

As for our part, how glad we art, to pass this way together, that night and day and day again come softly as a feather.

Now sing me a song to last the night through, and happy we will be, with smiles and laughter too.

I gather round my teddy bears (lovely dears) and keep them in my care, precious moments ever flowing, forever we will share!

Warmth & Love at Home 2.28.23

Do your spouse and children long to see you?

Sore trails can break the best of men and women, but build, we must build again.

Your time is your money, and what do you spend it on? For things that canker and waste, or on eternal smiles?

Why do you speak of heaven if your home isn't one now? The gentle tenderness should flow everlastingly, so you can begin to know, the sweetness that you're missing now, and the longing for family.

You create belonging, you satisfy the wants and needs, not elsewhere but inside the home. Yes the growing youth gain wings, but ever ever keep the home serene.

Let home be heaven, and time will tell, that what they want most, is beside you to dwell.

Care not too much of the outside world, at least keep that business in check, and see to it that your fulfillment is from the primary title of parenthood, as God himself shows us to do.

When this life is over, and you're rocking in your chair, you'll look back forever, and ponder how you did in the time that's here.

If "I love you" aren't the words that flow off your tongue freely, at least let there be no question that this feeling you're truly keeping. Not words but acts will seal or break your soul, so let each day now testify, that love will make you whole.

What is the point of a President?

A president, as in a family, as in a government.

Fathers preside, and we cannot escape the root of preside coming from president.

The chief gets his authority from those he governs. In family this means he must obey God if his wife is to obey him.

A president creates order. If there is a disagreement, rather than being disagreed, they unite under the decision of the president.

The church has done this. There wasn't agreement on plural marriage, so they banned the whole thing to get unity.

Women have tremendous influence on men, and a husband cannot say he does well when he ignores the input of his wife. They should make decisions together.

When Did The Book Of Mormon Become Not Enough? By Julie Smith on Parenting

My children unfortunately were converted to the wrong gospel. It has taken a long time to turn things around. They were converted to the gospel of 'fun.' Everything was "what can we do that is fun", or "how can we make this fun, to engage my children?" Are your children being taught the same gospel? Do your children belong to the gospel of sensationalism too? Do you cringe when talks are given and a popular author's work is used to teach the point? Or how about when your children are constantly given worldly themes for activities that are centered around the latest movie?

How many times do teachers and leaders use food to entice our children to attend "dead" activities? Are we using electronics, entertainment, programs, fun, & fantasy, to convert our children to the Gospel of Jesus Christ?

I as a mom want to know "when did the Book of Mormon become not ENOUGH?"

A favorite saying of mine seems to sum it up pretty well. . .

"What you win them with is likely what you'll win them to. If you win them with the Gospel, you'll win them to the Gospel. If you win them with technique, programs, entertainment, and personal charisma, you might end up winning them to yourself and your methods (and you might not!), but it's likely that they won't be won to the Gospel first and foremost."
– Mark Dever, The Deliberate Church

So mothers, how do you convert or attract your children to the Gospel of Jesus Christ correctly?

We have got to give them something real. Something to sink their teeth into. We need to lead them to the pure fountain and no more irrigation ditch water as the source of all. We need to trust the Word as the CONVERTING tool and stop relying on wizards, magic, fun, cartoons, experts, and so forth to bring our family to God.

I honestly believe the answer is that if our homes were led by scriptures and if our children knew this, they would be inspired to follow and we can turn our homes around. Our children need to see that every question or concern they have, every trial, or problem can be solved using the words of God. If our children saw that the Book of Mormon was used and applied as the handbook for instructions I believe they would then proclaim "I want that too. I know the word of God is the solution because I have heard his words and seen his hand in the life of my mother and I want the same for myself."

Mothers, how are you making the Book of Mormon the converting tool in your home rather than the world? I want to hear!

#MothersWhoKnow

We Must Be Obedient First – Julie Smith (& Brigham Young) on Parental Influence

As a once upon a time owner of a private LDS Academy for 10 years, I dealt with many mothers at the end of any hope—in raising their children. They would come seeking many times for help to save their children/family spiritually, not realizing first they might be the one needed to be saved!

Mothers, our influence is critical. I watch how mothers void their homes, or parent children still with sins of their past which play a huge role in the order of their home and the outcome. Our children are also not something we just hand over to someone else. If we do, we will pay the consequences for it. We are to teach our children how to obey their fathers. Brigham spoke that this was to be done before (give or take) the age of 10. He also said:

"If your children do not receive impressions of true piety, virtue, tenderness and every principle of the holy Gospel, you may be assured that their sins will not be required at the hands of the father, but of the mother. Lay it to heart, ye mothers, for it will unavoidably be so. The duty of the mother is to watch over her children, and give them their early education, for impressions received in infancy are lasting." <https://jod.mrm.org/1/66>

But this is hard especially if we mothers do not understand obedience and repentance ourselves, how can we ever teach children obedience to the father and to God if we ourselves are not in alignment with His will. If not done ourselves we will then have a generation of unruly children being raised with mixed messages causing

the rebellion we so do not wish to have. I feel very strongly about this as I work with mothers who have homes falling apart because they themselves are disobedient.

Brigham continues. . . "I want education to commence here. I wish you strictly to follow out this principle, and when children are old enough to labor in the field, then the father will take them in charge. If children are not taught by their mothers, in the days of their youth, to revere and follow the counsels of their fathers, it will be hard indeed for the father ever to control them."

I believe the answer to our chaotic homes filled with mental illnesses, pornography, teenage rebellion, suicide, etc. is that we have been told to not look back to the prophets and their inspired teachings as they are outdated and old. I would suggest differently. Grab those books, dust them off, make a trip to the D.I., and start applying every principle you can find. Just knowing these two principles that I shared is enough to begin the process of putting a home in order. Our children are dying spiritually moms, can you see it? Are we out of order, do we need to be more obedient to the counsel ALREADY given, to save our own children?

Inspired teachings of the prophets can save a home, it is mine! Start today with me and put your home in order!

A Home of Order and Affection by Julie Smith

One of my greatest joys has been to take what Joseph Smith taught in building a 'home of order' -- for the preparation of the Saints to meet God, and apply it to my very own home for the same reason. D&C 109 speaks of this order and our assignment (6-11), about the finished project (12-21), the promises and protection for obeying (22-37), and the service we must then do (38-46), etc. etc.

One of the impressions I have had recently is that our affections must be proper in our homes. That there is an order given from God, with how we interact and with our salutations with each other. Our culture, along with other cultures have different meaning and interpretations, but we should be asking what is proper to God? What does it look like within and outside the walls of our homes? What is biblically correct? Can we just hug and touch just anyone? What should we say when we meet and depart? Has God really instituted laws for simple greetings and outward affections too? Whatever it is, it must be foundational in building a house of order. Why? Take a look. . .

"The very foundation of the kingdom of God, of righteousness, of progress, of development, of eternal life and eternal increase in the kingdom of God, is laid in the divinely ordained home," said President Joseph F. Smith, "and there should be no difficulty in holding in the highest reverence and exalted thought, the home, if it can be built upon the principles of purity, of true affection, of righteousness and justice. The man and his wife who have perfect confidence in each other, and who determine to follow the laws of God in their lives and fulfil the measure of their mission in the earth, would not be, and could never be, contented without the home. Their hearts, their feelings, their minds, their desires would naturally trend toward the building of a home and family and of a kingdom of their own; to the laying of the foundation of eternal increase and power, glory, exaltation and dominion, worlds without end." (Joseph F. Smith, Gospel Doctrine, p. 380.)

Relationship Before Discipline: God's Pattern

In the Book of Mormon, the missionaries taught God's plan (his love, the good news of the gospel, their glorious identity and destiny, etc.) BEFORE teaching the commandments. People these days rarely have relationships. One cannot discipline another without a relationship. Once you have a strong bond, you can teach with strength. If you discern someone is ready, you can give it to them plainly. But for most, we aren't there.

For your kids, most of the correction is living, pouring it upon them. When they know the relationship is real, then you

can also give them strong discipline on the rare occasion it's needed.

You have to catch the fish before you clean it. Have their identity founded in the love of God for them. First priority with kids is to learn supernatural experience that God loves them. In God's presence we feel light and joy. It's only after we know God's love that we can feel rebukes from him. Most haven't experienced God's love. Family often destroys people's sense of self-worth as families are typically too harsh. We say God is love but we don't believe it!

Joseph Smith reported being rebuked by the Lord on a few occasions, it is a very painful experience. But the reason the Lord could do that with Joseph was the relationship they had.

Jewish Fathers 3 Jobs Toward their Sons

Teach them the Torah

Teach them a trade

Find a wife for him

Why parenting is inherently heart wrenching: lessons from the bible

You must be willing to discipline.

These precious children must be taught order and law.

It is painful to wound their feelings.

It feels like slaying the lamb offering of a priest, it isn't fun, but it must be done.

Spare the rod, spoil the child. This is repeated some 3 times in scripture. Are we willing to set aside the bible and follow the philosophies of men? In some way or other, we must take these passages seriously. We know there are tough times when we raise children. Children are sweet, but unruly, and must be tamed. Sometimes this taming can be done with a more soft approach, but some children require more, and it is the duty of a parent to give whatever is needed for them to thrive. The masculine father and the feminine mother are both required to rear up a balanced child.

When that child runs in the street, you must make it painfully clear that that is absolutely off limits. Thus we see that at times, it is the duty of a parent to administer pain.

Love without tough love isn't really love at all, but something pathetic and horrifying. If you don't prepare them for the world, show them how to live as a civil being who can get along with others, their life will turn out to be far more wretched, lonely, and twisted than any discipline you could give as a parent.

Teaching Boys to Become Men by Andrew Skousen

From the World Affairs Brief, 11.25.22

The Pilgrims who celebrated the first Thanksgiving endured many long trials in their quest for the religious and economic freedoms of this new land. But men today often lack these qualities of faith and endurance under trials. How can we train our boys to have a stronger character? Society today eschews men's natural strength, anger, dominance, pride, and physical desires in favor of false ideas about softness, intellectuality, equality, feminism and unchaste behavior. Although men's natural strengths are often misused, the solution is not to squash them, but to build these innate resources into positive qualities that are the foundation of strong leadership, honor, self-defense and survival.

Here are some ideas for teaching our boys how to grow into men of character.

Physical Strength: Men were made to have more muscle mass, stronger bones, and agility. Boys naturally run, play and climb as they grow, but they need to be taught to control their play to avoid danger and injuries. Sports encourage fitness and fine motor skills while teaching them to abide by rules and play as a team, but watch out not to get fanatical about the games themselves that distract from more worthwhile pursuits.

Teach them to exercise daily with gymnast-type exercises including stretching for flexibility and self-weight calisthenics like push-ups, sit-ups, and pull-ups. As the boys grow toward the teenage years help them transition their sports focus toward long-distance cross-country running, biking and hiking to encourage depth of lung-capacity, efficient muscle mass, and mental endurance.

Physical strength is a virtue when it is employed in work, and this connection should be made early for boys. Boys' physical effort should be spent in contributing through work, even from a young age. Obviously this will be initially limited by their abilities, but the time-honored tradition of fathers bringing their sons along on projects and teaching them along the way builds ability, strength, and confidence while displacing lazy and idle habits.

Dominance: Males of many species naturally assert themselves against the male leaders above them, challenging the old dogs, billy goats, rams, bulls, lions, etc. for the top spot. This natural competition has to be schooled into positive directions. Ultimately it should transform into leadership ability—leadership over their family and sometimes other people, activities, or business pursuits. True leadership is not based on charisma, physical prowess or popular appeal, great leaders are marked by how well they indicate the path of truth and inspire righteous action.

Anger: Anger has been universally condemned as a vice, but it is a natural emotion within all of us that, if harnessed with self-control, can be a powerful force for good. Like fire, anger can hurt and harm, but when controlled it is a source of power both to fight against evil, and shape and motivate ourselves and others. The Bible has many references to the “fury” of the Lord reflecting his powerful sense righteous indignation targeting evil actions of people against the innocent.

Anger must be tempered by good judgment and self-control. When used appropriately, you will not be ashamed at how you used it. Even Jesus showed carefully controlled anger toward sometimes lazy apostles, selfish moneychangers in the temple, and especially conspiring sinful Jewish leaders who also plotted his death. In each instance, He only spoke the truth, called them to repentance, and avoided any petty actions. Boys need to learn how to control hot-headed anger by recognizing where they or others made mistakes and work on judgment and allegiance to the truth of the matter to handle it appropriately.

Aggression is a side of anger that especially needs to be controlled. But it is also important in moments of self-defense, when evil people intend to harm us, our family, or innocent bystanders. Even when aggressively defending yourself or others don't let it cloud your judgment; Good firearm and martial arts training teaches to keep a clear head. Occasionally even explosive anger is needed at the right time to destabilize an opponent's control over you or to scare away a wild animal.

Physical desires: Everyone has to learn how to control physical appetites through self-control. Idle hands quickly become “the devil's tools” so expect them to always be engaged in valuable pursuits including chores, schoolwork, practicing musical instruments and learning a foreign language.

As boys mature, they have to master increased hormones and attractions. Chaste behavior is easier without the provocative images prevalent in modern TV, movies, music and social media today. Keep bad influences out of the

house and filter and monitor all internet activities. Fill the entertainment void with wholesome books, movies and music. The better you can keep a high standard of living, the easier time they will have controlling these desires. Don't worry, you won't shield them entirely. When the modern world creeps in take the time to teach them about the deeper problems involved and how to avoid it. Eventually, activities and extra-curricular events will bring them in more contact with outside influences, but by then they will be more mature. Teach boys to be courteous and well-mannered, including the lost art of gentleman manners like opening a door for a lady, and treating them respectfully—traits that have been lost in today's world of "equality."

Pride: True pride is the same as true humility: knowing who you are and what you are worth, no more and no less. Too many young men gauge their value by peers' opinions of them, driving them to please friends. Your true ultimate worth is a reflection of God's approval and disapproval depending on our actions, intentions and desires. Accurate pride is seeing ourselves in this honest appraisal of our goodness and abilities. Parents can reinforce this by reflecting the positive and negative reaction of God to a boy's decisions and attitudes, carefully praising when appropriate, and correcting bad decisions.

Boys' proper pride naturally grows when they contribute in meaningful ways, and see the fruit of their labors. If your boys don't want to help out, or do a good job, don't just let them off the hook by doing it for them. They need to gain the self-respect of a job well done. Often this involves learning to push themselves to do hard things. Sometimes it is appropriate to step in to help them after they are already making a full-fledged effort, to help them finish or polish up a task properly, but don't let them get dependent on your help if they are capable of doing it.

Eventually pride will turn into honor. True honor is independent of people's accolades, and is inherent in honorable, unimpeachable actions. Honor is sometimes confused with blind patriotism to a country or cause, but this connection is only appropriate when the country or cause is also good. Honor is not rigid pride—it allows for humility, self-correction and asking for forgiveness when in error. Boys need to see proper honor modeled by their father, and be expected to do the honorable action and be taught why.

Intellect: The brain has the greatest potential for value and error. There is much to learn in life even without the worldly distractions of esoteric philosophies and trivia. It is more important to learn to seek after true ideas and principles that bring real wisdom and good judgment under these ideals. The world will tell them there is no God and therefore no truth or error, but good people recognize true principles by the way they "ring true," and have learned by experience of their value. Teach your boys how to tune in to the subtle promptings of conscience—those positive "pushing" feelings to do what is right (especially when they don't feel like it) and the warning "nervous feelings" when they are about to make a wrong choice.

Men of great character eventually learn how to be tutored by God Himself through their conscience and filter life and learning through this divine guide. Eventually even enduring difficult times in the future, well-trained boys can endure it and come out stronger and grateful after the trial in the true spirit of Thanksgiving like the Pilgrims we remember at this time of the year. [END]

Keep Evil Out, Keep People In

Is it a parents job to ban all evil, or to compromise with family members based on their feelings, lest they feel overwhelmed and powerless in their wishes? When I try to ban things, the pushback can be so overwhelming that I'm not sure it's appropriate. It seems my hands are tied in some things, this culture being so accustomed to certain ways,

taking them to higher ways or ways they don't understand they want to plain kick you out sometimes. How do we let them have agency while maintaining a house of God?

Comments:

The goal should be for your children to cooperate and agree with your decisions. You've got to sell it, I suggest studying/watching the things with them that convinced you

"Teach them correct principles and they will govern themselves." We must do as Joseph, Christ and all other prophets have tried to do. Some things I put my foot down on and I can tell my children do not understand, but our home is our temple. I have the priesthood to hold that space in order. In love. As a safe place from the storm. I show my children examples in the world of what children and families look like without that priesthood. I try to inform them the best I can. But most of all I ask them to ask the spirit for Revelation on the matters and questions that they have. We have open discussions about everything. They know I will always take their questions seriously. We make decisions together. I'm very much want their agency always in play because when a child uses their own agency their testimony grows. They grow closer to Christ. They make their covenants with Christ.

We have many wicked traditions of our fathers. Especially food. Food by far, I have noticed, is the most poisonous thing besides media in the home. I know if I can feed my children whole foods like Christ ate, their minds and blood can be clear to use their agency wisely. To be sober-minded is such an in-depth thing to think about. It comes from all angles. As we let the spirit lead us as parents and we are an example our children will make better choices. And when they don't we are still the example by praying with them and for them.

Side note: Children do not learn through fear parenting. We must be firm sometimes, but always in love. Teaching children to hear the spirit with confidence is more important than any other teaching on earth. Along with how to keep covenants with the Lord. No math, science, or anything tally's up in importance. I believe the wicked traditions of our fathers have diluted the meaning of true knowledge. True soberness.

A house of order is a house of God prayer, fasting, etc... As we get our houses in order, we will See Him and Hear Him. I pray you continue to feel the inspiration of the Lord and continue to get your house in order. It's needed for your family's celestial glory

Study moral agency more. God gives boundaries. We may be free to choose, but we aren't free to choose consequences of those choices.

Brigham Young had a lot to say on parenting. Read the prophets on parenting.
Cultivate a taste for the good.

Routines not Chores in Large Families by Gabriel Owen 9.13.22

We don't do chores we do procedures/routines.

Coming home from school routine.

Before mother pulls in the driveway she stops and reminds all the children the routine.

She inventories who has homework (how much in hours) and who does not.

Each child knows exactly what they are supposed to do between arriving home & dinner.

Morning routine:

Everyone is awake by same time 20 minutes say private prayers, dress & bathroom time. (some daughters choose to get up sooner)

Meet for meditation, memory gems & family prayer & thought for the day (usually a scripture verse).

Breakfast & after meal routine.

After meal routine:

1. Everyone helps.

Food away, dishwasher started, table wiped, floor swept, chairs wiped (under 5 jobs) ect.

Clean-up routine:

Everyone meets.

Gets excited-sometimes family cheer, sometimes exercises such as jumping-jacks...set clock (usually 5-15 minutes) mom says GO! We all race (all working on the same room) everyone gets as much done as possible. Note: rooms don't always get spick&span clean but gets better instead of getting worse.

Going to bed routine:

These are all "let's go up to Zion and learn of her ways" stuff.

They were developed and streamlined by mothers with 15+ children. Then turned back into our U.O. Storehouse and made available to our people through our Patriarchal Order. They can be accessed by any family through Essential families websites.

(My sister Julieanne (raising 21 children) is the steward.

<https://essentialfamiliestraining.com/>

Do dad's help? Yes. You do the routine regardless of anything.

If dad's unavailable which is usual in PM (mom does it) if mom is unavailable Oldest kid does it. When they get married next one does it. Our pre-schoolers play (command-center routine) where the 5 yr. old gets to be in charge...chooses exercise to do then starts the race. It's not a chore its family fun.

If dads home....it's fun to take part.

Often we do service projects (usually 8:00am Saturday morning) where we invite 20-30 people over and all jump in and have fun whomever host feeds lunch....always ends at noon.

Sometimes it's just family projects. Same routine.

Orson Pratt's Advice for governing Families from Celestial Marriage Book – Highlights 9.13.22

The full text of Orson Pratt's "Celestial Marriage" book is available at ogdenkraut.com

These are some notes on his series of rules for governing families which stood out to me.

ADVICE FOR GOVERNONG FAMILIES:

It's a mistake to allow children to not be punished when they need to be punished then the children learn to resist all instruction. By that which she calls love she ruins many of her children if she fails to discipline them. At age 1 to 2 it's time to begin. Gentle discipline trains a child to be obedient in all things. The wide differences in the disposition of children is usually due to the differences in their training. Let parents begin to discipline their children when they are young.

Do not discipline a child when angry because you'll have poor judgment as to how much discipline to give at that time. Let the children see that you punish them not from your anger but for their good. They will learn that you are not a tyrant doing whatever you wish but that you are doing what's best for them. Be deliberate and calm in your councils and reproofs, but be earnest.

Do not threaten something you're not willing to follow through with or the children will take up the habit of lying, they will believe that there is no harm in lying.

Never failed to award and punish according to your promises.

Do not be so rigid in your governing of your family that they think you are never pleased with them remember mercy and love. Justice should be tempered with Mercy and love should be interwoven in all things. May your children not fear you to run from you but enjoy your presence. Govern your children as parents not as tyrants they will copy your

methods. Do not be continually scrolling.

When a father is disciplining a child the mother should not intervene this is against the order of God's government and it creates division. If the mother is not satisfied she can speak to the father in private not in front of the children. For wives to disagree and quarrel is a great evil and even greater evil if done in front of the children. If parents want to Coral and destroy their happiness at least let them do it out of the presence of the children so as to not also destroy the happiness of the children.

Send your kids off to school when they are about age 5. Mothers teach your children in all kinds of domestic labor. It is wrong for children to expect their parents to labor for them while they are lazy.

Expectations of Children 9.19.22

It is reasonable and good to expect the following and to administer consequences when these standards are not met:

- Quiet in the home. This is like the Lord's house where quiet should prevail. Now our homes have small children so it's different, but there's still the standard of quiet in the home. This is important self control.
- chores. The bible says those who don't work don't eat. We may not apply that to children, but he'll then learn to work more for this sully life isn't fraught with peril.
- respectful speaking to parents. Insurance to the chain of command and reference for the hand that feeds them is not negotiable.
- accountability for where they are and what they're doing. They're on your time, your watch.
- schoolwork. Lead then toward useful endeavors, to seek worthy uses of time to get their mind and hands.

-

Balance And Joy As A Parent

Parenting isn't about being the same all the time. It's about meeting specific situations as needed.

Always loving, but yes, sternness too. Some kids have particular needs which require more strenness, like special needs kids. All kids need strong behavior training at time

The key is to walk the line, to give just what needed

Mistakes will be made. You recognize that, repent, and move forward.

You have joy in life. You learn to deal quickly with issues, and get back to enjoying life. Kids need to see the righteous life as something which is enjoyed. This doesn't mean waste time or lower standards, it means allow yourself deep joy and express it regarding what you do each day.

You believe strongly on redemption and forgiveness. You don't let fussy kids or past mistakes get you down. You're ok with being the bad guy when you have to be. Only when you accept these aspects of your job as a parent can you embrace fully the more positive aspects.

You always deal on respect, boundaries, love, and wisdom. You are the leader, and will execute judgement with skill and prudense.

Kids Won't Spontaneously Learn to Be Good – Joseph Smith

“If children are to be brought up in the way they should go, to be good citizens here and happy hereafter, they must be taught. It is idle to suppose that children will grow up good, while surrounded with wickedness, without cultivation. It is folly to suppose that they can become learned without education.”

--Discourses of the Prophet Joseph Smith, p. 273

Add to kids financial contributions – where is this?

One helpful comment about how to have kids financially contribute to their families and learn wholesome lifestyle financial habits:

“It has been our family tradition for years that when children begin to earn money outside the home (including babysitting, lawn mowing etc) that they contribute 20% toward their 'room and board.' This was mandatory, and though there were some complaints, almost always they readily accepted this responsibility. As they reached adulthood, all have come to appreciate this valuable lesson.”

On Cleon Skousen's “So You Want to Raise a Boy” book

Cleons book does seem quite trivial.

It just says how a kid might act at each age.

It doesn't give much idea of help to raise them, other than saying it's normal for kids to do this and that they'll grow out of it.

He does well to suggest having a large family, that it gets easier with each child.

Joel Skousen his nephew points out that if a child is trianed to listen to conscience, they can do much better. They don't have to be statistics like what we see . Yes a kid must grow and face challenges, but they can, if corrected consistently and show what is right, skip much of the vanity of youth.

Eating Schedule For Children (and Adults)

Here's what we've had lots of success with when it comes to when to eat:

Family based action helps us keep each other accountable and develops a sense of fairness and example to be followed for life.

Meals are 8, 12, 5. Snacks are 10, 3, 7.

Each meal & snack lasts 30 minutes (15 for snacks sometimes works). After that, all plates are cleared, it's over. (Perhaps you wish to delete a few snacks, especially if the kids are getting older, just remember to hold yourself to the same standard).

To avoid wasting lots of food, give small portions you wouldn't mind tossing when time is up as they ask for more.

During that 30 minutes, kids can eat simple healthy alternatives if they tried what was prepared and didn't like it. This way they don't spend an hour complaining before taking a bite, or fussing from hungar for the next few hours until the next meal rolls around. Why do we prepare food? To meet their needs and our sanity via variety. If they want something simpler which meets their nutritional needs, why fight it? Why endure a day of hungar and complaints and fights?

Parents don't bribe or beg, just remind "only x minutes left, you might want to eat something."

If they complain, "don't worry honey, we will eat again at x o'clock. You're welcome to water until then."

The schedule helps the whole day not to be consumed by food. Meals often drag on far too long. We have better things to do. And we want to avoid temptations to spend excessive time eating, eating from boredom, and late night eating. We want to eat to live, not live to eat!

For adults, intermittent fasting of not eating for 16 hours a day on occasion can be a great rest for the body so it can do more repair and not be constantly digesting.

Family Dinner Peace & Gospel Discussion

Here are some ideas shared with me:

We do scripture study at dinner. We have a rule- no singing, humming, potty jokes, or toys at the table. It helps

We have similar rules: no singing, humming, chanting, reciting, mimicking, or animal noises.

We take turns sharing some of the choices we made that day - a mistake/something we could have done better, and how; a good choice we made (particularly something we did for someone else); and a choice that brought us closer to the Lord or fed us spiritually. We do scripture study too, after sharing choices.

Helping Kids with Scripture Study

Summer lower-level readers it's okay to have their daily scripture study be from illustrated scripture stories or a single verse they analyzed did she talk about them or based on some manual etc the ideas to get them converted to the gospel get them feeling the spirit get them to understand the narrative and the doctor and if they aren't so submerged in the text as you might want them to be that's okay be patient but you don't want to do is force them into it and get them to have a hatred of scripture

An intermediate level might involve encouraging them to use the topical guide to find a subject they want to read about and having them look up passages more so than a chronological reading of any certain book

Studies in the New testament and the Book of Mormon are particularly helpful for young readers

Sometimes in our excitement about the Book of Mormon we undermined the New testament and this is a critical flaw Young people in the church need to learn to identify as Christians not just latter-day Saints

Parent Your Children in the Adult World: A Major Key To Parenting

Children should be raised in the adult world so they can thrive on the adult world.

Home schools have a few fun things but not much.

Old days kids had a doll.

Maybe a collection of story tales. Not entire libraries of fiction.

Video games are complete removals from reality and have no place.

Kids should be trained to develop or cultivate a taste for fine art, fine music, fine dance, fine foods, manners, dignity, respect for

superiors, reservation, modesty, refined language, and every character trait calculated to build the Zion of our God.

What we do now should be the Zion. We must live today as though life were to continue on this indefinitely. Would we really want certain things in the ideal society? Keep today only what belongs there.

Rather than maps of the fairy worlds, those tongue climates and cultures, let them learn those of the real world, and of peoples who truly lived virtuous lives.

Let them have bible heroes. Quakers. Anglo Saxons. Scripture characters. Huguenots.

Modern parents give children far too many options. Often the parents themselves are greatly short of the necessary refinement and cannot discern what their children should be offered.

Unplug the television and they'll learn the piano and to read.

Throw out the trash books and they'll learn to love the more refined.

Turn off the junk pop rock music's and they'll develop an ear for the symphony.

Throw out the junk food and they'll sense the sweetness of God's earth.

Brigham Young said every minute he spent not building God's kingdom was one he regretted.

So you want stories? Alright, do the characters keep God's laws? Do they save the world in a Christian way? Do they serve selflessly? Do they make righteous family life their top priority? Do they live for treasure or testimony?

Are the scriptures their main text? You know reading isn't all it's cracked up to be when they are just filling their head with silly stories all the time. A healthy child will run and play outdoors too. They will make art and learn the curiosities of the world. But do not get them addicted to fantasy, to fake, to cheap, to being served, to indulgence. Get them used to work, service, building great things, compassion, nature, and every needful thing.

Have joy in the chores. Work together talk and sing.

No kids only fake stuff. No Disneyland. No kids shows. No children only birthday parties. No public school where they learn to fear and avoid anyone not their age. No playgrounds. No carnivals. No toy rooms.

There may be the occasional exception, Joseph said don't expect perfection of me, and I won't expect it of you. But these are Zion ideals of how to parent a strong generation. Yes there is room for fun which adults and children can enjoy together, but be moderate and careful and seek edifying material.

You might be surprised at how children can find joy in adult recreation and entertainment. They may not understand everything in, for example, a certain performance, but can learn to enjoy from it what they can. It's like the temple: the presentation is meaningful on a superficial level as well as a deep level. I believe great entertainment and instruction can typically speak on multiple levels.

Children will rise to the standard we set for them. Watch and he asked at what they can do.

We also have a general misunderstanding of human development. These days we don't think anyone can act in a mature way before age 18. Absurd! Mormon was a sober lad by age 10. It used to be common knowledge that 12-14 year olds are adults.

Remember the Jews have only the bible for a text for their children until secondary education. Surely we flood children with so many diversions that they miss the mark.

Invite kids to come talk to you, while they do, involve them in the chores you're doing.

If you shew away a kid from a cleaning situation, they learn that job is not for them. Let them be involved in small ways.

Kids are highly motivated by social situations. Do chores as a family. Assigning individual tasks send more like a punishment.

If it doesn't stink and isn't visibly soiled, it isn't dirty laundry.

Kids crave involvement in the adult world. Don't do things that are fake child-only world. Find a way to include kids in the adult world.

This is one reason public schools create a fake and unhealthy environment - it makes built in entitled and self-centered worldview where everyone exists to serve you.

Autonomy is about letting kids do what they want within the frame of the being kind and generous and helpful.

Natives don't prompt their kids over and over. There's more conflict when parents boss kids around. Don't give kids endless options. Take action.

Many native cultures pass around babies, it's not just the one mom. Large sibling groups also have this positive feature. Plural marriage also has this positive feature. This also reminds us of what Joseph Smith taught, of us having fathers and mothers.

Kids don't have to listen to everything parents say. Negotiating and forcing are negative.

Persuade, don't battle. Allow them to not participate sometimes. Western kids have extremely limited autonomy compared to other cultures. This is what contributes to sassy teens.

Kids are expected to contribute to the group, but are also allowed freedom.

When fostering children, treat them as your own. Immediately put their picture on the wall with your family. As long as they live with you, they are family.

When it comes to taking in foster kids, you're giving them something much better than what they would have had in life, remember that when they struggle. The standard is are you helping them have a better life. They may ignore you.

Lessons from Fathers of Faith by Maller et al – Book Notes

President Spencer W. Kimball:

-President Spencer W Kimball offered a man full price on a car battery rather than sales price. He said treat me like any other customer not special because I am an Apostle, or else I'll leave. If you treat me as an equal, I'll be the best customer you've ever had. He helped the mechanic become active in the gospel and gave him car work for 20 years.

-He was very loyal; he told his children when they lived in Utah, "This is Utah. It is our home. So, it has the best scenery, and the prettiest girls."

Elder Bruce R McConkie:

-said once you have read the Book of Mormon 4 times you'll begin to get it. His children attest to this.

– had notes 18 inches high of his bible studies and threw them all away. At his daughters protest he said the notes were not important but the discipline he received from making them was.

-looked more at the scriptures themselves than at what others said of the scriptures.

-Ate peanut butter sandwiches because President Kimball liked to.

– Ate bread with milk for he said such has ever been the food of prophets.

-His children asked why a Santa Claus in a picture had a pipe in his mouth, he said after thinking a while, that the image was depicting Santa before he joined the Church.

-said true greatness is in the family nothing in Eternity can be greater nor a higher title than that of Father (*or mother naturally; to have one without the other is useless).

-his children asked him what a prophetess is like, he told them a prophetess is someone like your mother.

-Whenever he saw his children all through his life he kissed them on the forehead.

-His daughter attests that the thought of them being coerced to live the gospel is not at all what occurred in their home.

Elder Joseph B. Worthlin:

-make his children feel they were 1st priority

-had personal scripture study every morning, after which he typed the days' schedule.

President John Taylor:

-when fleeing from persecution of mobs, his son cried and cried about the loss of a wooden toy horse. Then John Taylor disguised himself, and went back in the night, crossing the Missouri river in the night, and retrieved the toy for his son at the peril of his life.

President Wilford Woodruff:

-kept a daily journal since the day he was baptized to the day of his death (65 years)

President Brigham Young:

-felt so close to his father that he felt like the only child, and he was sure the other children felt the same way.

President Heber J Grant:

-Once a week took his children to the Salt Lake City Theatre and afterward quizzed them on the plays. A daughter of his recounts that it was second only to formal schooling in educational value.

-Said that his children will only be children once, and he wants to give them as much pleasure out of life as possible.

President George Albert Smith:

-Says he has never seen one so deep in the gutter that he had not had the desire to lift him out.

-His dad gave money to a drunk who asked money for food of them, and upon his question to has dad why, his dad said that he would give money to ten drunks who would spend that on alcohol if it meant that one of them would get food with the money.

President David O McKay:

-Had a great love for animals

-Asked his son if the rabbits were fed that day, his children said no, so he turned around and went back several miles, so the rabbits would not have to be hungry that day.

-They had a big ugly rabbit named Cesar. He got out of his cage one day and President McKay was in a hurry to go somewhere (on a plane I believe). He got Cesar and put him in the chicken coop. Because he was in a hurry he didn't have time to feed Cesar or to tell his family where he had put him. Later that day his family got an "urgent telegram" that read "Cesar in chicken coop. Water him."

President Joseph F Smith:

-He was a historian.

-He taught his son President Joseph Fielding Smith.

-He told him to always take time to eat your meals

-told him to keep a daily journal, and said that if his journal is not a daily record, it's almost worthless, as it's not possible to well recall the day if writing about it is left until other days.

-when his son would write letters home that were misspelled, he would correct the misspelled words.

President Harold B. Lee:

-When he broke an expensive tool to ring pigs' noses after a day of rounding up pigs, his father merely said "well we will try again tomorrow". It cost them the days' efforts but this was the gentle response.

President Ezra Taft Benson:

-Growing up his family used mainly the Book of Mormon in religious instruction.

President Howard W. Hunter:

-He spent hours building wooden trains with his children. When they couldn't get it right, he took them to a train station for them to look at actual train tracks and see how it was done.

-He expected his children to perform at a certain level and to get good grades.

President Gordon B Hinckley:

-He wanted to go home after a while on his mission, and wrote his dad telling him that he thought he was wasting his father's money and his own time. His father wrote back informing him that he had received his letter, and gave his this advice, "forget yourself and go to work".

President Thomas S. Monson:

-While he was a Mission President in Canada for three years he and his family only had family dinner alone 3 times, all the other times there were missionaries in the home, or other guests.

-While a Mission President he spent 15-hour days doing missionary work.

-Almost nightly while a Mission President he played checkers with his son Tommy.

-When his son was ill, he flew in a plane to Kentucky just to go and give him a Priesthood blessing.

-His children report that he was not at home as much as other dads, but nevertheless he did more with them than other dads seemed to do with their children.

President Henry B. Eyring:

-His father was a renowned scientist who taught at Princeton and the University of Utah.

-He encouraged his children to be physics majors in school, but one day he was helping Henry on the chalkboard in their home with a science problem, and realized it was the same type of problem they had worked through the prior week. He pointed this out to his son and asked him if he had practiced this type of problem since they met last. Henry said no he had not. His dad told him he thought he ought to get out of physics and get into something he loves; he told him that whatever he thinks about while he is walking down the street, or in the shower, what he thinks of when he doesn't have to think of anything else, that such is what he ought to go in to. Henry became a great business man and educator.

-His dad when teaching would tell the very secular audience that there is a creator who made all things. He was not afraid to be himself in front of any audience. He was simply teaching them what he knew to be true, President Eyring recounts.

President Dieter F. Uchdorf:

-His children never knew how busy he was because he always made time for them and put them first.

President Boyd K. Packer:

-His father rarely got angry. His father learned that lesson by a worker on his farm breaking his tractor despite careful instruction to not break it. The worker bowed and said I am so sorry I can't express how sorry I am. Then he learned his lesson, that it could happen to anyone, and to not get angry. He was humbled by how humble his worker was.

Elder L Tom Perry:

-His father did a lot of church welfare work, and when he would come home and see sacks of flour piled up on the side of the driveway, he knew it was be an evening where he would get to be with his dad doing deliveries.

Elder M Russel Nelson:

-Every morning his dad would wake him up singing that the sun is up and so should they be. His dad was always was cheery in the morning.

-His dad was not active in the church for many years, but with the prodding of his family he became active and they were all sealed together in the temple for eternity.

Elder Oaks:

-His children say one word that epitomizes him is integrity.

-His daughter went to reuse a stamp that came in a letter that the post people forgot to stamp, and he scolded her for this.

Elder Ballard:

-His children put a huge scratch in one of his cars, and he said it's not a big deal it's just a car.

-His children wrecked a car, and he told took them in his arms and said, "I'm so proud of you for telling me the truth!"

Elder Robert D Hales:

-He and his father would scrub the metal sacrament trays with steel wool to make them more shiny for the sacrament, so it could be more sacred.

-His dad was an industrial artist, and one day brought home work to finish at home. His studio was right upstairs above the living room. The children were running and yelling downstairs, and he asked them to stop 3 times, but they did not. He came down the stairs and firmly sat Robert down, and did **not use violence or loud words, but explained** to him and the others how there is **a spiritual aspect in the creative process**, and how he **needs reverent quiet to be able to create**. He took the time to explain to them and it left a lasting lesson with Elder Hales.

Elder Jeffery R. Holland:

-His son and he prayed how to get home on backroads after an outing and the sun going down. He asked his son what he felt about the prayer over which path in the road to take. The son said he felt go left over and again, Elder Holland said he felt so as well. They prayed to get home safely. They went left, and it was a dead end; but since they found that, Elder Holland was able to confidently go the right way, and they made it home safely. God got them home safely, it was inspiration to go to point B in order to get from point A to point C. God never inspires us to sin, but sometimes we have to take certain routes.

Elder Quinton L Cook:

-When his son was coming home from college (a visit or something), he flew out to the college, so he could be his sons travel companion for the drive home.

-He teaches we need to communicate church principals in settings other than church.

Elder D Todd Christofferson:

-When his daughter started college he had a company drop flowers off at her dorm saying simply have a great semester.

Elder Neil L Anderson:

-His children still call him daddy.

-Once a month he would take each of his children to a restaurant of their choosing just them and him where they could confide in him.

-He volunteers to do the dishes at home.

-He helps his wife sit down.

-He helps his wife by opening her car door.

-Plays basketball with his children.

Janice Kapp Perry's Father:

-He worked in the fields all day, milked the cows at 5am, and milked them again in the evening after working in the fields.

-Survived his first year of marriage financially by milking hundreds of cows all day.

-Had colon cancer. Went to the temple and prayed to live long enough for his children to grow up. Once they grew up his cancer returned, and he died.

-Sang his wife's songs and had a great voice.

-Arrived with his family at church a half hour early each Sunday.

-He could not easily say the words "I love you" but he showed that he did.

-When his daughter was in danger and the cows were getting out his daughter asked as he helped her "but what of the cows?" he responded, "they're just cows sis, you're my daughter."

-Played the drums.

-Nearly all ages danced in the church on Friday nights in those days.

-Didn't let his children go bowling because they would have to go through the tavern to get to the bowling alley.

-Didn't let his children play in the band Saturday nights because they would be playing into the Sabbath; and there would be a rougher crowd there.

-Got revelation that his daughters' engagement was not right and asked her to give back the ring, she did so then was married to someone else happily.

Elder Robert E Wells:

-his wife died, and he spent the next 2 months dating all he could. He found the right one. He dated her for a week then got engaged. A month later they were married.

-As a Mission President encouraged missionaries to shake hands firmly, and to look the person they were greeting in the eye as they shook hands.

-Taught that we don't always need to be reverent, for this is a bold and courageous and exciting message we share and gospel we live.

-Went skiing regularly.

Highlights from Hold On To Your Kids: Why Parents Need To Matter More Than Peers by Gordon Neufeld and Gabor Mate

Book theme: Speaks of parents raising kids not peers. That peer connections shouldn't replace parent connections.

Instead of "vertical transmission" of culture from adults to youth, culture is being transmitted horizontally within the generation from peer to peer. ch.1

What is "Absolutely clear is that children were meant to revolve around their parents and the other adults responsible for them, just as the planets revolve around the sun. And yet more and more children are now orbiting around each other." ch.2

On psychological orientation: "As children grow, they have an increasing need to orient: to have a sense of who they are, of what is real, why things happen, what is good, what things mean. To fail to orient is to suffer disorientation, to be lost psychologically...Children are utterly incapable of orienting by themselves. They need help.....A parent is by far a child's best compass point—or another adult, like a teacher, who acts as a parent substitute." ch.2

When children become more attached to peers than family, it is like having an affair. ch.2

“our children cannot be co-parented by people whose names we hardly even know.” so don't move often, and live by family, and get to know adults in the community. ch.3

(This reminds me of a General Conference talk by Stanley G Ellis called "Grow where you are planted" which discourages constant moving, and encourages people to make the most of where they are.)

“One result of the economic changes since the Second World War is that children are placed early, sometimes soon after birth, in situations where they spend much of the day in one another’s company. Most of their contact is with other children, not with the significant adults in their lives. They spend much less time bonding with parents and adults.” ch.3

"It is generally unrecognized by parents and professionals that the root of the problem is not parental ineptitude but parental impotence in the strictest meaning of that word: lacking sufficient power. The absent quality is power, not love or knowledge or commitment or skill. Our predecessors had much more power than parents today. In getting children to heed, our grandparents wielded more power than our parents could exercise over us or we seem to have over our children." Ch4
(Book points out power doesn't equal force)

“The power to parent arises when things are in their natural order, and it arises without effort, without posturing, and without pushing. It is when we lack power that we are likely to resort to force. The more power a parent commands, the less force is required in day-to-day parenting. On the other hand, the less power we possess, the more impelled we are to raise our voices, harshen our demeanor, utter threats, and seek some leverage to make our children comply with our demands.” ch4

“Since humans have a lengthy period of dependence, attachments must be transferable from one person to another, from parents to relatives and neighbors and tribal or village elders. All of these, in turn, are meant to play their role in bringing the child to full maturity.” ch4
(The error is in shifting this to peers rather than trustworthy adults)

“The reasoning behind parenting as a set of skills seemed logical enough, but in hindsight has been a dreadful mistake. It has led to an artificial reliance on experts, robbed parents of their natural confidence, and often leaves them feeling dumb and inadequate.....We miss the essential point that what matters is not the skill of the parents but the relationship of the child to the adult who is assuming responsibility.” ch4

“What keeps parents in the game is attachment. Commitment and values can go a long way but if it was only that, parenting would be sheer work. ch5

“The stronger the attachment is, the easier it is to secure the child’s attention.” ch5

“If all goes well, the drive for physical proximity with the parent gradually evolves into a need for emotional connection and contact.” ch5

“It is attachment that makes a child want to be like another person, to take on another’s characteristics.” ch5

“Until a child becomes capable of self-direction and of following cues from within, he or she needs someone to show the way.” ch5
(This is related to conscience training. Point out their feelings, praise or rebuke them based on whether they follow those feelings of conscience.)

“External motivators for behavior such as rewards and punishments may destroy the precious internal motivation to be good, making leverage by artificial means necessary by default.” ch5

"Clinicians diagnose (defiant) children with oppositional defiant disorder. Yet it is not the oppositionality- the counterwill- that is out of order but the child’s attachments.” ch6
(they rebel against adult instruction as they are peer oriented)

“counterwill” (defiance, releniousness) has two important NORMAL functions:

1. To keep a child from being influenced by those outside of a child’s attachment circle of family and
2. To help the child develop internal will and autonomy.

Ch6

“Although we have lulled ourselves into believing that this tribalization of youth is an innocuous process, it is a historically new phenomenon with a disruptive influence on social life. It underlies the frustration many parents feel at their inability to pass on their traditions to their children.” ch7

Sleepovers and other formerly teen behaviors are happening at younger ages such as 7. Ch7

"Peer-oriented children are not devoid of culture, but the culture they are enrolled in is generated by peer orientation." ch7 (we need to create family tradition, family culture)

Peer oriented kids don't care about the Bible or great art and classics, "They know only what is current and popular, appreciate only what they can share with their peers." ch7

Attachment with a parent makes the stress of peers ignoring them, taunting, etc. bearable in many ways; a shield of protection. ch8

children have always snubbed, ignored, shunned, shamed other children but in these days children do not have the attachment to family to override the impact of peer acceptance or rejection. Ch8

“Studies have been unequivocal in their findings that the best protection for a child, even through adolescence, is a strong attachment with an adult.” ch8

“What if I don’t connect with my peers? Why if I cannot make the relationship work? What if I don’t want to go along with the things my buddies do, if my mom doesn’t let me go, or if my friend likes so and so more than she likes me? Such are the ever-present anxieties of peer-oriented children, never far below the surface. Peer-oriented children are obsessed with who likes whom, who prefers whom, who wants to be with whom.” ch8

“Peer-oriented kids will do anything to avoid the human feelings of aloneness, suffering, and pain, and to escape feeling hurt, exposed, alarmed, insecure, inadequate, or self-conscious. The older and more peer-oriented the kids, the more drugs seem to be an inherent part of their lifestyle.” ch8

“preschooler syndrome” is when teens act like preschoolers, and it's becoming quite common. ch9

Robert Bly, in his book *The Sibling Society*, exposes immaturity as being endemic in our society. “People don’t bother to grow up, and we are all fish swimming in a tank of half-adults,” ch9

"The earlier the onset of peer orientation in a child’s life and the more intense the preoccupation with peers, the greater the likelihood of being destined to perpetual childishness.” ch9

“The child has to be able to know that she is not identical with whatever feeling happens to be active in her at any particular moment. She can feel something without her actions being necessarily dominated by that feeling. She can be aware of other, conflicting feelings, or of thoughts, values, commitments that might run counter to the feeling of the moment. She can choose.” ch9

“The key to activating maturation is to take care of the attachment needs of the child. To foster independence we must first invite dependence; to promote individuation we must provide a sense of belonging and unity; to help the child separate we must assume the responsibility for keeping the child close.” ch9

“The first task is to create space in the child’s heart for the certainty that she is precisely the person the parents want and love.” ch9

Aggression is not only limited to attacking each other, but also includes attacking oneself through self-deprecating remarks, self-hostility, self-harm and suicidal thoughts and impulses. Ch10

When parents are too passive, too needy or too uncertain to “assert their dominance”, the children move into the position of being dominant. Ch11

“There are many triggers for frustration, but because what matters most to children- as to many adults- is attachment, the greatest source of frustration is attachments that do not work: loss of contact, thwarted connection, too much separation, feeling spurned,

losing a loved one, a lack of belonging or of being understood.” ch10
(This ties into the book theme of the issue of peer connections replacing parent connections)

Children these days are fragile, and even brief gaps in attachment can lead to problems. Ch12

4 elements for a child to have a teachable mind: a natural curiosity, an integrative mind, an ability to benefit from correction, and a relationship with the teacher. Peers can get in the way of this, thinking these traits are "uncool". ch13

“At the very top of our agenda we must place the task of collecting our children – of drawing them under our wing, making them want to belong to us and with us. We can no longer assume, as parents in older days could, that a strong early bond between ourselves and our children will endure for as long as we need it. No matter how great our love or how well intentioned our parenting, under present circumstances we have less margin for error than parents ever had before. We face too much competition.” ch14

Ch14 shows 4 steps of the attachment dance:

1. Get in the child’s face or space in a friendly way.
2. Provide something for the child to hold on to emotionally from you – warmth of some kind.
3. Invite dependence. (as in courting, aim to please, not just to help when absolutely needed) (childlike obedience is that we obey with intent of pleasing the superior, to get that pleasure which comes from pleasing them)
4. Act as the child’s compass point. We must guide our children.
(Children may know more about some trending topic than their parents do, but parents know more about life, and must boldly lead the family.)

Collect children after any separating. This means to speak with them about their experiences, process things etc., after they've been with others, been away from home, etc. It's like the time old advice to stay up until the kids get home so you can look th over and ensure all is well. Ch14

“We cannot cultivate connection by indulging a child’s demands, whether for affection, for recognition, or for significance. Although we can damage the relationship by withholding from a child when he is expressing a genuine need, meeting needs on demand must not be mistaken for enriching the relationship.....This step in the dance is not a response to the child. It is the act of conceiving a relationship, many times over.” ch14

“the condundrum is that attention given at the request of the child is never satisfactory: it leaves an uncertainty that the parent is only responding to demands, not voluntarily giving of himself to the child. The demands only escalate, without the emotional need underlying them ever being filled. The solution is to seize the moment, to invite contact exactly when the child is not demanding it. “ ch14

“Children do not experience our intentions, no matter how heartfelt. They experience what we manifest in tone and behavior. We cannot assume that children will know what our priorities are: we must live our priorities.” ch15
(This entails outlining your values to them explicitly and in detail)

“Trying to parent, to “teach lessons” when we are upset or full of rage risks making the child anxious about the relationship. We can hardly expect a child to hold on to a connection that, in his eyes, we do not value.” ch15

“The most obvious restrictions that need to be put in place are those that govern peer interaction, especially the free-style interaction that is not orchestrated by the adults in charge. Unless parents put some restrictions in place, the demand for play dates, get-togethers, sleepovers, and instant messaging soon gets out of hand.” ch15

Ch16 has 7 principles of natural discipline:

1. Use connection, not separation, to bring a child into line.
2. When problems occur, work the relationship, not the incident.
3. When Things Aren’t working for the child, draw out the tears instead of trying to teach a lesson. (as in be firm on boundaries, even when it upsets a child)
4. Solicit good intentions instead of demanding good behavior.
5. Draw out the mixed feelings instead of trying to stop impulsive behavior. "When a child’s behavior is driven by instinct and

emotion, there is little chance of imposing order through confrontation and barking commands.”

6. When dealing with an impulsive child, try scripting the desired behavior instead of demanding maturity.

7. When unable to change the child, try changing the child’s world.

“the use of structure and routine is a powerful way of imposing order on a child’s world, and thus on the child’s behavior.” ch16

“Getting along with others does not arise from peer contact.” ch17

“It is not friends that children need.” - “Until children are capable of true friendship, they really do not need friends, just attachments.” ch17

“Every parents needs a supporting cast, and the less one exists naturally, the more it needs to be cultivated by design.” ch18

“As much as possible, we should be participating with our children in villagelike activities that connect children to adults whether through religious or ethnic centers, sports activities, cultural events, or in the community at large.” ch18

Note: special thanks to theparentingpassageway.com for a more extensive review of this text where these quotes from the text were found. This website seems to have lots of great parenting materials and book reviews.

<https://theparentingpassageway.com/category/book-reviews/hold-on-to-your-kids/>

Charity In The Little Things Are The Big Things

If you aren't testing others as you would want to be treated, it is sin.

When you pay to help others, you'll see to make positive comments toward others, especially those in your home.

Out of this grows a life of kindness and fulfillment where faith and comradery grow spontaneously.

Do Not Oppress The Hireling (Or Child Etc.)

Anyone who has labored on a crew knows it's often a harsh environment. With all the deadlines, the workers are pushed to the max. Is it any wonder these workers often develop harsh attitudes about life, rebellion to God (an authority figure) (or parents for that matter), and take up habits of swearing, tobacco, pornography, idleness, family procrastination, and other filthy habits?

The best way to work is to take personal responsibility for deadlines you agree to, and don't push your workers too hard. If you want to delegate something or give a raise or otherwise encourage your workers / children in a positive way, sure, you can often get more work out of them.

But oh, let's avoid being harsh, too demanding, etc.

How is this done? I'm still figuring it out, but I often feel impressed of the importance of it.

We must not want so much money / success that we push those around us to get it. We must be humble and long-suffering.

I recall a prophet who, when his children misbehaved would only need to say, "oh I wish my kiddies would be good".

Now there are various dispositions among children, men, etc., that they require some adjusting case by case. But the guideline is the same for all cases. Reprove at times with sharpness, but afterward an outpouring of love, lest they esteem you as an enemy. (D&C 121).

That's what makes the work force so dreadful and why so many avoid it. This is why we have people unwilling to learn the trades and other hard things. Learning anything hard takes time. Often we think we are dumb, but really we just never had time to figure it out. We see fast learner's and give up, when really most people can learn these skills (crafts, instruments, languages, academics, etc.) if they just have a proper training.

All of this is why it's so important to have fathers train their kids in a trade as they grow up. This also cures kids of the boredom and trouble of youth, they need to work, and that in a way that contributes to the family, and in a way which isn't harsh or fraught with vices and contention.

I should say sometimes there are inherently stressful situations with deadlines like drying concrete, etc., where people need to act in a timely fashion, and sometimes that ain't pretty. But we try. The general rule is to be patient, to invite, remind politely, etc.

We remember president Nelson, it was said that his operating room was always an quiet peaceful environment, not demanding or hurried. Heart surgery is certainly time sensitive and urgent, and he is a great example of how all jobs can be done with peace.

Of course there are times to be stern. When some one is overly careless resulting in an injury or damage to property. When a child hurts another. When a child repeatedly ignores instruction. But the typical training to work should be, we hope, an environment of patience and comradery.

Comments:

One definition of sharpness in Joseph Smiths time was clarity. Sometimes people think of it as being sharp in correcting or speaking sharply, but it could also mean reproof with clarity. Or like Nephi said "I delight in plainness" or that clarity is necessary so that people understand the principle.

It's hard not to pass on that stress and pressure you feel at work into the home environment. We're learning to be more realistic about what we can accomplish instead of biting off too much, that's helping. Better to underestimate than overestimate.

When Kids Don't Want Religion

Elder McConkie said to his kids, you have agency, you can come to church and not like it, or come to church and like it.

Church is about so much more than worship of Christ. It is family culture. The family uses church as a way to help each member to become their best self, a good citizen, socially armed, versed in letters, of a good temper, and so forth.

As the guardians of that child, you have the legal right to insist on their attendance with you wherever you go. It was the same for when we had foster children - like it or not, they had to come to church with us. It's like going on any other outing, you can't just leave the at home. You need to know where they are, what they're doing, etc.

Certain church participation cannot be forced, such as temple worship where an affirmative statement of faith & worthiness is required, singing of hymns, fasting, or personal gospel study. Participation in these things should be encouraged, rewarded, testified of, but it cannot be forced.

Even family scripture study can be a requirement. This is a discussion of life, a time of teaching correct principles. It can be done during a family meal to support schedules and unwillingness. At the meal the child doesn't leave until excused. This is all part of it.

The child must understand: church is but a small part of the family culture. It looks like it pervades everything (because it does), but it's not just worship of Christ we refer to when we speak of church and religion. Our religion is what tells us how to live. It's the how to live that takes up all our time, and directs the way we do everything. If they have an issue with the way we do everything, even if you deleted the church element, the faith in Christ, there's still so much going on. There's when we sleep, how we eat, how we learn, how we play, how we work, etc. Our culture is founded in religion, and don't think that just getting rid of religion is going to get rid of all the culture! Just quitting religion isn't going to save you in this family! We live our religion constantly, and it's not just praising!

When Kids Resist Faith: Start with Charity, the Heart of True Religion - Basic Civility is Inherently Connected to Religion

When a child doesn't want religion, teach them what the heart of religion really is.

Religion is that we want the kids to learn to be their best selves. To be a force for good. To have max joy.

More than caring about whether they read scripture, we care more about whether they do what scriptures teach.

We want kids to be good.

Learn useful things rather than wastefulness.

Be a positive role model.

Give of your time to serve and teach your siblings and others.

Don't be self centered.

Be polite and cheerful and gracious, become a person others wish to be around.

Yes, faith can be a complex issue. But get to the heart of religion. Get to the heart of life.

Religion of course is more than just a charity organization. It involves heavens highest blessings, eternal life, and even Godhood for the faithful (not to mention avoidance of an eternal lake of fire and brimstone). But service is a good place to start.

Children must learn how to be good. When they fuss about religion, tell them the reason for going to church isn't just to worship God, it's to learn good manners, good social and speaking skills, good wholesome dress, and so forth. A religion serves 2 purposes: worship of God, and teaching/practice of wise standards for a wholesome productive life.

Children owe parents respect and obedience for what the parents have done for the child. "Oh" says the child, "But you chose to have me, it's your fault." Well, that's right! We did chose to have you. But as the recipient of our graces upon you, all that we do for you, you owe us in return some basic respect and obedience. Our family goes to church, just like how our family wears clothes and eats vegetables, it's just what we do. Do all families do these things? Perhaps not, but ours does, and as the people who volunteered to raise you, you the child owe us the parents the basic respect of following our instructions.

You don't have to believe in God, but you do have to abide by our expectations and culture. When you move out, sure, you can leave all that behind. But we hope that by then, you will have learned a deep sense of gratitude toward us parents for what we have chosen to do for you, and that you will have learned the wisdom in what we have been teaching you, enough to adopt many of these practices into your life long term. My parents raised me in a hearty family of many siblings and it has helped me develop into a charitable person who knows how to work and serve others. As a pinnacle of gratitude, I now give them many grandchildren. I hope you will in turn go and do likewise, and bring me grandchildren and raise them up in righteousness, as my mother did for me, and as I do for you.

To Kids: Why To Keep A Good Relationship With Your Parents (The Basics)

Your other are who are in charge of you until you are nature enough to be in charge of yourself

Though you won't live totally free and will be expected to help your parents, you do not currently have the full weight of the burden it providing for your physical emotional/spiritual needs while a child lining with your parents.

Due to what your parents do for you, they deserve your respect, your attention, your service, your cheerfulness, your obedience, your faith.

It is wide to keep a positive relation with your parents, which isn't always fun, but it is for the best. They can give you not privileges when they see you are sincerely and throughly trustworthy. When you line on your own, they can help you if you're close to them, physically, and emotionally/spiritually.

Parenting with Love – Teachings of the Prophets

Administering mercy as a parent in Zion while avoiding being overly enabling.

These are evidences for authoritative preferred to authoritarian parenting.

The companion essay to this is the other side of the coin on parenting with limits but while avoiding abuse and being overly controlling, which is presented in the following chapter.

-““When ye are in the service of your fellow beings ye are only in the service of your God.”³ That concept is easy for mothers and fathers to understand. Parental love includes gratitude for service extended to any of their children, especially in their time of need. I was amused recently when one of our grown children confided that she had always thought that she was her daddy’s favorite daughter. She was surprised to discover later that each of her eight sisters harbored that same feeling. Only when they had become mothers themselves did they realize that parents hardly have favorites.” (“Teach Us Tolerance and Love” by [Russell M. Nelson](#) Of the Quorum of the Twelve Apostles (<https://www.lds.org/general-conference/1994/04/teach-us-tolerance-and-love?lang=eng>))

-Alex Jensen (BYU social development professor) thinks authoritative is the preferred, not a mix of authoritative and authoritarian

-Alex Jensen (BYU professor of family life) says the defining aspect of authoritarian is control; who is in power/control. If the parent is getting the child to do things from commands of “I told you to do it now do it” that is typical of authoritarian. Use of physical punishments is also authoritarian.

-The scripture says reprove betimes with sharpness, this suggests the sharp aspect is infrequent

-authoritative doesn’t withdraw love; authoritarian would say “you did this bad thing, no hugs or kisses tonight, and I’m not going to speak to you for 6 hours.”

-authoritative punishments are very related to the offence; you break it you buy it; you spill it you clean it; etc.

-authoritative parenting can involve a swat at times if need to show the pain that action will bring says Mark Butler SFL BYU; he gave the example of him swatting his kids leg hard when his kid ran in the street since he wanted to show his kid

that if this continues, pain like that but greater will come from a car hitting him. He said “I wish you didn’t have to experience this but it is for your protection”

-authoritative likely involves coming down to the child’s level, “I noticed this is happening. Why is that? Don’t you remember I asked you to do this other? So you want a different thing? Let’s make a compromise. Let’s set up a reward. Let’s remember what natural consequences will come if you don’t do this thing I have asked.”

-“I have never had a tinge of regret for being a little too kind” (LDS Church President Thomas S. Monson)

-Alex Jensen says that though spanking may be effective on some level, he has never done it since he is afraid that he would not be able to control himself if he entered that threshold.

-Alex Jensen says that in our culture, authoritative parenting is the most effective.

-authoritative emphasizes “do’s”, authoritarian emphasizes “don’ts”

-authoritative uses reasoning power to guide, leads to secure attachment, results in the child being liked by both adults and peers. But authoritarian/ heavy power assertion leads to aggression in the child and peers not liking the child.

-an LDS parenting manual uses a story of a parent who is angry and going to discipline a child but before he reaches the child calms down, and speaks with the child peaceably.

-“Parents should never drive their children, but lead them along, giving them knowledge as their minds are prepared to receive it. Chastening may be necessary betimes, but parents should govern their children by faith rather than by the rod, leading them kindly by good example into all truth and holiness” (*Discourses of Brigham Young*, sel. John A. Widtsoe [Salt Lake City: Deseret Book Co., 1941], p. 208). (This is cited in the Parent Guide LDS manual)

-“The emotional climate in the home establishes either a positive or a negative learning environment. Climate means “the weather you can expect in a certain place.” What is the “weather” in your home? Is it warm, comfortable, secure; or is there too much thunder, lightning, and cold? Occasionally a teaching moment will arise out of an atmosphere of tension and anxiety, but most effective teaching moments occur in loving, peaceful, respectful circumstances, when the “feeling” is right and when the climate in a relationship is peaceful.” (LDS Parent Guide Manual)

-Referring to a young woman tired of her parent always asking her if she had been unchaste and being standoffish/distant toward her, “She has her agency, and she chose to be unchaste. But what might have happened had her mother loved and kissed her daughter as she left to go on a date, and if afterward she had invited her daughter to share her experiences in a private, respectful way? If parents show and express their love and give accurate information without nagging and repeating themselves endlessly, children are more likely to listen and be influenced for good.” (LDS Parent Guide)

-“ For your own sake, for the love that should exist between you and your boys—however wayward they might be ... when you speak or talk to them, do it not in anger, do it not harshly, in a condemning spirit. Speak to them kindly; get them down and weep with them if necessary and get them to shed tears with you if possible. Soften their hearts; get them to feel tenderly toward you. Use no lash and no violence, but ... approach them with reason, with persuasion and love unfeigned. ... Get them to feel as you feel, have interest in the things in which you take interest, to love the gospel as you love it, to love one another as you love them; to love their parents as the parents love the children. You can’t do it any other way” (Joseph F Smith, *Gospel Doctrine*, 5th ed. [Salt Lake City: Deseret Book Co., 1939], p. 316).” (LDS Parent Guide Manual)

-“ Unkind parenting can plant seeds of self-doubt and even confusion about the gender role. These seeds can germinate into personal problems in the following years unless parents change and show increased affection and acceptance.” (LDS Parent Guide Manual)

-“ They need continual intimate contact with their parents. It is in this intimate closeness that their future relationships begin to develop.” (LDS Parent Guide Manual)

-“ Harsh correction could diminish their self-esteem and make them anxious about trusting others... Patient, kind acceptance of young children’s efforts to learn will help them have good feelings about themselves and feel confident in loving their parents. Through all stages of growth, children need parental encouragement. Punishment for failure will make them feel inferior and unwilling to develop close relationships. Pressure to progress faster than they are ready can create emotional frustration” (LDS Parent Guide Manual)

-““When persons manifest the least kindness and love to me, O what power it has over my mind, while the opposite course has a tendency to harrow up all the harsh feelings and depress the human mind” (Joseph Smith, *History of the Church*, 5:24).” (LDS Parent Guide Manual)

-“” (LDS Parent Guide Manual)

-“Be loving when you correct your children. Do not withhold affection from them as a way to chastise them, for they may not learn to give affection to others. Physical or emotional abuse may teach a child that cruelty is the normal way to treat other people. Do not spank a child in this age-group with any force and never with an instrument. Also, avoid making a child fearful by locking him in a dark room or threatening to leave him alone.” (LDS Parent Guide Manual)

-“One couple sent their bright, energetic, and occasionally mischievous three-year-old out of the room when she became disobedient, but they off from the security of the house. When she back to a warm



never shut the door. The child was not cut the voices, sounds, or lights in the rest of regained control of herself, she wandered welcome.” (LDS Parent Guide Manual)

-“A child has the right to refuge, a place of the outside world. to supply this need”

Era, Sept. 1965, p. 757)

-““In spiritual matters not strive for personal saves us “just as we

should act according to the moral agency He has given them, “that every man may be accountable for his own sins in the day of judgment.”² It is His plan and His will that we have the principal decision-making role in our own life’s drama. **God will not live our lives for us nor control us as if we were His puppets, as Lucifer once proposed to do.** Nor will His prophets accept the role of “puppet master” in God’s place. Brigham Young stated: “I do not wish any Latter Day Saint in this world, nor in heaven, to be satisfied with anything I do, unless the Spirit of the Lord Jesus Christ,—the spirit of revelation, makes them satisfied. I wish them to know for themselves and understand for themselves.” So God does not save us “just as we are,” first, because “just as we are” we are unclean, and “no unclean thing can dwell ... in his presence; for, in the language of Adam, Man of Holiness is his name, and the name of his Only Begotten is the Son of Man [of Holiness].”⁴ And second, God will not act to make us something we do not choose by our actions to become. **Truly He loves us, and because He loves us, He neither compels nor abandons us.** Rather He helps and guides us. Indeed, **the real manifestation of God’s love is His commandments.** We should (and we do) rejoice in the God-ordained plan that permits us to make choices to act for ourselves and experience the consequences, or as the scriptures express it, to “taste the bitter, that [we] may know to prize the good.”” (Elder Christofferson “Free Forever to Act for Themselves”, Oct. 2014 Conf. Report) ” (LDS Parent Guide Manual)

feel that in his home he has a place of protection from the dangers and evils of Family unity and integrity are necessary (“Six Small Essays,” *Improvement* (LDS Parent Guide Manual)

some suppose that men and women need righteousness—because God loves and are.” But God intends that His children

-“[parents’] only purpose in dealing with a child is to bless the child with their efforts. If what they are doing is causing the child to be angry or to experience physical or emotional harm, then their efforts need to cease until they can determine a better course to follow. A wise parent separates himself from the child at a moment when the parent feels such anger and frustration. Sending the child to his room or placing an infant in his crib until the parent has regained composure will often be helpful. If it is not sufficient for the parent to separate himself from the child to regain control, then a parent will

do well to get himself and the child in the company of other adults. The presence of another adult or older child usually stimulates a change in the behavior and attitude of both the parent and the child.” (LDS Parent Guide Manual)

-“Few will depart from virtue permanently if they are taught in love.” (LDS Parent Guide Manual)

-“Parents can mistakenly attribute adult characteristics to adolescents who look like adults but are largely children. They need more time and experience before being expected to act and think completely as adults.” (LDS Parent Guide Manual)

-“Parents often give far too much negative counsel to their teenagers. While it is true that you must solemnly warn your teenagers against all types of sin, you should place more emphasis upon the goodness of growing up. God himself, viewing his creation of this earth, pronounced it “good” (see [Genesis 1:31](#)). Teach your children that it is good to mature and that adolescence can be filled with beauty and power. Praise them for their spiritual development and maturity.” (LDS Parent Guide Manual)

-“I will here say to parents, that kind words and loving actions towards children, will subdue their uneducated natures a great deal better than the rod, or, in other words, than physical punishment. Although it is written that, “The rod and reproof give wisdom; but a child left to himself bringeth his mother to shame,” and, “he that spareth his rod hateth his son; but he that loveth him chasteneth him betimes;” these quotations refer to wise and prudent corrections. Children who have lived in the sunbeams of parental kindness and affection, when made aware of a parent’s displeasure, and receive a kind reproof from parental lips, are more thoroughly chastened, than by any physical punishment that could be applied to their persons. It is written, that the Lord “shall smite the earth with the rod of his mouth.” And again it is written, “a whip for the horse, a bridle for the ass, and a rod for the fool’s back.” The rod of a parent’s mouth, when used in correction of a beloved child, is more potent in its effects, than the rod which is used on the fool’s back. When children are reared under the rod, which is for the fool’s back, it not unfrequently occurs, that they become so stupified and lost to every high-toned feeling and sentiment, that though you bray them in a mortar among wheat with a pestle, yet will not their foolishness depart from them. Kind looks, kind actions, kind words, and a lovely, holy deportment towards them, will bind our children to us with bands that cannot easily be broken; while abuse and unkindness will drive them from us, and break asunder every holy tie, that should bind them to us, and to the everlasting covenant in which we are all embraced. If my family; and my brethren and sisters, will not be obedient to me on the basis of kindness, and a commendable life before all men, and before the heavens, then farewell to all influence. Earthly kings and potentates obtain influence and power by terrorism, and maintain it by the same means. Had I to obtain power and influence in that way, I should never possess it in this world nor in the next. Fathers who send their little boys and girls on the plains and ranges, to herd their cattle and sheep, and drag them out of bed very early in the morning, to go out in the cold and wet, perhaps without shoes and but scantily clad otherwise, are cruel to their offspring, and when their children arrive at years of maturity, they will leave the roof under which they have received such oppression, and free themselves from the control of parents, who have acted towards them, more like task-masters than natural protectors. It is in this unnatural school that our thieves have their origin, and where they receive their first lessons in dishonesty and wild recklessness. Mark the path in which a number of our boys have travelled, from the time they were eight or ten years of age, to sixteen, eighteen and twenty. Have they been caressed and kindly treated by their parents, sent to school, and when at home taught to read good books, taught to pray themselves, and to hear their parents pray? Have they been accustomed to live and breathe in a peaceful, quiet, heavenly influence when at home? No. Then can you wonder that your children are wild, reckless and ungovernable? They care not for a name, or standing in society, every noble aspiration is blunted; for they are made to go here or there, like mere machines, at the beck and call of tyrant parents, and are uncultivated and uncivilized. This picture will apply to a few of our young men. Let parents treat their children as they themselves would wish to be treated, and set an example before them that is worthy of you as Saints of God. Parents are responsible before the Lord, for the way in which they educate and train their children, for “Lo, children are an heritage of the Lord; and the fruit of the womb is his reward. Happy is the man that hath his quiver full of them; they shall not be ashamed, but they shall speak with the enemies in the gate.”

(Brigham Young, Journal of Discourses Vol. 10, 360-362; find it

here https://www.fairmormon.org/answers/Journal_of_Discourses/10/66) (a portion of the above quote is also featured in Teachings of the Presidents of the Church: Brigham Young, Ch 46 <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

-“None of us know what course our children will take. We set good examples before them, and we strive to teach them righteous principles; but when they come to years of accountability they have their agency and they act for themselves.” (Teachings of the Presidents of The Church: Wilford Woodruff, Ch. 16; https://www.lds.org/manual/teachings-wilford-woodruff/chapter-16?lang=eng&_r=1)

– “*Discipline with love.* “Discipline” and “punishment” are not synonymous. Punishment suggests hurting, paying someone back for a wrong committed. Discipline implies an action directed toward a goal ... of helping the recipient to improve himself” (William E. Homan, ‘How to Be a Better Parent,’ *Reader’s Digest*, Oct. 1969, p. 188). Discipline should always be with love” (Elder Ben Banks, in Conference Report, Oct. 1993, 40; or *Ensign*, Nov. 1993, 29; cited in Eternal Marriage manual, see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

– “Parents can provide an atmosphere of reverence and respect in the home if they teach and guide their children with love.” (Gospel Principles Ch 37 “Family Responsibilities”; see <https://www.lds.org/manual/gospel-principles/chapter-37-family-responsibilities?lang=eng&r=1>)

– “A worthy father who is a member of the Church has the opportunity to hold the priesthood, making him the priesthood leader of his family. He should guide his family with humility and kindness rather than with force or cruelty. The scriptures teach that those who hold the priesthood should lead others by persuasion, gentleness, love, and kindness” (see [D&C 121:41–44](#); [Ephesians 6:4](#)). (Gospel Principles Ch 37 “Family Responsibilities”;

see <https://www.lds.org/manual/gospel-principles/chapter-37-family-responsibilities?lang=eng&r=1>)

– “A mother needs to spend time with her children and teach them the gospel. She should play and work with them so they can discover the world around them. She also needs to help her family know how to make the home a pleasant place to be. If she is warm and loving, she helps her children feel good about themselves.” (Gospel Principles Ch 37 “Family Responsibilities”; see <https://www.lds.org/manual/gospel-principles/chapter-37-family-responsibilities?lang=eng&r=1>)

– “Bible verses in the book of Proverbs that have been interpreted to be in favor of spanking children: Proverbs 13:24 says, “He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes.” Proverbs 29:15 says, “The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame.” Proverbs 23:13-14 says, “Withhold not correction from a child: for if thou beatest him with the rod, he shall not die. Thou shalt beat him with the rod, and shalt deliver his soul from hell.” These verses have been interpreted many ways. Most people interpret them to mean that children need to be hit with branches, sticks, and reeds, which is one definition of the Hebrew word “shebet” interpreted means “rod.” However, the word shebet has also been interpreted to mean authority, clan or tribe, and has been known to mean God’s authority as well. Due to the poetic nature of the book of Proverbs and the multiple interpretations of the word “rod” some people think that the term means something metaphorical; such as to use the scriptures to reproof or teach children, or that parents need to remember to exercise their authority over the children in order to help the children have a proper upbringing. Sometimes the truth can sting like a rod might hurt the flesh. So children would not die from the pain of truth. However, there have been cases when parents have beat their children to death with rods and reeds, so it appears that Proverbs 23:13-14 cannot mean to literally beat a child with a rod. A few other Bible verses that give further understanding to parents about disciplining children: Hebrews 12: 6-11 talks about the importance of chastening. Specifically verse eleven says, “Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.” Ephesians 6:4 says, “Now, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.” Colossians 3:21 says, “Fathers, provoke not your children to anger, lest they be discouraged.” 2Timothy 3:16 says, “All scripture is given by the inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.” This second sampling of Bible verses instructs parents to be calm but firm in correcting and instructing children. They tell parents not to be angry or aggressive, but to use words of truth and reproof. In Hebrews it even says that correction should lead to more peace in the family. These verses suggest that parents are to love and rear their children in righteousness and without any anger.” (ldsmag.com; not an official church publication; <https://ldsmag.com/can-spanking-be-okay-sometimes/>)”

– An episode of Brigham Young’s parenting: “a small son of his had the habit of knocking his spoon and his bowl of bread and milk to the floor whenever it was placed in front of him. The child’s mother was perplexed. Brigham counseled her: “The next time he knocks the dish from your hand lean him against the chair, do not say one word to him, [and] go to your work.” The mother did this. The child at first stood by the chair and looked at his mother, then at what he had knocked onto the floor. Finally, he crawled to the spoon and the bowl and placed them back on the table. The child never knocked them from the table again. Of his wife’s action President Young said, “She might have whipped him and injured him, as a great many others would have done; but if they know what to do, they can correct the child without violence” (*LBY*, xxv).” (Teachings of the Presidents of the Church: Brigham Young, Ch 46 “Parental Responsibility”; see <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

– “That President Young lived the principles he taught is evidenced by his daughter Susa’s description of him as “an ideal father. Kind to a fault, tender, thoughtful, just and firm. ... None of us feared him; all of us adored him” (*LSBY*, 356)”

(Teachings of the Presidents of the Church: Brigham Young, Ch 46 “Parental Responsibility”;

see <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

-“Nurture your children with love and the admonitions of the Lord. Rearing happy, peaceful children is no easy challenge in today’s world, but it can be done, and it is being done. Responsible parenthood is the key. Above all else, children need to know and feel they are loved, wanted, and appreciated. They need to be assured of that often. Obviously, this is a role parents should fill, and most often the mother can do it best. ...” (Ezra Taft Benson, *Eternal Marriage* manual,

“Parenthood: Creating a Gospel Centered Home”; see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

-“A successful parent is one who has loved, one who has sacrificed, and one who has cared for, taught, and ministered to the needs of a child. If you have done all of these and your child is still wayward or troublesome or worldly, it could well be that you are, nevertheless, a successful parent. Perhaps there are children who have come into the world that would challenge any set of parents under any set of circumstances. Likewise, perhaps there are others who would bless the lives of, and be a joy to, almost any father or mother” (Howard W Hunter, in Conference Report, Oct. 1983, 94;

or *Ensign*, Nov. 1983, 65). (Cited in *Eternal Marriage* manual, “Parenthood: Creating a Gospel Centered Home”;

see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

-“Some of you have children who do not respond to you, choosing entirely different paths. Father in Heaven has repeatedly had that same experience. While some of His children have used His gift of agency to make choices against His counsel, He continues to love them. Yet, I am sure, He has never blamed Himself for their unwise choices” (Richard G Scott, in Conference Report, Apr. 1993, 43; or *Ensign*, May 1993, 34). (Cited in *Eternal Marriage* manual, “Parenthood: Creating a Gospel Centered Home”;

see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

-“Hold family councils to discuss family plans and concerns. Some of the most effective family councils are one on one with each family member. Help our children know their ideas are important. Listen to them and learn from them. ...”

(Robert D Hales in Conference Report, Apr. 1999, 41–44; or *Ensign*, May 1999, 33–34; Cited in *Eternal Marriage*

manual, “Parenthood: Creating a Gospel Centered Home”; see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

-“Nothing is so much calculated to lead people to forsake sin as to take them by the hand, and watch over them with tenderness. When persons manifest the least kindness and love to me, O what power it has over my mind, while the opposite course has a tendency to harrow up all the harsh feelings and depress the human mind” (*Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith [1976], 240) (Cited in *Eternal Marriage* manual, “Parenthood: Creating a Gospel Centered Home”;

see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

-“18 percent fewer kids were spanked or beaten (using an object like a paddle or a belt) in 2010 than in 1975. But almost half of all 8- and 9-year-olds are still hit by their parents; and younger kids aren’t exempt from the damaging abuse, either. Research shows that kids who are spanked or hit with an object have lower IQs; they shut down their learning powers.

They are also more aggressive, particularly boys, and get in more trouble than kids who are not spanked. Children who are spanked also have sexual problems and low self-esteem as adults. So what can you do when your child is a pain in the neck? Understand what’s going on. Children act out when they don’t have words to express their frustration and anger. To

teach your 4-year-old to express his thoughts and feelings, you can put words in his mouth. You might say, “I know you’re feeling tired and wish we could go home, but we can’t. We have to finish grocery shopping.” This helps him release the tension he feels from being trapped somewhere he doesn’t want to be and shows him what he could say to you

to make you understand his feelings. It doesn’t always work; sometimes you just have to leave the store before you want to. But it’s important to offer that help so he can learn impulse control and to use words in place of actions. And

remember, whenever you feel like spanking your child, take a deep breath and count to 10. You’re the grown-up and should be able to come up with an expressive and thoughtful alternative to hitting your child.” (Michael Roizen, M.D.,

Deseret News, <https://www.deseretnews.com/article/765579398/Spanking-not-best-way-to-discipline-your-child.html>)

– “You will be far more successful with love as your watchword than you will be with a whip or lash or anything of the kind.” (Gordon B Hinckley, cited in <https://education.byu.edu/youcandothis/spanking.html>)

-“have never accepted the principle of ‘spare the rod and spoil the child.’ I am persuaded that violent fathers produce violent sons. Children don’t need beating. They need love and encouragement” (Gordon B. Hinckley, *Ensign*, Conference Report, Nov. 1994).

-“Above all else, children need to know and feel they are loved, wanted, and appreciated. They need to be assured often of that” (Ezra Taft Benson, *Ensign*, Nov. 1982, 60).

-“Use no lash and no violence, but . . . approach them with reason, with persuasion and love unfeigned. . . You can’t do it any other way. You can’t do it by unkindness; you cannot do it by driving. . . You can’t force your boys, nor your girls into heaven. You may force them to hell, by using harsh means in the effort to make them good, when you yourselves are not as good as you should be. The man that will be angry at his boy, and try to correct him while he is in anger, is in the greatest fault. You can only correct your children by love, in kindness, by love unfeigned, by persuasion, and reason” (Joseph F. Smith, *Gospel Doctrine*, 5th ed., SLC: Deseret Book Co., 1939, 316-317)

-“It is not by the whip or the rod that we can make obedient children; but it is by faith and by prayer, and by setting a good example before them” (Brigham Young, *Deseret News Weekly*, 9 Aug. 1865, 3).

– “My father never laid a hand upon me except to bless me” (Gordon B Hinckley, “Go Forward with Faith”, pg. 141)

-“now days if a parent spans a child it is likely that the child will have been taught by their school that this is abuse. This teaching encourages children to tell on their parents or to report their parents to authorities even when the spanking was going to be done with love and calmness. Since there are people telling children what is right and wrong instead of parents being the authority on what is right and wrong parents have just cause to abandon spanking as an acceptable parenting practice to protect their families from government intrusion.” (Meridian Magazine (not an official church publication), Nicholeen Peck (author of

A House United: Changing Children’s Hearts and Behaviors by Teaching Self Government) 2014 “Can Spanking be ok Sometimes?” <https://ldsmag.com/can-spanking-be-okay-sometimes/>)

-“The genius of our Church government is government through *councils*. . . I have had enough experience to know the value of councils. Hardly a day passes but that I see the wisdom, God’s wisdom, in creating councils: to govern his Kingdom” (Stephen L Richards, in Conference Report, Oct. 1953, 86; also in *Eternal Marriage manual* <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“If parents are immature and cannot settle their differences without anger, fighting, and name-calling, a child becomes most insecure, and as he grows older he is apt to take up with the wrong type of friends just to get away from an unhappy home environment” (Elder Delbert L. Stapley, in Conference Report, Oct. 1970, 45; also in *Eternal Marriage manual* <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“Often parents communicate most effectively with their children by the way they listen to and address each other. Their conversations showing gentleness and love are heard by our ever-alert, impressionable children” (Elder Marvin J Ashton in Conference Report, Apr. 1976, 81; or *Ensign*, May 1976, 53; also in *Eternal Marriage manual* <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“It helps children to see that [good parents](#) can have differing opinions and that these differences can be worked out without striking, yelling, or throwing things. They need to see and feel calm communication with respect for each other’s viewpoints so they themselves will know how to work through differences in their own lives” (in Conference Report, Oct. 1993, 10; or *Ensign*, Nov. 1993, 9; also in *Eternal Marriage manual* <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-if, in our homes, parents will read from the Book of Mormon prayerfully and regularly, both by themselves and with their children, the spirit of that great book will come to permeate our homes and all who dwell therein. The spirit of reverence will increase; mutual respect and consideration for each other will grow. The spirit of contention will depart. Parents will counsel their children in greater love and wisdom. Children will be more responsive and submissive to the counsel of their parents. Righteousness will increase. Faith, hope, and charity—the pure love of Christ—will abound in our homes and lives, bringing in their wake peace, joy, and happiness” (Marion G Romney, in Conference Report, Apr. 1980, 88, 90; or *Ensign*, May 1980, 66–67; also in *Eternal Marriage manual* <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“The first and most important inner quality you can instill in a child is *faith in God*. The first and most important action a child can learn is *obedience*. And the most powerful tool you have with which to teach a child is *love*. (David O McKay,

See *Instructor*, Dec. 1949, p. 620)” (quoted by L Tom Perry, in Conference Report, Apr. 1983, 106; or *Ensign*, May 1983, 78; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“A principal purpose for discipline is to teach obedience. President David O. McKay stated: ‘Parents who fail to teach obedience to their children, if [their] homes do not develop obedience society will demand it and get it. It is therefore better for the home, with its kindness, sympathy and understanding, to train the child in obedience rather than callously to leave him to the brutal and unsympathetic discipline that society will impose if the home has not already fulfilled its obligation’ (*The Responsibility of Parents to Their Children*, p. 3)” (James E Faust in Conference Report, Oct. 1990, 41–42; or *Ensign*, Nov. 1990, 34; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“Motherhood consists of three principal attributes or qualities: namely, (1) the power to bear, (2) the ability to rear, (3) the gift to love. . . . This ability and willingness properly to rear children, the gift to love, and eagerness, yes, longing to express it in soul development, make motherhood the noblest office or calling in the world” (David O McKay, *Gospel Ideals*, 453; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“Love is the very essence of family life. Why is it that the children we love become so frequently the targets of our harsh words? Why is it that these children who love their fathers and mothers sometimes speak as if with daggers that cut to the quick? ‘There is beauty all around,’ only ‘when there’s love at home’ (*Hymns*, no. 294)” (Gordon B Hinckley, in Conference Report, Apr. 1989, 83; or *Ensign*, May 1989, 67; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“parents, who had once been hitters and spankers, had made the shift to calm, firm self-government parenting. Their thirteen-year-old son was “out of instructional control” and the father was calmly going through the Rule of Three to help the son become calm and ready to receive his negative consequence. Then the son said, “Just hit me Dad. It would be quicker. Just hit me.” I loved this great moment for this reformed father. He saw clearly that his son used the previous beatings as a way of not taking responsibility for his actions. He also clearly saw that the child didn’t have to accept the consequence or become calm for a beating to occur. When he did those beatings he was denying his child the opportunity to accept his consequence as something he earned. For justice to be completely effective the guilty must acknowledge his wrongdoing.” (Meridian Magazine (not an official church publication), Nicholeen Peck (author of **A House United: Changing Children’s Hearts and Behaviors by Teaching Self Government**) 2014 “Can Spanking be ok Sometimes?” <https://ldsmag.com/can-spanking-be-okay-sometimes/>)

-“Let parents treat their children as they themselves would wish to be treated, and set an example before them that is worthy of you as Saints of God.” (*DNW*, 7 Dec. 1864, 2) (also cited in Teachings of the Presidents of the Church: Brigham Young, Ch 46 <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

-“Bring up your children in the love and fear of the Lord; study their dispositions and their temperaments, and deal with them accordingly, never allowing yourself to correct them in the heat of passion; teach them to love you rather than to fear you.” (*DBY*, 207) (also cited in Teachings of the Presidents of the Church: Brigham Young, Ch 46 <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

-“In our daily pursuits in life, of whatever nature and kind, Latter-day Saints . . . should maintain a uniform and even temper, both when at home and when abroad. They should not suffer reverses and unpleasant circumstances to sour their natures and render them fretful and unsocial at home, speaking words full of bitterness and biting acrimony to their wives and children, creating gloom and sorrow in their habitations, making themselves feared rather than loved by their families. 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**].” “Wrath is cruel, and anger is outrageous;” but “the discretion of a man deferreth his anger; and it is his glory to pass over a transgression [**Proverbs 19:11**]”” (*DBY*, 203–4)

-“In passing through the world I see that the most of parents are very anxious to govern and control their children. As far as my observations have gone I have seen more parents who were unable to control themselves than I ever saw who were unable to control their children. If a mother wishes to control her child, in the first place let her learn to control herself, then she may be successful in bringing the child into perfect subjection to her will. But if she does not control herself how can she expect a child,—an infant in understanding—to be more wise, prudent and better than one of grown age and matured?” (*DNSW*, 12 July 1870, 2)

-“I can pick out scores of men in this congregation who have driven their children from them by using the wooden rod. Where there is severity there is no affection or filial feeling in the hearts of either party; the children would rather be away from father than be with him.” (*DBY*, 203)

-“It is not by the whip or the rod that we can make obedient children; but it is by faith and by prayer, and by setting a good example before them.” (*DNW*, 9 Aug. 1865, 3)

-“I do not believe in making my authority as a husband or a father known by brute force; but by a superior intelligence—by showing them that I am capable of teaching them. ... If the Lord has placed me to be the head of a [family](#), let me be so in all humility and patience, not as a tyrannical ruler, but as a faithful companion, an indulgent and affectionate father, a thoughtful and unassuming superior; let me be honored in my station through faithful diligence, and be fully capable, by the aid of God’s Spirit, of filling my office in a way to effect the salvation of all who are committed to my charge.” (*DNW*, 23 July 1862, 2)

-“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. ... Rule in righteousness, and in the fear and love of God, and your children will follow you.” (*DNSW*, 7 Apr. 1868, 3)

-“Kind looks, kind actions, kind words, and a lovely, holy deportment towards them will bind our children to us with bands that cannot easily be broken; while abuse and unkindness will drive them from us, and break asunder every holy tie that should bind them to us and to the everlasting covenant in which we are all embraced. If my family, and my brethren and sisters will not be obedient to me on the basis of kindness, and a commendable life before all men, and before the heavens, then farewell to all influence.” (*DNW*, 7 Dec. 1864, 2)

-“You ought always to take the lead of your children in their minds and affections. Instead of being behind with the whip, always be in advance, then you can say, “Come along,” and you will have no use for the rod. They will delight to follow you, and will like your words and ways, because you are always comforting them and giving them pleasure and enjoyment. If they get a little naughty, stop them when they have gone far enough. ... When they transgress, and transcend certain bounds we want them to stop. If you are in the lead they will stop, they cannot run over you; but if you are behind they will run away from you.” (*DNSW*, 8 Dec. 1868, 2–3)

-“A child loves the smiles of its mother, but hates her frowns. I tell the mothers not to allow the children to indulge in evils, but at the same time to treat them with mildness. If a child is required to step in a certain direction, and it does not seem willing to do so, gently put it in the desired way, and say, There, my little dear, you must step when I speak to you. Children need directing and teaching what is right in a kind, affectionate manner.” (*DBY*, 209)

-“How often we see parents demand obedience, good behavior, kind words, pleasant looks, a sweet voice and a bright eye from a child or children when they themselves are full of bitterness and scolding! How inconsistent and unreasonable this is!” (*DBY*, 208)

-“Let the father and mother, who are members of this Church and Kingdom, take a righteous course, and strive with all their might never to do a wrong, but to do good all their lives; if they have one child or one hundred children, if they conduct themselves towards them as they should, binding them to the Lord by their faith and prayers, I care not where those children go, they are bound up to their parents by an everlasting tie, and no power of earth or hell can separate them from their parents in eternity; they will return again to the fountain from whence they sprang.” (*DBY*, 208).

(Handbook for Families: Disciplining with Love, LDS Ensign Sept.

1985 <https://www.lds.org/ensign/1985/09/disciplining-with-love?lang=eng>)

Parenting with Limits: Teachings of the Prophets

This chapter focuses on how to have strong limits as a parent, while avoiding abuse. This is the companion essay to parenting with love while avoiding being overly enabling.

Note: spanking or other physical harm is likely never ok, and prophets have taught it likely does more harm than good, and that there are more appropriate and effective ways for child discipline. There may be occasions where this would be appropriate, but the rule of thumb is typically to avoid it.

-1 Sam. 3 the Lord punishes Eli for not restraining his children from doing evil. It seems Eli lost his priesthood for this offence.

-we lose our children by sending them to public school where outrageous peer pressures consume them, and attitudes are learned which are never unlearned.

-should we allow our kids to swear like sailors? I worked at a youth rehab where this was allowed and entirely disapprove. A basic level of respect is required. I stopped working there because my presence suggested that I agreed with that pitiful policy. I've seen other rehabs with a strict language policy which are much safer and successful environments for rehabilitation into adulthood and working lifestyles.

-showing great displeasure at repeated disobedience expresses to the child that you are serious

-kids don't need a lot of free time

-kids don't need tons of friends

-public schools move too slowly or for some subjects move on without comprehension and are not catered to each child's needs

-essential core fundamental curriculum exams must be passed at 100% before the student can move on

-President Boyd K Packer says no one owes a child entertainment

-President Spencer W Kimball taught in his book "Faith Proceeds the Miracle" that large amounts of free time for children is not natural and not healthy.

-referring to "spare the rod spoil the child": The rod can be strict rules of respect in the home and enforced in usually non-physical ways, but must be enforced. Don't physically harm them. "You will be far more successful with love as your watchword than you will be with a whip or lash or anything of the kind." (Gordon B Hinckley, cited in <https://education.byu.edu/youcandothis/spanking.html>)

-"have never accepted the principle of 'spare the rod and spoil the child.' I am persuaded that violent fathers produce violent sons. Children don't need beating. They need love and encouragement" (Gordon B. Hinckley, Ensign, Conference Report, Nov. 1994).

-'stand in holy places till the Lord come' we have to not wait around for the popular ideas of the masses, but to be bold, not subjecting our children to more evil than is needed. Like the young tree who needs a rope in the wind to not fall over, we want to put ropes on it, not to add wind.

-a key to giving your children clean environments and media etc. is that there is so much good, you don't need to mess with the bad. Why go to a place where there is known immodesty where there are others with the beauty of nature? Or why a song of evil, when so many songs of both holiness and fun which are wholesome? Or why waste time with entertainment when there is so much wholesome and enjoyable things to learn?

-Isaiah says to turn the foot and ear away from violence

-for media decisions: is the violence glorified or to show the consequences of someone's poor choices?

-one of the prophets, Hinckley? Encouraged the men to control their anger, and the women to control their voice levels. But that doesn't mean a parent can't take some sort of controlled actions lead to a child learning self-control, which leads to good behavior, and less temptation to resort to anger or yelling.

-“ Our children are responsible for their own behavior. Give them the opportunity to sit in council with you, however informal and spontaneous. Give them clear counsel to guide them, and let them practice following that counsel. They must feel the weight of decision making and, at times, the pain of error.” (Parent Guide Manual LDS)

– “Fathers and mothers counsel (advise, teach) their children as they sit in council (ponder, listen, discuss) together. It is inconceivable that their counsel is given rudely or harshly, although they must sometimes be solemn and stern as they deal with children who may be rebellious.” (Parent Guide Manual LDS)

-your “role as a parent requires that you pass judgments on your children and correct them as necessary” (Parent Guide Manual LDS)

– “you can react with concern, candor, and practical steps to correct the error” (Parent Guide Manual LDS). Here it is undefined by what is meant by “practical steps”, leaving that open to our interpretation.

-“At times you must express love in a firm and stern way. But even after you have rebuked your children, if you then make sure they know that you love them, they usually accept the guidance and teaching they receive.” (Parent Guide Manual LDS)

–“The home is the best place in the world to teach the child self-restraint, to give him happiness in self-control, and respect for the rights of others. I feel that the first contribution of the home to the happiness of the child is to impress him with the fact that there are bounds beyond which he cannot go with safety; second, to teach him to be considerate of the rights of others;” (David O McKay, “Home ... and the Strength of Youth,” *Improvement Era*, Aug. 1959, p. 583). (LDS Parent Guide Manual)

-“This phase is the time to make sure your children establish habits of good nutrition, hygiene, grooming, and exercise. Help them develop appetites for healthy rather than junk foods. If you encourage them in frequent, vigorous physical exercise and play, they can develop enjoyable habits with lifelong benefits... Whatever your child's situation, encourage him during this period to acquire habits of self-respect, hygiene, and attention to his body's condition.” (LDS Parent Guide Manual, in the chapter about 4-11 year olds)

-“ this is a special period of development in which parents should teach courtesy, honesty, fidelity, mercy, good humor, and spiritual integrity. Interpersonal relationships may be divided into three basic categories: courteous, affectionate, and intimate. Children must learn the differences between these categories and what is proper within each” (LDS Parent Guide Manual, in the chapter about 4-11 year olds)

-“only occasionally will a child see on television healthy male-to-male or female-to-female affection. Frequently the language, voice tones, and body mannerisms shown by televised entertainment do not portray the gentle affection for which the Savior's followers ought to strive.” (LDS Parent Guide Manual)

-“Teach your daughters and your sons to seek opportunities to learn and to exploit every such opportunity fully. Girls and boys should learn all they can about every subject within their capabilities. They should nurture and develop their gifts

(see [D&C 46:11–26](#)), striving always to achieve their full potential and to fill the measure of their creation (see [D&C 88:19](#)).

Girls ought to be taught the arts and sciences of housekeeping, domestic finances, sewing, and cooking. Boys need to learn home repair, career preparation, and the protection of women.” (LDS Parent Guide Manual)

-“We understood well before we came to this vale of tears that there would be sorrows, disappointments, hard work, blood, sweat, and tears; but in spite of all, we looked down and saw this earth being made ready for us, and we said in effect, Yes, Father, in spite of all those things I can see great blessings that could come to me as one of thy sons or daughters... You will need to develop yourself and grow in ability and power and worthiness, to govern such a world with all of its people. You are sent to this earth not merely to have a good time or to satisfy urges or passions or desires. You are sent to this earth, not to ride merry-go-rounds, airplanes, automobiles, and have what the world calls ‘fun.’ You are sent to this world with a very serious purpose. You are sent to school, for that matter, to begin as a human infant and grow to unbelievable proportions in wisdom, judgment, knowledge, and power” (*The Teachings of Spencer W. Kimball*, ed. Edward L. Kimball [Salt Lake City: Bookcraft, 1982], p. 31). (LDS Parent Guide Manual)

– The following account is about a father who explained the why behind a rule forbidding cussing (particularly the specific word used was explained as to its vulgarity), and also gave a punishment. ““Am I grounded for cussing?” The father then realized that, for this boy, the biggest issue was bad language. Oh well, he thought, parenthood is a lifetime program. Hoping that in mercy he had enlightened his son, he dispensed justice. “Yes, you’re grounded until 8:00 P.M. tonight for using improper language.” (LDS Parent Guide Manual)

-“ Love unfeigned is the most powerful force in the world because it brings the ability to direct one’s efforts toward God’s purposes rather than toward our purposes.” (LDS Parent Guide Manual)

-“ Love unfeigned is the most powerful force in the world because it brings the ability to direct one’s efforts toward God’s purposes rather than toward our purposes.” (LDS Parent Guide Manual) I’ve included this quote here to suggest that when we fail to discipline it is a lack of love, and that when we do need discipline, we must control ourselves and only give the appropriate amount the child needs.

-“In spiritual matters some suppose that men and women need not strive for personal righteousness—because God loves and saves us “just as we are.” But God intends that His children should act according to the moral agency He has given them, “that every man may be accountable for his own sins in the day of judgment.”² It is His plan and His will that we have the principal decision-making role in our own life’s drama. **God will not live our lives for us nor control us as if we were His puppets, as Lucifer once proposed to do.** Nor will His prophets accept the role of “puppet master” in God’s place. Brigham Young stated: “I do not wish any Latter Day Saint in this world, nor in heaven, to be satisfied with anything I do, unless the Spirit of the Lord Jesus Christ,—the spirit of revelation, makes them satisfied. I wish them to know for themselves and understand for themselves.” So God does not save us “just as we are,” first, because “just as we are” we are unclean, and “no unclean thing can dwell ... in his presence; for, in the language of Adam, Man of Holiness is his name, and the name of his Only Begotten is the Son of Man [of Holiness].”⁴ And second, God will not act to make us something we do not choose by our actions to become. **Truly He loves us, and because He loves us, He neither compels nor abandons us.** Rather He helps and guides us. Indeed, **the real manifestation of God’s love is His commandments.** We should (and we do) rejoice in the God-ordained plan that permits us to make choices to act for ourselves and experience the consequences, or as the scriptures express it, to “taste the bitter, that [we] may know to prize the good.”” (Elder Christofferson “Free Forever to Act for Themselves”, Oct. 2014 Conf. Report)

-“It is relatively easy for you to sit in council and to counsel, urge, or even require children between four and eleven to behave virtuously. There is nothing wrong with expecting your children to be good long before they enjoy it. But there is much for parents to repent of if they shirk their duty and avoid the stress of such discipline.” (LDS Parent Guide Manual)

-“I call upon parents throughout Zion to do what you can to induce your sons and daughters to walk in the paths of righteousness and truth and to improve the opportunities before them.” (Teachings of the Presidents of The Church: Wilford Woodruff, Ch. 16)

-“In our zeal to preach the Gospel to the people of all nations, we should not forget the duties devolving upon us in regard to the proper bringing up of our own children, instilling in them, when young, a love for truth and virtue, and reverence

for sacred things, and affording them a knowledge of the principles of the Gospel.” (Teachings of the Presidents of The Church: Wilford Woodruff, Ch. 16; https://www.lds.org/manual/teachings-wilford-woodruff/chapter-16?lang=eng&_r=1)

-“By bringing these choice spirits to earth, each father and each mother assume towards the tabernacled spirit and towards the Lord Himself by having taken advantage of the opportunity He offered, an **obligation of the most sacred kind, because the fate of that spirit in the eternities to come, the blessings or punishments which shall await it in the hereafter, depend, in great part, upon the care, the teachings, the training which the parents shall give to that spirit.** No parent can escape that obligation and that responsibility, and for the proper meeting thereof, the Lord will hold us to a strict accountability. No loftier duty than this can be assumed by mortals.” (Teachings of the Presidents of The Church: Heber J Grant, Ch. 22; https://www.lds.org/manual/teachings-heber-j-grant/chapter-22?lang=eng&_r=1)

– “To have successful homes, values must be taught, and there must be rules, there must be standards, and there must be absolutes. Many societies give parents very little support in teaching and honoring moral values. A number of cultures are becoming essentially valueless, and many of the younger people in those societies are becoming moral cynics. . . . Child rearing is so individualistic. Every child is different and unique. **What works with one may not work with another.** I do not know who is wise enough to say what discipline is too harsh or what is too lenient except the parents of the children themselves, who love them most. It is a matter of prayerful discernment for the parents. Certainly the overarching and undergirding principle is that the **discipline of children must be motivated more by love than by punishment.**

...Direction and discipline are, however, certainly an **indispensable** part of child rearing. **If parents do not discipline their children, then the public will discipline them in a way the parents do not like. Without discipline, children will not respect either the rules of the home or of society**” (Elder James E Faust, in Conference Report, Oct. 1990, 40–41; or *Ensign*, Nov. 1990, 32–34; cited in Eternal Marriage manual, see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“No man can ever become a ruler in the Kingdom of God, until he can perfectly rule himself; then is he capable of raising a family of children who will rise up and call him blessed” (*Discourses of Brigham Young*, 265; cited in Eternal Marriage manual, see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

– “Parents, can we first consider the most painful part of your problem? If you want to reclaim your son or daughter, why don’t you leave off trying to alter your child just for a little while and concentrate on yourself. The changes must begin with you, not with your children. You can’t continue to do what you have been doing (even though you thought it was right) and expect to unproduce some behavior in your child, when your conduct was one of the things that produced it. **There! It’s been said! After all the evading, all the concern for wayward children. After all the blaming of others, the care to be gentle with parents. It’s out! It’s you, not the child, that needs immediate attention.** Now parents, there is substantial help for you if you will accept it. I add with emphasis that the help we propose is not easy, for the measures are equal to the seriousness of your problem. There is no patent medicine to effect an immediate cure. And parents, if you seek for a cure that ignores faith and religious doctrine, you look for a cure where it never will be found. When we talk of religious principles and doctrines and quote scripture, interesting, isn’t it, how many don’t feel comfortable with talk like that. But when we talk about your problems with your family and offer a solution, then your interest is intense. Know that you can’t talk about one without talking about the other, and expect to solve your problems. Once parents know that there is a God and that we are his children, they can face problems like this and win. If you are helpless, he is not. If you are lost, he is not. If you don’t know what to do next, he knows. It would take a miracle, you say? Well, if it takes a miracle, why not” (Boyd K. Packer, in Conference Report, Oct. 1970, 119–20; cited in Eternal Marriage manual, see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“It is simply absurd to imagine that if a child has the seed of falsehood and evil sown in its mind through life, you will all at once be able to sow in that mind one crop of truth and have it bring forth a harvest of truth. . . . We would look upon a farmer as a natural born idiot who would call upon everybody who passed his farm to throw in a few seeds of weeds, to do this for a period of twenty-one years, and then expect he could sow a crop of grain and expect to get a good harvest. I may know the multiplication table, and my wife may also, but I cannot on that account expect my children to be born with a knowledge of the multiplication table in their heads. I may know that the Gospel is true, and my wife may know it; but I do not imagine for one moment that my children will be born with this knowledge. We receive a testimony of the Gospel by obeying the laws and ordinances thereof; and our children will receive that knowledge exactly the same way; and if we do not teach them, and they do not walk in the straight and narrow path that leads to eternal life, they will never receive this knowledge. I have heard people say that their children were born heirs to all the promises of the new and everlasting covenant, and that they would grow up in spite of themselves, with a knowledge of the Gospel. I want to say to you that this is not a true doctrine, and it is in direct opposition to the commandment of our Heavenly Father. We find that it is laid

down to the Latter-day Saints, not as an entreaty, but as a law, that they should teach their children” (Teachings of the Presidents of the Church: Heber J Grant, Ch. 22; see <https://www.lds.org/manual/teachings-heber-j-grant/chapter-22?lang=eng&r=1>)

-“I have heard men and women say that they were going to let their sons and daughters grow to maturity before they sought to teach them the principles of the gospel, that they were not going to cram the gospel down them in their childhood, before they were able to comprehend it. When I hear men and women say this, I think they are lacking faith in the principles of the gospel and do not comprehend it as they should. The Lord has said it is our duty to teach our children in their youth, and I prefer to take His word for it rather than the words of those who are not obeying His commandments. It is folly to imagine that our children will grow up with a knowledge of the gospel without teaching.” (Teachings of the Presidents of the Church: Heber J Grant, Ch. 22; see <https://www.lds.org/manual/teachings-heber-j-grant/chapter-22?lang=eng&r=1>)

-“I pray that the Lord will give to the parents of the youth an understanding and appreciation of the dangers and temptations to which their children are subjected, that they may be led and guided to encourage their children, to direct them, to teach them how to live as the Lord would have them live.” (Teachings of the Presidents of the Church: Heber J Grant, Ch. 22; see <https://www.lds.org/manual/teachings-heber-j-grant/chapter-22?lang=eng&r=1>)

-“If we as parents will so order our lives that our children will know and realize in their hearts that we are in very deed Latter-day Saints, that we actually know what we are talking about, they, by seeking after the Lord, will get that same testimony.” (Teachings of the Presidents of the Church: Heber J Grant, Ch. 22; see <https://www.lds.org/manual/teachings-heber-j-grant/chapter-22?lang=eng&r=1>)

-“I would rather die in poverty knowing that my family could testify that, to the best of my ability with which God had endowed me, I had observed His laws and kept His commandments, and by my example, had proclaimed the gospel, than to have all the wealth of the world.” (Teachings of the Presidents of the Church: Heber J Grant, Ch. 22; see <https://www.lds.org/manual/teachings-heber-j-grant/chapter-22?lang=eng&r=1>)

-“The little things are the big things sewn into the family tapestry by a thousand threads of love, faith, discipline, sacrifice, patience, and work” (James E Faust in Conference Report, Oct. 1990, 43; or *Ensign*, Nov. 1990, 35; cited in Eternal Marriage manual, see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“There are two areas I would determine to improve if that privilege were granted to me to have young children in our home once again. The first would be to spend more time as husband and wife in a family executive committee meeting learning, communicating, planning, and organizing to better fulfill our roles as parents. The second wish I would like, if I could have those years over, would be to spend more family time” (L Tom Perry, in Conference Report, Apr. 1994, 49; or *Ensign*, May 1994, 37; cited in Eternal Marriage manual, see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“the invitation to repent is an expression of love. ... If we do not invite others to change or if we do not demand repentance of ourselves, we fail in a fundamental duty we owe to one another and to ourselves. A permissive parent, an indulgent friend, a fearful Church leader are in reality more concerned about themselves than the welfare and happiness of those they could help.” (D. Todd Christofferson, “The Divine Gift of Repentance,” *Ensign*, Nov. 2011, 39.)

-“Children share with their parents the responsibilities of building a happy home. They should obey the commandments and cooperate with other family members. The Lord is not pleased when children quarrel (see [Mosiah 4:14](#)). The Lord has commanded children to honor their parents. He said, “Honour thy father and thy mother: that thy days may be long upon the land” ([Exodus 20:12](#)). To honor parents means to love and respect them. It also means to obey them. The scriptures tell children to “obey your parents in the Lord: for this is right” ([Ephesians 6:1](#)). President Spencer W. Kimball said that children should learn to work and to share responsibilities in the home and yard. They should be given assignments to keep the house neat and clean. (See *Teachings of Presidents of the Church: Spencer W. Kimball* [2006], 120.)” (Gospel Principles Ch 37 “Family Responsibilities”; see <https://www.lds.org/manual/gospel-principles/chapter-37-family-responsibilities?lang=eng&r=1>)

-“He that spareth his rod hateth his son: but he that loveth him chasteth him betimes.” (Proverbs 13:24)

-“The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame.” (Proverbs 29:15)

-“Withhold not correction from a child: for if thou beatest him with the rod, he shall not die. Thou shalt beat him with the rod, and shalt deliver his soul from hell.” (Proverbs 23:13-14)

-“That President Young lived the principles he taught is evidenced by his daughter Susa’s description of him as “an ideal father. Kind to a fault, tender, thoughtful, just and firm. . . . None of us feared him; all of us adored him” (*LSBY*, 356)” (Teachings of the Presidents of the Church: Brigham Young, Ch 46 “Parental Responsibility”;
see <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

-“Nurture your children with love and the admonitions of the Lord. Rearing happy, peaceful children is no easy challenge in today’s world, but it can be done, and it is being done. Responsible parenthood is the key” (Ezra Taft Benson, *Eternal Marriage manual*, “Parenthood: Creating a Gospel Centered Home”); see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

-“Children must be taught right from wrong. They can and must learn the commandments of God. They must be taught that it is wrong to steal, lie, cheat, or covet what others have. Children must be taught to work at home. They should learn there that honest labor develops dignity and self-respect. They should learn the pleasure of work, of doing a job well. The leisure time of children must be constructively directed to wholesome, positive pursuits. Too much time viewing television can be destructive, and [pornography](#) in this medium should not be tolerated. It is estimated that growing children today watch television over twenty-five hours per week. Communities have a responsibility to assist the family in promoting wholesome entertainment. What a community tolerates will become tomorrow’s standard for today’s youth. Families must spend more time together in work and recreation. Family home evenings should be scheduled once a week as a time for recreation, work projects, skits, songs around the piano, games, special refreshments, and family prayers. Like iron links in a chain, this practice will bind a family together, in love, pride, tradition, strength, and loyalty. Family study of the scriptures should be the practice in our homes each Sabbath day. Daily devotionals are also a commendable practice, where scripture reading, singing of hymns, and family prayer are a part of our daily routine. . . . *Parents must prepare their children for the ordinances of the gospel. . . .*” (Ezra Taft Benson, *Eternal Marriage manual*, “Parenthood: Creating a Gospel Centered Home”); see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

-“The home is what needs reforming. Try today, and tomorrow, to make a change in your home by praying twice a day with your family. . . . Ask a blessing upon every meal you eat. Spend ten minutes . . . reading a chapter from the words of the Lord in the [scriptures]. . . . Let love, peace, and the Spirit of the Lord, kindness, charity, sacrifice for others, abound in your families. Banish harsh words, . . . and let the Spirit of God take possession of your hearts. Teach to your children these things, in spirit and power. . . . Not one child in a hundred would go astray, if the home environment, example and training, were in harmony with . . . the gospel of Christ.’ (Joseph F. Smith, *Gospel Doctrine*, 5th ed., Salt Lake City: Deseret Book Co., 1939, p. 302.)” (in Conference Report, Oct. 1982, 86–87; or *Ensign*, Nov. 1982, 60–61; see also [“Salvation—A Family Affair,”](#) *Ensign*, July 1992, 4–5).

-“Obviously, [family values](#) mirror our personal priorities. Given the gravity of current conditions, would parents be willing to give up just one outside thing, giving that time and talent instead to the family? Parents and grandparents, please scrutinize your schedules and priorities in order to ensure that life’s prime relationships get more prime time! Even consecrated and devoted Brigham Young was once told by the Lord, ‘Take especial care of your family’ ([D&C 126:3](#)). Sometimes it is the most conscientious who need this message the most!” (Neil Maxwell, in Conference Report, Apr. 1994, 121; or *Ensign*, May 1994, 90). (Cited in *Eternal Marriage manual*, “Parenthood: Creating a Gospel Centered Home”); see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

-“As parents, we are sometimes too intimidated to teach or testify to our children. I have been guilty of that in my own life. Our children need to have us share spiritual feelings with them and to teach and bear testimony to them.” (Robert D Hales in Conference Report, Apr. 1999, 41–44; or *Ensign*, May 1999, 33–34; Cited in *Eternal Marriage manual*, “Parenthood: Creating a Gospel Centered Home”); see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

-“Even that beloved and wonderfully successful parent President Joseph F. Smith pled, ‘Oh! God, let me not lose my own.’ That is every parent’s cry, and in it is something of every parent’s fear. But no one has failed who keeps trying and keeps praying. You have every right to receive encouragement and to know in the end your children will call your name blessed” (Jeffrey R Holland, in Conference Report, Apr. 1997, 48; or *Ensign*, May 1997, 36). (Cited in *Eternal Marriage manual*, “Parenthood: Creating a Gospel Centered Home”); see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

– “To this end we advise and urge the inauguration of a ‘Home Evening’ throughout the Church, at which time fathers and mothers may gather their boys and girls about them in the home and teach them the word of the Lord. . . . If the Saints obey this counsel, we promise that great blessings will result. Love at home and obedience to parents will increase. Faith will be developed in the hearts of the youth of Israel, and they will gain power to combat the evil influences and

temptations which beset them” (First Presidency (Joseph F. Smith, Anthon H. Lund, Charles W. Penrose), “Home Evening,” *Improvement Era*, June 1915, 733–34). (Cited in Eternal Marriage manual, “Parenthood: Creating a Gospel Centered Home”; see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

– “Hold family home evenings *every week* without fail. This is a wonderful time to share your testimony with your children. Give them an opportunity to share their feelings about the gospel. Help them learn to recognize when they feel the presence of the Spirit. Family home evenings will help create an island of refuge and security within your own home” (Elder Joe J Christensen, in Conference Report, Oct. 1993, 14; or *Ensign*, Nov. 1993, 12). (Cited in Eternal Marriage manual, “Parenthood: Creating a Gospel Centered Home”; see <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

– Surveys show that about 50% of parents today support spanking, which is down from 90% in the 1950s. (From <https://education.byu.edu/youcandothis/spanking.html>)

-“The world has been groomed to think of spanking is abuse. The United Nations signed a document in 1989 declaring that children all over the world have the same 45 rights. These rights include things like the right to play and the right to freedom from punishment. The document also says that every child has the right not to be abused, but abuse isn’t really spelled out which leaves the determination about abuse vague dangerous to interpret. I could go into great detail about the social dangers of a country following this CRC document, but will stick to the topic of punishment for now. Luckily the United States has not ratified this document as law, so many of the absurd rights that would destroy the role of parents and make the government the parent are not really enforceable. However, these false rights are being taught to teachers and in schools as well as to government agencies as real rights even though they are not really law. So, now days if a parent spanks a child it is likely that the child will have been taught by their school that this is abuse. This teaching encourages children to tell on their parents or to report their parents to authorities even when the spanking was going to be done with love and calmness.” (Meridian Magazine (not an official church publication), Nicholeen Peck (author of **A House United: Changing Children’s Hearts and Behaviors by Teaching Self Government**) 2014 “Can Spanking be ok Sometimes?” <https://ldsmag.com/can-spanking-be-okay-sometimes/>) (*Some try to “spank with love” but I don’t think it’s a good idea based on what prophets have taught about child discipline.)

-“Successful parents have found that it is not easy to rear children in an environment polluted with evil. Therefore, they take deliberate steps to provide the best of wholesome influences. Moral principles are taught. Good books are made available and read. Television watching is controlled. Good and [uplifting music](#) is provided. But most importantly, the scriptures are read and discussed as a means to help develop spiritual-mindedness” (Spencer W Kimball, in Conference Report, Apr. 1984, 6–7; or *Ensign*, May 1984, 6; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

– “I would make the family home evening times on Monday night a family council meeting where children were taught by parents how to prepare for their roles as family members and prospective parents. Family home evening would begin with a family dinner together, followed by a council meeting, where such topics as the following would be discussed and training would be given: temple preparation, missionary preparation, home management, family finances, career development, education, community involvement, cultural improvement, acquisition and care of real and personal property, family planning calendars, use of leisure time, and work assignments. The evening could then be climaxed with a special dessert and time for parents to have individual meetings with each child” (L Tom Perry, in Conference Report, Oct. 1980, 8–9; or *Ensign*, Nov. 1980, 9; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

– “Each family organization should include a family council comprised of all members of the family unit. Here the basic responsibilities of the family organization can be taught to the children. They can learn how to make decisions and act upon those decisions. Too many are growing to marriageable age unprepared for this responsibility. Work ethics and self-preparedness can be taught in a most effective way in a family council. President J. Reuben Clark, Jr., has paraphrased an old statement. “‘All work and no play makes Jack a dull boy,’” he would say. ‘But all play and no work makes Jack a useless boy.’ (As quoted by Harold B. Lee, ‘Administering True Charity,’ address delivered at the welfare agricultural meeting, 5 Oct. 1968)” (L Tom Perry, in Conference Report, Apr. 1981, 119; or *Ensign*, May 1981, 88; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“While few human challenges are greater than that of being good parents, few opportunities offer greater potential for joy. Surely no more important work is to be done in this world than preparing our children to be God-fearing, happy, honorable, and productive. Parents will find no more fulfilling happiness than to have their children honor them and their teachings. It is the glory of parenthood. John testified, ‘I have no greater joy than to hear that my children walk in truth’

([3 John 1:4](#))” (James E Faust, in Conference Report, Oct. 1990, 40; or *Ensign*, Nov. 1990, 32–33; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

–“We are to teach and train our children in the ways of the Lord. Children should not be left to their own devices in learning character and family values, or in listening to and watching unsupervised music or television or movies as a means of gaining knowledge and understanding as to how to live their lives!” (Elder David B Haight, in Conference Report, Oct. 1992, 105; or *Ensign*, Nov. 1992, 75–76; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

–“Although the Lord chastised the leading brethren, and indeed all parents in Zion, for parental delinquency, he indicated that repentance is possible. But he also said that if we did not repent, we would be removed out of our place. (see [D&C 93:41–50](#).) Not only do the scriptures instruct us on when teaching is best done (see [D&C 68:25–32](#); [Deuteronomy 8:5–9](#)) but also on what should and should not be taught (see [Moroni 7:14–19](#); [2 Nephi 9:28–29](#)) and who should and should not do the teaching (see [2 Nephi 28:14, 31](#); [Mosiah 23:14](#))” (in Conference Report, Oct. 1991, 112; or *Ensign*, Nov. 1991, 81). (Elder H Verlan Andersen in Conference Report, Oct. 1991, 112; or *Ensign*, Nov. 1991, 81; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

– “Now, I, the Lord, am not well pleased with the inhabitants of Zion, for there are idlers among them; and their children are also growing up in wickedness; they also seek not earnestly the riches of eternity, but their eyes are full of greediness. These things ought not to be, and must be done away from among them; wherefore, let my servant Oliver Cowdery carry these sayings unto the land of Zion.” (D&C 68:31–32)

– “*Work together*. I do not know how many generations or centuries ago someone first said, ‘An idle mind is the devil’s workshop.’ Children need to work with their parents, to wash dishes with them, to mop floors with them, to mow lawns, to prune trees” (Gordon B Hinckley, “Four Simple Things to Help Our Families and Our Nations,” *Ensign*, Sept. 1996, 7; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

– “In the sweat of thy face shalt thou eat bread” is not outdated counsel. It is basic to personal welfare. One of the greatest favors parents can do for their children is to teach them to work. Much has been said over the years about children and monthly allowances, and opinions and recommendations vary greatly. I’m from the ‘old school.’ I believe children should earn their money needs through service and appropriate chores. Some financial rewards to children may also be tied to educational effort and the accomplishment of other worthwhile goals. I think it is unfortunate for a child to grow up in a home where the seed is planted in the child’s mind that there is a family money tree that automatically drops ‘green stuff’ once a week or once a month” (Elder Marvin J Ashton, *One for the Money*, 8; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

–“ the best teachers of the principle of work are the parents themselves... Children need to learn responsibility and independence. Are the parents personally taking the time to show and demonstrate and explain so that children can, as Lehi taught, ‘act for themselves and not ... be acted upon’? ([2 Nephi 2:26](#))” (James E Faust in Conference Report, Oct. 1990, 42; or *Ensign*, Nov. 1990, 34).” ; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>)

– “The remarks of President J. Reuben Clark, Jr., given fifty-six years ago, are instructive today. He said: ‘It is the eternal, inescapable law that growth comes only from work and preparation, whether the growth be material, mental, or spiritual. Work has no substitute’ (in Conference Report, Apr. 1933, p. 103). More recently, Elder Howard W. Hunter counseled: ‘The first recorded instruction given to Adam after the Fall dealt with the eternal principle of work. The Lord said: “In the sweat of thy face shalt thou eat bread.” ([Gen. 3:19](#).) Our Heavenly Father loves us so completely that he has given us a commandment to work. This is one of the keys to eternal life. He knows that we will learn more, grow more, achieve more, serve more, and benefit more from a life of industry than from a life of ease’ (*Ensign*, Nov. 1975, p. 122)” (Joseph B Worthlin in Conference Report, Apr. 1989, 9; or *Ensign*, May 1989, 8; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

– “*Teach your children to work and to take responsibility*. Especially in urban settings, too many children are growing up in an environment where they do not have enough to do. They are like the young thirteen-year-old boy who was asked

what he did all day in the summer. He said, ‘Well, I get up in the morning about ten or eleven. Then my mom gets me something to eat. Then maybe I’ll go with some of the guys and play a little basketball, maybe watch TV, and then go down to the mall and “hang out” for a while—sorta watch the girls and stuff.’ ...I like what President Spencer W. Kimball has said on this topic: ‘We want you parents to create work for your children’” (Elder Joe J Christensen, in Conference Report, Oct. 1993, 13; or *Ensign*, Nov. 1993, 12; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“‘All children have claim upon their parents for their maintenance until they are of age’ (D&C 83:4). In addition, their spiritual welfare should be ‘brought to pass by the faith and covenant of their fathers’ (D&C 84:99). As regards little children, the Lord has promised that ‘great things may be required at the hands of their fathers’ (D&C 29:48).” (James E Faust, in Conference Report, Apr. 1993, 44–45, 47; or *Ensign*, May 1993, 35, 37; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“Mothers seem to take a dominant role in preparing children to live within their families, present and future. Fathers seem best equipped to prepare children to function in the environment outside the family.” (James E Faust, in Conference Report, Apr. 1993, 44–45, 47; or *Ensign*, May 1993, 35, 37; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“One authority states: ‘Studies show that fathers have a special role to play in building a child’s self-respect. They are important, too, in ways we really don’t understand, in developing internal limits and controls in children.’ He continues: ‘Research also shows that fathers are critical in establishment of gender in children. Interestingly, fatherly involvement produces stronger sexual identity and character in both boys and girls. It is well established that the masculinity of sons and the femininity of daughters are each greater when fathers are active in family life’ (Karl Zinsmeister, “Do Children Need Fathers?” *Crisis*, Oct. 1992). (James E Faust, in Conference Report, Apr. 1993, 44–45, 47; or *Ensign*, May 1993, 35, 37; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“Parents in any marital situation have a duty to set aside personal differences and encourage each other’s righteous influence in the lives of their children. ...Perhaps we regard the power bestowed by Elijah as something associated only with formal ordinances performed in sacred places. But these ordinances become dynamic and productive of good only as they reveal themselves in our daily lives. Malachi said that the power of Elijah would turn the *hearts* of the fathers and the children to each other. The heart is the seat of the emotions and a conduit for revelation (see [Malachi 4:5–6](#)). This sealing power thus reveals itself in family relationships, in attributes and virtues developed in a nurturing environment, and in loving service. These are the cords that bind families together, and the priesthood advances their development. In imperceptible but real ways, the ‘doctrine of the priesthood shall distill upon thy soul [and thy home] as the dews from heaven’ (D&C 121:45). (James E Faust, in Conference Report, Apr. 1993, 44–45, 47; or *Ensign*, May 1993, 35, 37; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“In ancient times a fortress required regular inspections to ensure that no weak spots developed that an enemy could take advantage of, and guards in the watchtowers ensured that no enemy could approach undetected. In other words, once a city was fortified, a constant effort was made to maintain the fortress so that it could serve its purpose. By establishing a security system of our own, we can prevent the enemy from finding and exploiting weaknesses in our family fortress through which he could gain access to, and harm, our most precious treasure, our family.” (Horacia A Toronio, in Conference Report, Oct. 1994, 29–30; or *Ensign*, Nov. 1994, 23–24; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“One of the watchtowers on our fortress can be the regular habit of a father’s interview with each member of his family” (Horacia A Toronio, in Conference Report, Oct. 1994, 29–30; or *Ensign*, Nov. 1994, 23–24; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“Our Heavenly Father has given us as parents the stewardship of caring for and protecting our families. It is a responsibility that we cannot and must not delegate.” (Horacia A Toronio, in Conference Report, Oct. 1994, 29–30; or *Ensign*, Nov. 1994, 23–24; also in Eternal Marriage manual <https://www.lds.org/manual/eternal-marriage-student-manual/parenthood-creating-a-gospel-centered-home?lang=eng>).

-“And that wicked one cometh and taketh away light and truth, through disobedience, from the children of men, and because of the tradition of their fathers. But I have commanded you to bring up your children in light and truth.” (D&C 93:39-40)

-“We are the guardians of our children; their training and education are committed to our care, and if we do not ourselves pursue a course which will save them from the influence of evil, when we are weighed in the balance we shall be found wanting” (*LBY*, xxiv) (also cited in *Teachings of the Presidents of the Church: Brigham Young*, Ch 46 <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

-“The mothers are the moving instruments in the hands of Providence to guide the destinies of nations. Let the mothers of any nation teach their children not to make war, the children would grow up and never enter into it. Let the mothers teach their children, “War, war upon your enemies, yes, war to the hilt!” and they will be filled with this spirit. Consequently, you see at once what I wish to impress upon your minds is, that the mothers are the machinery that gives zest to the whole man, and guide the destinies and lives of men upon the earth.” (*DBY*, 199–200) (also cited in *Teachings of the Presidents of the Church: Brigham Young*, Ch 46 <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

-“Bring up your children in the love and fear of the Lord; study their dispositions and their temperaments, and deal with them accordingly, never allowing yourself to correct them in the heat of passion; teach them to love you rather than to fear you.” (*DBY*, 207) (also cited in *Teachings of the Presidents of the Church: Brigham Young*, Ch 46 <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

-“We cannot chastise a child for doing that which is contrary to our wills, if he knows no better; but when our children are taught better and know what is required of them, if they then rebel, of course, they expect to be chastised, and it is perfectly right that they should be (*DNSW*, 8 July 1873, 1) (also cited in *Teachings of the Presidents of the Church: Brigham Young*, Ch 46 <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

-“You ought always to take the lead of your children in their minds and affections. Instead of being behind with the whip, always be in advance, then you can say, “Come along,” and you will have no use for the rod. They will delight to follow you, and will like your words and ways, because you are always comforting them and giving them pleasure and enjoyment. If they get a little naughty, stop them when they have gone far enough. ... When they transgress, and transcend certain bounds we want them to stop. If you are in the lead they will stop, they cannot run over you; but if you are behind they will run away from you.” (*DNSW*, 8 Dec. 1868, 2–3) (also cited in *Teachings of the Presidents of the Church: Brigham Young*, Ch 46 <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

-“I tell the mothers not to allow the children to indulge in evils, but at the same time to treat them with mildness. If a child is required to step in a certain direction, and it does not seem willing to do so, gently put it in the desired way, and say, There, my little dear, you must step when I speak to you. Children need directing and teaching what is right in a kind, affectionate manner.” (*DBY*, 209) (also cited in *Teachings of the Presidents of the Church: Brigham Young*, Ch 46 <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

-“How often we see parents demand obedience, good behavior, kind words, pleasant looks, a sweet voice and a bright eye from a child or children when they themselves are full of bitterness and scolding! How inconsistent and unreasonable this is!” (*DBY*, 208) (also cited in *Teachings of the Presidents of the Church: Brigham Young*, Ch 46 <https://www.lds.org/manual/teachings-brigham-young/chapter-46?lang=eng>)

Cease to be Angry: Words of the Prophets

Any parent knows that becoming a parent is a new heaven and a new earth, so to speak. Everything changes. Who you thought you were is put to the test. Turning away from the temptation to be angry is perhaps the great trial of parenting.

-“He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city” ([Proverbs 16:32](#))
-“Understanding the connection between agency and anger is the first step in eliminating it from our lives. We can choose not to become angry. And we can make that choice today, right now: “I will never become angry again.” Ponder this resolution.” (“Agency and Anger” by Lynn G Robins of the Seventy, General Conference April 1998, <https://www.lds.org/general-conference/1998/04/agency-and-anger?lang=eng>)

-“Anger is an uncivil attempt to make another feel guilty or a cruel way of trying to correct them. It is often mislabeled as discipline but is almost always counterproductive. Therefore the scriptural warning: “Husbands, love your wives, and be not bitter against them,” and “fathers provoke not your children to anger, lest they be discouraged” ([Col. 3:19, 21](#)).” (“Agency and Anger” by Lynn G Robins of the Seventy, General Conference April 1998, <https://www.lds.org/general-conference/1998/04/agency-and-anger?lang=eng>)

-“Physical abuse is anger gone berserk and is never justified and always unrighteous.” (“Agency and Anger” by Lynn G Robins of the Seventy, General Conference April 1998, <https://www.lds.org/general-conference/1998/04/agency-and-anger?lang=eng>)

-“Nor can becoming angry be justified. In Matthew 5, verse 22, the Lord says: “But I say unto you, That whosoever is angry with his brother *without a cause* shall be in danger of the judgment” (emphasis added). How interesting that the phrase “without a cause” is not found in the inspired Joseph Smith Translation (see [Matt. 5:24](#)), nor in the 3 Nephi 12:22 [[3 Ne. 12:22](#)] version. When the Lord eliminates the phrase “without a cause,” He leaves us without an excuse. “But this is my doctrine, that such things should be done away” ([3 Ne. 11:30](#)). We can “do away” with anger, for He has so taught and commanded us.” (“Agency and Anger” by Lynn G Robins of the Seventy, General Conference April 1998, <https://www.lds.org/general-conference/1998/04/agency-and-anger?lang=eng>)

-“When he missed an easy shot, he became angry and stomped and whined. The coach walked over to him and said, “You pull a stunt like that again and you’ll never play for my team” (23).” (“Agency and Anger” by Lynn G Robins of the Seventy, General Conference April 1998, <https://www.lds.org/general-conference/1998/04/agency-and-anger?lang=eng>)

-“In the Joseph Smith Translation of Ephesians 4:26 [[Eph. 4:26](#)], Paul asks the question, “Can ye be angry, and not sin?” The Lord is very clear on this issue: “He that hath the spirit of contention is not of me, but is of the devil, who is the father of contention, and he stirreth up the hearts of men to contend with anger, one with another. “Behold, this is not my doctrine, to stir up the hearts of men with anger, one against another; but this is my doctrine, that such things should be done away” ([3 Ne. 11:29–30](#)). This doctrine or command from the Lord presupposes agency and is an appeal to the conscious mind to make a decision. The Lord expects us to make the choice *not* to become angry.” (“Agency and Anger” by Lynn G Robins of the Seventy, General Conference April 1998, <https://www.lds.org/general-conference/1998/04/agency-and-anger?lang=eng>)

-“May we make a conscious decision, each time such a decision must be made, to refrain from anger and to leave unsaid the harsh and hurtful things we may be tempted to say.” (“School Thy Feelings, O My Brother” by Thomas S Monson, General Conference Oct. 2009, <https://www.lds.org/general-conference/2009/10/school-thy-feelings-o-my-brother?lang=eng>)

-“Apropos are the words of the poet John Greenleaf Whittier: “Of all sad words of tongue or pen, the saddest are these: ‘It might have been!’” (“Maud Muller,” *The Complete Poetical Works of John Greenleaf Whittier*(1876), 206.)” (“School Thy Feelings, O My Brother” by Thomas S Monson, General Conference Oct. 2009, <https://www.lds.org/general-conference/2009/10/school-thy-feelings-o-my-brother?lang=eng>)

-““Anger doesn’t solve anything. It builds nothing, but it can destroy everything.” (Lawrence Douglas Wilder, quoted in “Early Hardships Shaped Candidates,” *Deseret News*, Dec. 7, 1991, A2.)” (“School Thy Feelings, O My Brother” by Thomas S Monson, General Conference Oct. 2009, <https://www.lds.org/general-conference/2009/10/school-thy-feelings-o-my-brother?lang=eng>)

-“*School thy feelings, O my brother;*

Train thy warm, impulsive soul.

Do not its emotions smother,

But let wisdom’s voice control.

School thy feelings; there is power

In the cool, collected mind.

Passion shatters reason’s tower,

Makes the clearest vision blind.” “School Thy Feelings,” *Hymns*, no. 336

-“The story is told that reporters were interviewing a man on his birthday. He had reached an advanced age. They asked him how he had done it. He replied, “When my wife and I were married we determined that if we ever got in a quarrel one of us would leave the house. I attribute my longevity to the fact that I have breathed good fresh air throughout my married life.”” (“Slow To Anger” by Gordon B Hinckley, General Conference October 2007, <https://www.lds.org/general-conference/2007/10/slow-to-anger?lang=eng>)

-“Anger may be justified in some circumstances. The scriptures tell us that Jesus drove the moneychangers from the temple, saying, “My house shall be called the house of prayer; but ye have made it a den of thieves” ([Matthew 21:13](#)). But even this was spoken more as a rebuke than as an outburst of uncontrolled anger.” (“Slow To Anger” by Gordon B Hinckley, General Conference October 2007, <https://www.lds.org/general-conference/2007/10/slow-to-anger?lang=eng>)

“To be angry is to yield to the influence of Satan. No one can *make* us angry. It is our choice. If we desire to have a proper spirit with us at all times, we must choose to refrain from becoming angry. I testify that such is possible.” (“School Thy Feelings, O My Brother” by Thomas S Monson, General Conference Oct. 2009, <https://www.lds.org/general-conference/2009/10/school-thy-feelings-o-my-brother?lang=eng>)

Correct Discipline of Children & General Order Brings Peace & Joy

One man told me of his mother who was always happy. She sang while cleaning. She was a meticulous cleaner. Then he said what I think revealed much of her happiness: he said she was a strict disciplinarian! That her kids would get a swatting etc. if they were ever out of line. This lady ran a tight ship.

When wives complain about their inability to keep a clean home and disciplined children, it's easy to see why, these are some of the great challenges of life, but it is possible, and we can continue to strive for excellence in establishing a “house of order”. The blessings will prevail over the difficulty, and a new sense of easy will come as regular order becomes the norm.

This discipline of the children allows love to reign at home, and order. The parent is allowed to maintain order and civility, and all are blessed as a result. Peace surely cannot reign while the children constantly nag and are out of control. Parents resent children who are constantly bothering them.

Train Children for Immediate Compliance, & Don't Tolerate Insurrection & Argument

A child who can follow instructions the first time they are given is destined for a good life. A life of self control and happiness. A life of positive friends, positive education and work, etc.

Whether by spanking or timeouts, compliance should be demanded of children. Disrespect should not be tolerated.

Endless chances should not be given. Frankly, no more than 1 chance should be given. Do you want them to learn to be a slothful servant, and slow to obedience? They will if you allow them to.

What is lost to this generation is the idea that parents have the right and obligation to discipline children. To teach them manners, authority, obedience. A prophecy of one of the main woes of the last days is that the children would rule over their parents. It is time to turn back the tide!

A key to this is not just disciplining against bad behavior, but against bad attitudes. If a kid is out of line in their thoughts and feelings, they should be punished for hearkening to the wrong spirit, and avoiding the voice of conscience. Catch them at the seeds of rebellion

rather than waiting for the full rebellion itself.

A child should promptly respond to instruction from a parent with a verbal affirmative acknowledgement such as "yes mom/dad" or "yes ma'am/sir". Argument and debate should not be tolerated. If a child wishes to responsibly discuss a situation. They should comply, and approach the parent in a responsible way. Something like, "Dad, I'd like to talk to you about this situation, do you have a minute?" or "Dad I'd be happy to do that. Do you think I could have 5 minutes to finish this project first?" or "Dad, I'll do it. I'd like to talk with you afterwards if that's alright."

Brigham Young says crying babies are like good intentions, they need to be carried out. This can apply also to arguing children - cut it off! Get them out! Be strict! Don't let time go by where kids are distracting your family from the peace of church. Make it a happy place by eliminating the negative. Yes we be positive and help them with little activities, but we don't tolerate insurrection. They come back as soon as compliant.

Parents are to preside over their children. There must be leadership. There must be lines which are not allowed to be crossed. Whether a child must be removed temporarily from the home or some other consequence which will stop the behavior is to be decided by the parent.

Conscience Essay by Joel Skousen – Highlights

For the complete text visit worldaffairsbrief.com. The essay is much more extensive than this, these are just a few highlights. I loved this essay and have studied it time and again.

Introductory Note: the word conscience may suggest linguistically "with study" or "thoughtfulness". Truly we must be active in how we approach life, anxiously engaged in a good cause. The Lord is the source of good thoughts, Satan the source of bad thoughts. We train ourselves to have our own thoughts be good thoughts.

If you continue to have friends who violate conscience you'll be in trouble.

Conscience is profoundly accurate.

People who think well know that it is an active process.

Control and analyze what you think about force yourself to be aware of and analyze every thought to determine its credibility.

Replace things which aren't inherently wrong but which are not as productive as other things you could be doing.

God tests us by seeing whether we will act on the good promptings or the bad promptings they both sound like your own voice.

Conscience is about helping you sort out conflicting priorities.

Following conscience is the best way to avoid depression. Get up and do what you should be doing rather than sulking.

The Lord tests the righteous with turning down the whispering to an almost inaudible level to see if there are truly committed and to train their own abilities to sensitivity at even the slightest error.

Parents often become so desensitized to conscience that the bad behavior of their children doesn't bother them enough to stop it.

Parents often feel the guilt of being too strict but they're often not sensitive enough to feel the guilt of being too permissive.

Satan can get you to make a mistake by giving you an excess of Truth more than is needed for that situation which then throws you off

Parents, have a list of constructive things your children can learn and do in their spare time. Then train them to discipline themselves about what they should be doing. To feel what they've left undone, etc.

You don't have to be a rule making and legalistic society when you train to listen to conscience do this training by a little promptings you give frequently about how they're feeling and how you're feeling about what they should do.

Intense exercise is an excellent way to train the mind for mental toughness to develop self-control which you can then apply in other areas.

Self-control always works. Mental health personnel are not trained in conscience.

Mood altering drugs cut out the bad and good signals. They dumb down conscience.

Suicide is never your own voice, but is Satan.

Much societal withdrawal is needed for children as they haven't yet learned to resist evil. This is why homeschooling is popular among conscious parents.

When you accept a chronic issue as something you can't overcome, you have dulled out your conscience.

Names of Children: Evidence of Living in a Post-Christian Society

Disclaimer: Please read this in the spirit in which it's given. Don't be offended or think I'm saying everyone needs to act a certain way. These are generalities and general trends.

An interesting thing I've noticed of us not being a Christian society anymore is the names of the children. **Almost none** of them have bible names anymore. I make a habit of counting the ratios on student rosters at church, usually around 70% or higher of the children have non-biblical names. I don't know that a school or other setting than a church would have a much different ratio. We seem to be quite like the world.

There's no law of the gospel that we have to use Christian names for our kids (though the Book of Mormon says to name kids after good role models), but it is surprising how **completely** Christian names are being eradicated from society. It looks like people are going out of their way to **avoid** Christian names!

Perhaps the general public has an even higher rate of bible names, not being concerned about the names, while many Christians are naming their children non-Christian names in an attempt to not be 'judging' or something bazaar like that.

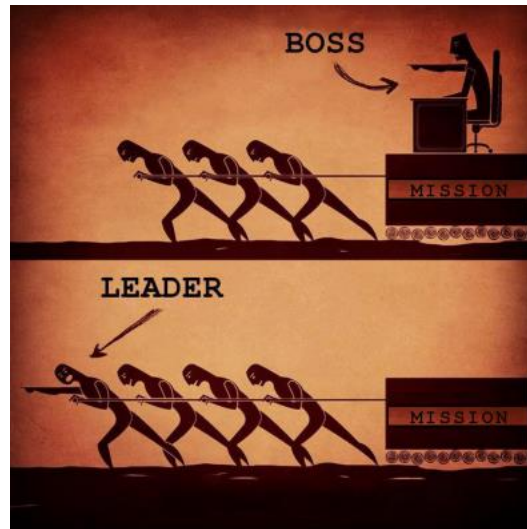
Early in the restoration, it was common for saints to name their children "Joseph Smith _____" or "Brigham Young _____" etc. in honor of these great prophets. Today that is not considered, and on the rare case where it is done, it is considered most strange.

Enter Disney: Enter Rebellion

While Disney may have originally had some uplifting materials, those days are over.

Want your children to be rebellious? Turn on Disney. Most of their programs feature children who need to set their parents straight. It's true that in a way, children save their parents, but it is compassion evoked by the children which triggers this. It is not in children setting their parents straight. See more on this in my recreation writings.

Boss (Orders) vs. Leader (Works Beside)



(Image source unknown)

Of course there are occasions where a leader must operate from a desk. Sometimes that toil can be much harder than any other. He must also have vision of coordinating operations, sometimes in multiple theatres.

But the idea here is good, that a leader should be willing to participate in any aspect of the labors he asks others to do.

Parenting: Family Outings: Required Attendance, and Adopted Child Related Issues

They can have personal time after the event, but attending the event is not optional. Often the child isn't safe at home alone and parents should not have to split up to stay home with the child. Often an adopted child resists family outings due to resistance to bond with the adopted family, as they maintain a fantasy of reuniting with their biological family. Battles must be picked carefully and control must be given in some areas to children, but it isn't fair to the parents to have to split up. Even small outings such as family walks in town should be required. The child may resist these positive relationship building activities but must come along, and eventually, perhaps only as adults, will recognize their importance and your love for them.

Food Schedules, Meals, Snacking, Alternatives & Hoarding of Adopted & Other Children

Some parents have scheduled snack times so kids are eating about every 2 hours, but are not constantly making a mess with food.

Some have set limits for how long meals will last so there is an element of accountability. After 30 minutes, all plates will be thrown away with whatever food is on them, and the children will be invited back to the table at the next meal/snack time.

Some leave a fruit/snack bowl on a table.

For traumatized children: Consider having a lunch box they can keep in their room, so they have some control and don't feel a need to hide it. It can have mostly healthy snacks and a few others they enjoy, perhaps a bit more fun. They can refill it even daily. They seek to control what goes in their body (and out) as they feel lack of control with so much else.

Locking cabinets: some children, especially traumatized ones, will hoard and raid food. It is fully normal to have locks on food areas, and for the parent to be in complete control of food. The parent will of course accommodate the needs and reasonable wishes of the child, and offer a variety where possible.

A sufficient snack I think is fruit. They can't have too much of it, they can't get fat off of it, it gives energy, it's an amazing food from God. It's also often simple to store, prepare, and clean.

If a child doesn't like what is served, some say the child must simply not eat. This might work in some families. In others, it is a recipe for disaster. Fighting, extra meltdowns, and hoarding can be common, not to mention the extreme of a child becoming unhealthily skinny. A typical alternative is the peanut butter jelly sandwich or something to that (simple and nutritious) effect.

Caring for Newborn Infants: Increasingly Uncommon (Traditional) Methods

Nature calls on parents to take on the burden of caring for infants. Not nurses, not Binky's, not doctors, but mother. Binky's are only for brief moments when mom isn't available, mom ought to typically be available. Infrequently, the baby can be calmed by binky when it is full, but it remains an artificial con to be avoided where reasonably possible.

Feeding should be based on the cueing of the baby, not a schedule.

When no breast milk from mom is available, a neighbor should be sought to donate rather than using formula. Also use herbs and frequent pumping to trigger milk production. And cow milk is not for humans.

They don't breast feed like they used to, the fools betray 6000 years of experience for a theory. Let the child eat and snack, mother be present, be the comfort.

Carry baby around in a wrap or backpack so it is safe, stimulated, and learns.

For sick infants, don't limit the amount they feed in "clustered cares", but feed them when they are hungry based on their cueing, then just keep a record of how much they have eaten in any given per se 3 hour period.

Avoid inducing, baby knows when the time is right.

Be active during pregnancy, walking lots, don't just lay around. This helps the birth be lively. The Hebrew women were known to quickly birth their children compared to the Egyptians, likely because the Hebrews worked harder.

No Traumatic "Sleep Training" Neglect of Infants



Oh how I cringe at the thought of millions of parents leaving their children to cry themselves to sleep on a regular basis!

Before you jump on me and call me unscientific, let me address the science of this right off the bat. In my university studies on child development, it was shown time and again that the ‘studies’ showing that this is ok have been debunked.

What science really shows is that the children suffer in their attachment, and learn to have less trust in the world, and live with greater fear.

The idea of allowing kids to cry themselves to sleep in the very age where they are needing more closeness and 1:1 time does play to the carnal mind which doesn’t want to deal with crying. But deal with it we must.

Remember the monkey experiments. They prefer a bottleless soft mother to a rigid bottled mother. They need love, not just to be fed.

DON'T OVERUSE CRIBS. The parents bed should be low to the ground so small children can enter and exit it for comfort and time together. Cribs to keep a child in against it's will seem inappropriate. An infant child should not ever be restrained to an area against it's will. The only use I can see in a crib is so a child doesn't roll in it's sleep onto the floor, but it seems there are other ways of mitigating this issue, including keeping their mattress low to the ground. When cribs are used, be sure to not use them to contain a crying child. Always address a crying child immediately.

[Learn from the Best Parents: Joseph Smith Sr.'s Daily Family Devotionals](#)



In Faith Crisis Vol. 2 by James & Hannah Stoddard on pg. 228-9 we read about father Smith's twice a day scripture devotionals with his family as recorded by William Smith and others. Often many neighbors would join in for the evening devotionals of song prayer and verse.

How did Joseph Smith become so great? Surely he was a choice spirit, but also had parents who helped that shine through.

His parents were such marvelous people!

His father would lead the family in a twice a day scripture hymn and prayer devotional!

These were done morning and evening.

The Smith family worked extremely hard, and these devotionals helped them get through the trials of frontier life.

Surely this is a grand key to parenting, to often have family spiritual devotionals.

Now we only have (ideally) once a week devotionals with the family in family home evening, they did this twice a day!

Surely we are on milk, and they had the meat!

Yes we are encouraged to do a daily scripture study, and the Come Follow Me discussion guides can help those come alive. We must get back closer to what the Smith family did!

Are our daily scripture family sessions rushed? Do they have the spirit of worship and love as manifest in the singing of hymns? Do these devotionals happen regularly?

Spencer W. Kimball's favorite hymn was "I Need Thee Every Hour". I think we have forgotten that. If we involve the Lord more often in our days, we will find his prudent hand resting upon the in's and out's of daily living.

Praise to the man Joseph Smith for his mighty spirituality, and the shining example we have from his rock solid family of faith! This family is the grand pattern for us all in this dispensation. Well have the prophets revealed that Joseph Smith was the greatest man next to Christ that has or ever will live.



Bedtime: Tips to Help with The Chronic Struggle, Looking Back to the Past



Some comments on the challenges of bedtime shared with me:

Key ideas:

- old times families went to bed at the same time regardless of age
- old times they worked harder manual labor and were more tired at night
- old times they went down and up based on the sun
- limiting screens before bed helps
- Time reading to children etc. before bed helps them go down.

Solutions:

- perhaps let kids stay up later with the rest of the family as they aren't as tired due to not doing manual labor.
- Whatever you do, look for family unity solutions.
- Be kind and patient

The comments:

We have bedtime struggles too... I think we just don't spend as much time with our kids as they need, so when bedtime rolls around, they don't want to separate. At least, on days that I spend a lot more quality time with my kids, I notice they go to bed MUCH easier.

Not waking kids up at the same time each day, and consequently them not being on a good sleep routine is also contributory, I am sure.

I wonder sometimes if it has anything to do with the fact that us parents want that quiet time at night and so we don't go to bed at the same time.....as a family. For some reason it has entered my mind that people used to go to bed at the same time.... especially before electricity (down with the sun and up with the sun) because that was the way they had to do it. Now, we adults want that quiet time and we get upset because we can't get it until the kids are in bed, so we are impatient with them.....all the while we're doing something unnatural and probably less healthy (parents going to bed chronically late).

I'm feeling blessed now. I don't have much of a struggle, but I've got a routine down that we've followed for years. I do know that the not wanting to go to bed is a new thing though. Going to bed must have been easier when the most thrilling thing to do was read a book by dim light.

I've got two main thoughts:

- 1- electricity. Through the ages, when the sun went down, life slowed and calmness descended, candlelight is even calming. I think there's something powerful there.
- 2- energy. Kids who had to work farms and help all day were exhausted. The wealthy who had servants laboring for them stayed up later. When my kids work hard or play hard for most of the day, they're much better about going to bed.

I'm sure there's more to it than this, and I certainly deal with bedtime woes. My 3 yr old is often up later than all the other 6 children, sometimes even past 1 a.m. She's a hard one to get to sleep.

We have had struggles in the past, but my 3yo (child number 7) has a bedtime routine that he loves. We brush teeth, he picks out a few stories for me to read to him while we lay in his bed, turns out the light and shuts the door (has to do it himself!), says his prayers, and then listens to the thunderstorm app on my phone until he falls asleep. I stay with him until he is asleep, and I love that time with him.

It probably helps that my husband and I like to go to bed early, too. We all do, with the oldest ones having early morning seminary, and I like to wake up super early to do prayer/journal/scripture study. There just isn't much interesting going on at our house after 8 or 9pm.

The blue light from digital devices prevents melatonin production, so cutting off screens--tv, tablet, phone, etc--long before bedtime is important. I also really dislike artificial light in the home, so I keep lights dim in the evening and even quietly start turning lights off around the house an hour before bedtime as a cue for everyone to start winding down.

Family Tribe Unity: Taking Back The Rituals: Some (Radical?) Old School Parenting Tips



(The focus is to do as much as you can together as a family; to raise children in the adult world; to show them by example how you live well in the world, to make the kids part of the team.)

Sections:

- Siblings
- Sleep
- Chores
- Discipline
- Education
- Clothing
- Electronics / Entertainment
- Dating
- Friends
- Finance
- Scripture
- Fitness

Siblings:

Give them many. These are the best teaching tool. They learn to care for others, etc. The shocker to modern mankind is that having more is in many ways easier than having one or few.

Sleep:

No naps or early bed time (ok modify this as needed...)

Families used to bed down at the same time.

If no one is tired from hard labor, less time to rest will be needed. More time studying etc can be had later and earlier. Also the sun used to dictate much of bed and rise time for all.

Kids should be raised in the adult world if they're to become good adults. Extra rest for children can be had as needed rather than regularly.

Chores:

All work together until all is finished. All ages participate.

Children of course are involved chores from as early an age as possible. Chores are to be a happy time where all visit together, and imperfect efforts of children are always welcome. Children are to be exposed to parents performing chores so they can learn by example.

Discipline:

No scolding yelling or beating are required. Talk about consequences and give natural consequences similar to what an adult would have. Don't intervene every time.

Education:

Recreation should be edifying. Schooling can best be done at home. Reading good books is the heart of education.

Families can learn together.

Children should hear their father talk about the good things from his work day so they learn to appreciate work.

Clothing:

Pajamas can be worn all day particularly in winter when little outdoor play is had (the point is to avoid changing clothes often and excess laundry, but keeping the bed clean is a factor)

Clothes are to be washed only when visibly soiled or heavily odorous.

Clothes are stored in a separate / locked location, and only 2 outfits go in the children's room dressers (1 clean 1 to wear when soiled clothes are in the wash).

When laundry is done, all put it away right away.

Electronics & Entertainment

No electronic gaming due to its addicting distracting and unintelligent nature.

(I've seen they spend less time in more worthwhile things when these are readily available; they are less inclined to piano, to reading, etc.)

Minimal edifying movies.

No cell phones (if these are allowed, great trust must be built first, and regular checks, and confiscation upon any foul play; when you consider whether a phone is truly needed for a minor, you may find often it is not) (children having social media is also extremely questionable, likely to be avoided)

Tablets/laptops for educational purposes for responsible children used an hour a day.

Kids should watch mature movies to learn realities of life and history.

Kids used to play outside essentially all day and have little breaks for snacks, perhaps we could use to bring some of that back.

Dating:

Parents know the family of the date.

Parents direct the child to date youth from homes if family friends.

Kissing signifies engagement

Don't agree to a date unless they are marriage candidates.
Seek marriage as soon as adult / returned from mission.
Ensure partner doesn't want to delay family creation before agreeing to marry.
Do many dates with the family especially in early stages.

Friends:

Friends have to keep the same rules as your kids do when at your house. They'll eat work play etc. all along with the rest of the family.
They'll keep the rules of the home. If kids aren't allowed internet, the visitor will have to check their phone at the door (or something) or else that's what they'll be doing the whole time.
If friends aren't dressed modestly (yes this is a hard one), they can be asked to come back with some dress more suitable to the home (especially if they're a regular guest).

Finance:

Consider giving a small financial incentive for children doing extra help at home
Where possible identify a craft and work at it while in youth.
Get a job & car early as possible, typically 16. This helps teach responsibility and adulthood.
Go to a cheap local collage while living at home.
Work while in school, life is a mixture of working & learning. Never stop working, never stop learning.

Scripture:

To instill personal study, have time where all children and adults have personal study together quietly. Then share what each is learning for family study. Ideally this is done in the morning as several prophets have counseled.
Follow the Joseph Smith Sr. family example to have 2 family prayer/song/scripture devotionals a day.

Fitness:

Let kids see you exercise or they'll never get into it; this is why retreating to a gym alone is minimally helpful. As a parent, you always are thinking about how you can teach by example to your most important audience, your kids.
Go to a park together for active recreation. Parents can run laps while children play. Children encouraged to run.
Morning dance class together imitating dance performances.
Work the garden and other chores together.
Chose healthy activities to do as a family regularly.

[Guidelines for Children's \(and Teens\) Playdates at Home or Away](#)

Friends Coming Over? They Keep the Rules.

When friends come over, they keep the same rules as the other children.

They don't hang out, they have a plan. It is a constructive plan.

Friends must adhere to standards of the home to be at the home, such as dress, language, cell phone turning in, on demand work projects, etc.

If your child wishes to go to the home of another child, speak to those parents. Go to their home first. Ideally, have your entire family go there to visit, then you all leave. Talk to the parents about their child's cell phone and internet and social media and TV and movie access. Speak to the parent about what their plans are for that day specifically. Ensure a return time is set in stone.

And don't think that your child needs an endless number of friends. They have their siblings, and only a few others are needed. It is a false idea to think that you must know and closely associate with everyone in the modern large community.

Above all, be willing to say no, just because you feel to say no. Be very cautious in who your children are allowed to closely associate with. Yes we should be kind and welcoming to all, but activities of more regular occurrence must be guided toward more healthy friend relationships which will help the child build Zion, not Babylon. Really, the only truly regular friends should be the siblings, which is one reason why seeking a large posterity is so critical. With proper standards in place for play dates at home or away, your child will naturally not want to spend time with those who do not fit the family standards.

Parenting to Build Intrinsic Motivation

Children should learn to work hard, and not just for a “carrot”. They should learn that work is key to life, and in and of itself a source of happiness. They should be willing to help their family and others even when formal chores are completed. They should learn to use their leisure time in doing constructive (not just entertaining) things. They should learn to follow the conscience which prompts them to be helpful, obedient, and anxiously engaged in a good cause. Parents should be highly involved in training their children.

Along these lines I will mention that entertainment should be uplifting. What does not edify is not of God the D&C says. We should avoid trivial brainless repetitive games and films which are void of mortal training. We should teach children to use wholesome things for their recreation, and even to read difficult texts in their free time, to become enmeshed in the study of greatness, and develop a love for it. Newton learned to love math, he wrote out long logarithms for the joy and discovery of it (and invented calculus...).

Children should also learn that work is something that goes on from waking to sleeping. Even in evenings, the family should do work projects, and the children participate. They'll need breaks, but intermittent work should be a reality for everyone. We should not deceive children into thinking that life is for hanging out.

Here are some supporting comments:

One says, “Children have to learn to be self-motivated. Internal motivation is a mature trait that children have to learn to develop. Before they are internally motivated, parents can use external motivation (rewards) to help children make good decisions. The reward can be naturally woven into family life, like an extra story at bedtime, choose a game to play, have a dance party, etc. Also ask children what rewards they want, as they may have ideas you haven't thought of. When the child feels good (gets the reward) they start to associate doing that behavior with positive feelings, which will help them develop internal motivation.”

Another says, "Another way to motivate children to do chores is to use a work-for-pay system. This is modeled after the real world - do the work, get the money. The older the child, the more money they can earn. When choosing which chores the child can get paid for, choose chores that won't halt the family routine if not done. That way the child gets complete choice over whether or not to do the chore and will naturally learn the consequences, because they won't get the money. Then allow the child to freely spend their money, but of course teach them about tithing and saving. Then this frees the parent from buying the extra treats and toys - instead when the child asks for candy at the grocery store, you say, "Did you bring your money?" As children get older you can require them to pay for certain necessities or at least a percentage of such. So a 16-year old could be asked to buy all their clothes. A younger child could be asked to pay for 50% of clothes. That way they are learning that money is needed to pay for real-life stuff. And they will quickly learn to be frugal as buying a \$100 pair of shoes may leave them no money to buy shirts and pants...The things they buy must still meet the family standards. My kids are too young to buy clothes, but they like to buy candy. In our family we don't eat certain kinds of candy because of past history with cavities, so they know they can't buy that type of candy. Also the candy they buy goes into our treat basket and they only get to eat it when everyone is having a treat."

Yet another says, "I never offer incentives. We teach our children to listen to the promptings of conscience and we acknowledge when they do, properly, and correct when they don't. [Conscience based training is] the key to teaching children to do the right thing because its the right thing to do, not because of incentives. That said, they must be taught tough self-control, otherwise they'll easily disregard the tiny voice of conscience, and so I always give out strong punishment for willful disobedience. That is an incentive to start listening" He continues, "EVERYONE to be successful has to learn to listen and abide by the personal guiding promptings and warnings of conscience. The problem is that because of bad innate habits, many people don't hear as more enlightened people do, and even if they hear faintly, they rarely have developed the self-control skills to abide by them--because conscience always works against innate attitudes and habits that are problematic. And, you can't develop self control in children without pushing them hard physically and with the use of spanking."

Perhaps there are other ways to develop self-control in children than corporal punishment, but the theme that working toward intrinsic motivation does seem to be key.

[Assorted Study Notes on Parenting](#)

Authoritative parenting style with consistent, natural consequences. Use positive reinforcement and reward behavior you are trying to encourage.

To the extent reasonable, get at the why of the behavior you are trying to discourage and let the child help determine a consequence for their actions. Avoid "because I said so" - you have already lost a "battle" if those words are spoken because it's a matter of whose will is strongest at that point.

Model the behavior you want to encourage. For example don't spank a child for hitting someone or yell at a child to stop screaming.

find the reason behind the problem, play with your Child one on one each day (sometimes a time challenge!) Focus on positive, and a few other good gems

<https://www.premierhealth.com/your-health/articles/women-wisdom-wellness-/11-ways-to-discipline-with-love-not-fear>

Spend time with them. Have a project they enjoy, if they love being with and having your accolades, your loving guidance (discipline) will make a difference.

Discipline according to a violation of conscience if they throw a ball through a window ask them you throw a ball through a window ask them did you feel a quiet feeling that you shouldn't throw that ball through that you shouldn't throw that ball through the window before you did it they will say yes and you say there you are yes and you say there you see you violated your conscience I'm disciplining you because you violated your I'm disciplining you because you violated your conscience . This is an important way to parents because you can never make enough rules.

When your child is bored ask them isn't there something you could you could or should be doing right right now and they will say well there are a few things and talk to there are a few things I'm talking about doing those the child has to listen to its conscience to stay motivated that's to listen to its conscience to stay motivated. It is similar with home schooling children you can home school large numbers of children as you teach them in school large numbers of children as you teach them self discipline and motivation and their independent based stuff and their independent based studies When home schooling the children have to be disciplined disciplined they will otherwise just sit around playing games and doing nothing is set around playing games and doing nothing all day.

Teach your children that when they meet an adult to look them in the but when they meet an adult to look them in the eye and shake their hand something bad happens in the public school something bad happens in the public schools when the child is compartmentalized in the different grades hes analyzed in the different grades they feel like they're not allowed to look at or talk to people who are a year talk to people who are a year older than themselves this is one reason why this is 1 reason why home schooling is superior because they are dealing because they're dealing with and operating on the level of adults all day.

Gods commands are just the beginning. Listening to conscience in the many temporal affairs you're prompted on throughout the day is what really counts.

Teach them that peace is how we know what comes from conscience. Perfection of the heart, willingness to obey is what we covenant at baptism.

<https://www.churchofjesuschrist.org/media/collection/youth-activities-images?lang=eng>

Those are suggested activities for youth.

What are wholesome forms of entertainment? The family proclamation calls for it, but what is it? Is fun good in and of itself, or should our fun be inherently useful? Are video games out or do they build spacial and technical and problem solving skills while they entertain? Is pop music out, even the calmer and meaningful versions? Are kids meant to work most of the day? Is it the duty of parents to severely limit entertainment options or to leave it to the digression of the children with basic parameters in place? What ought children do when they've finished their chore list? Should there be a chore list or just an understanding that they should be helpful from waking to sleeping, with modest breaks built in as available? Do older children in large families have inherently harder/busier lives, helping take care of the little ones? Should a child takeover a duty (like cooking 3 meals a day) once they know how to?

Also it seems much of modern psychology on parenting is "if they do what you want let the do what they want". But then we get into trivial bargaining, incentives, etc. rather than doing good for goods sake. Shouldn't kids also be actively engaged on a good cause?

Also there's an obsession with reading for its own sake, and the kids read nonsense and only fairy tales.

they should be 'occupied' but not too burdened. Try to incorporate these 4 things, they're from one of the youth activities pamphlets:

Social

Spiritual

Intelligence

Physical

Work together on chores till they are done then we can all rest. Parents shouldn't be cleaning while kids play. If kids refuse to help during chore time put them in timeout. This teamwork is surely the unity spoken of in Zion

Kids bks and toys in their own rooms and their responsibility to keep it clean. If keeping toys and books clean, box them up and try a few at a time.

Remember that our Father in Heaven is our "master father", He is perfection... A lot of people, I see, teaching a form of

parenting that Heavenly Father doesn't ever do, and being upset at other forms of parenting that our Father in Heaven basically only ever does...

A good study would be "how does Father in heaven teach His children? How does He raise His children? How does He punish/correct His children? etc. etc. etc." and then making 1 to 1 comparisons to parenting...

The BoM teaches us that Heavenly Father usually sends in the Lamanites, so how can parents use other people/children to humble their own? That's what God does... Many would say "that's mean" or possibly even "bullying"... But God does it when we need a good humbling and He's perfect!

Sometimes we do need a good humbling. Jonah got swallowed by a whale to humble him. (Take notes parents)

In a more practical approach. Sometimes they gotta learn that the stove is hot. They gotta learn that not all people are nice to appreciate the good ones and treat them with respect...

We can't protect our little ones from everything. They will learn good from evil from watching and participating in good/bad behaviors. We teach them correct principles to limit their suffering, but ultimately they will have to learn. Mistakes help us learn and grow!

Not sure how to relate this to the scriptures, and not sure exactly what age ranges this applies to, but it has been proven that children learn best during PLAY. It takes a child many more repetitions to learn something new than if the learning was taking place during play... Giving children the chance to have extended periods of time where they are playing (using imagination, building, creating, interacting with other children) is definitely valuable.

Don't tell them to do their chores right now set a deadline like the end of the day set a deadline like the end of the day this is this is how you'd want your boss to talk to you give you some leniency Jim Faye of love and logic suggests if they're not doing it don't remind them if they're not doing it don't remind them just wait till they're dead asleep and then go wake them up and tell I'm gonna go wake them up and tell them they have to do it

When an expectation isn't met don't be mad at your kids be sad for them says Jim Faye of love and logic

A child's grades in school affect the child not the parent so the parent shouldn't be too hard on the child

If the children are amongst themselves and you're not around it really affects them not you thanks them not you so cancel them but cancel them but don't harp on them

Consult the child and then tell them good luck and walk away

When something bad happens say uh oh and enforce the consequence don't give them multiple prompts

When very small children are crying and acting out it's because they have a need that as we met meet that need

Your kids can understand that they will always get what they need but they won't always get what they want

If a child is screaming or acting out and they have their needs met now and they have their needs met they're just doing that over something they want thing they want gently remove them to their room And let them know they can come out of the room when they are acting sweet

Have fun with your children when they are behaving. This way they will miss you when they have to go to their room. You can get your kids to do things without bribing them if you model it in front of them if you model it in front of them with excitement

If you want your kid to be a hard worker when you come home from work talk about how work matters Eric talk about how work made you happy and all the things you learned and all the things you learned you can even couch negative experiences in a positive way

If your child tries to argue with you I'm afraid as you just were have a phrase you just repeat over and over such as I love you too much to argue I love you too much to argue and smile while you say it smile while you say it this idea is from love and logic

When the kid does something that drains your energy let them know drain your energy and that they need to do something

to fill it your energy and that they need to do something to fill it backup such as cleaning something et cetera something et cetera and if they don't figure out some way to fill your energy back in some way to fill your energy back within a certain time you'll have to take a toy or something

If a child can get you to argue with them they will never respect you you've come down to their level rather than authority status

Parents should be powerful and caring

After you've given your kids some suggestions of how to solve their problem just say good luck just say good luck when you say that it sends a message that they message that they are competent and that they need to go do something none is that they need to go do something not just tell .

Charles fey of love and logic says the triad of hope is for them to feel love, limits, and for them to see evidence that they are good.

When you control your own emotions and behavior you appear powerful

Kids need evidence that they are good give them opportunities to be good give them assignments that they can handle

There is a foster and SpEd module on the love and logic website

Attention is the currency of children -Jordan Peterson

Teach kids to play fairly when the game stops being fair the kids stop playing

All you have to do to get a kid to like you is to pay attention to them for like 2 seconds. -Jordan Peterson

Give kids attention for positive things and they'll do more of that.

Jordan Peterson says we should expose our children as much as we can not protect them and this pushing them helps them be stronger despite their vulnerability

Jordan Peterson says the world is terrible and people are cruel but you teach your children of their stronger than that terror Life is harder than you think but you are stronger than you think

Russau sent his 4 children to live in an orphanage and they died there russo had a view on parenting that the child is the God it's the one who calls all the shots it's the perfect thing it doesn't need to be trained it just needs to be allowed to do at once

With our children we should make them to where people like them we should teach them to be likable to be fair to take turns to not be too egotistic that way when people see them they'll smile and be glad and this will really help them in life so it's the parents job to discipline the child to teach the child these self control thing

In new situations that aren't your house the children test the limits they test what the hierarchical structure is they see if there is any rules they act totally bazaar

If you let your children do things you don't like you're going to resent them and you're gonna try to get revenge irreversible damage the transgender craze book

Rough and tumble play for children helps develop their pre frontal cortex

Baby rats taken away from their parents even if you feed them they still die but if you massage them they don't

Instead of giving kids ridalin and other medications for 80 hd should let them run around until they are exhausted

The height of creation of creativity in men is remained 16 to 25 this is also the time of the highest criminal activity

If you don't teach your kid to play nice to be likable to not be annoying then they're going to be increasingly excluded from social groups and becoming outcast and it's gonna be very bad for their development

Before you take on how to be a parent you must determine what the goal of a parent even is what is their job. The what is to civilized them, to discipline them into good just respectable God fearing likeable people.

When your kid upsets you say wow this really makes me mad give me some time to think about what to do. Wait till you're calm, then discipline. Child abuse often happens in the heat of the moment when the parent isn't operating in the correct brain level.

You have an account with each kid, put stuff in or you won't be able to take stuff out.

When we worry about kids' homework and other duties, they feel they don't have to, so they are lazy about it. Make them accountable for it.

Don't always tell your kids how to think, ask them many questions so it becomes personal and real for them. Teach them how to think more so than teaching them what to think.

Relationships thrive when you only tell them what to do when they ask for it.

Kids were more responsible to think for themselves in the 20s 30s 40s before helicopter parenting. Kids brains don't develop until a late age these days, they likely developed earlier back then when they had to think.

Don't let the child return when in rage, or it teaches rage gets them what they want.

Sing a song when something goes wrong, be happy when you put them in their room. This removes the negative connotation with the room.

Ask if they want their door closed or open. If they come out say you have chosen closed, ask if they want closed or locked. If they come out say you have chosen locked. You can lock via a rag jammed high in the door frame so its not a hazard in case of fire it can be quickly opened.

Once the child is calm, have the child wait 5 minutes so they can think about what happened, then they can return.

Parents be curious not furious.

Parents don't be rigid and mean, dictatorial.

When kids beg and argue, tell your limit / expectation once, then ignore.

Its not regular for teens to be consistently problematic. Its a cop out to think that's normal. These behaviors are signs change needs to happen.

Families should be like a gang, a clan that sticks together.

Call chores contributions to the family.

If you pay kids tondo chores they're not part of the gang. Dad doesn't charge for his services to the family.

Could have toughest chores up for bid, whoever does it cheapest gets it. Some even let neighbor kids bid. Lowest bid gets it. Free market economy.

Kids can have technology unless it becomes a problem, such as getting in the way of family time.

Don't say "don't do this because this will happen" they will say "no it wont". Say "I wouldn't do that because this might happen, what do you think?"

If questionable party, say, "i wonder if you're ready, what would you do if this came up?" If its a good plan they are ready. Just saying no to their best friend isn't a strong plan.

Sending those who struggled as teens across the country to school isn't a good idea.

Some pay their kids' tuition if they get As.

Guide kids to own and solve their own problems. Say "would you like to hear what some other kids do?"

When your child says something Bazar instead of becoming angry you can say "thats very interesting"

Teen's can use the family car as long as we aren't worried about their wisdom of not using alcohol if that ever becomes a suspicion no car

If a child forgets their homework don't take it to them at school that's their responsibility their problem

When you're adult child calls asking for money you tell them I know you're smart you can figure this out what are you gonna do you don't give them money.

On the very rare occasion that you do want to give them some money don't do it on the spot where the emotions are in play tell them you need a couple days to think about it. Does it help their goals and your goals to offer assistance?

When you set a limit you have to keep it it's my way or the highway but in a nice way if they try to push that you say what did I say and then walk away

Set a time each week where the kids can bring up what they don't think is fair about how the family runs

Make sure you deal with problems in a calm loving manner take a break don't respond in the moment if you're at all agitated

If a child breaks something respond with empathy that's too bad Don't worry you'll be able to That activity again I eat drive a car when you've got it paid for how do you wanna go about that?

Tell the kids that we're happy to accommodate them so long as they're treating you with respect and their chores are done

"I am entirely of a lively disposition; I know not how to be low-spirited; I never knew what it was to be lonesome in my life. Some talk about being lonesome when they are alone; I know nothing about it. I never misuse a beast, and I am not inclined to misuse people; but when they are right mean, I like to work them up with my tongue once in a while. But the idea of people going to work to beat, and kick, and pound their cattle, horses, children, and everything around them, is nonsense. Good-natured feelings and good-natured conduct are worth a thousand of the opposite character. Do right, be kind and gentle. You have come in the midst of the people of God; you have come to unite with us in serving the mighty God of Jacob, and endeavor to do right."

The Immigration—The Perpetual Emigrating Fund—Scoffers.

An Address by President Jedediah M. Grant, Delivered at the General Conference, in the Tabernacle, Great Salt Lake City, October 7, 1854.

Reported By: G. D. Watt.

Theory of Laissez-Faire Parenting: Where its Ok

Bedtime:

-You can go to bed when you want so long as you're not hurting people, wining, or not fulfilling your duties.

- Teach the general principle of early bed early rise as stated in the D&C and let them govern themselves.
- There doesn't need to be a strict time of bed or waking every day, just a general principle.
- If people are consistently sleeping in until noon, that's a serious problem.
- If people are wasting their brains in trivial things late into the night and not being productive during the day, that's a problem.
- Limit access to recreational materials at night so those aren't overly used.
- The sun may be a good guide: earlier bed in winter than summer.
- If a kid is acting very tired, lay them down, sit with them a few minutes, if this doesn't do it and they're able to calm down, maybe let them up a while longer.
- The activities done in late evenings can be helpful to child development, we don't want to stifle that time of life too much. Same for mornings. Sleep is important, but it doesn't have to be rigid.
- Some kids may need more rigidity than others, and may thrive on that.
- Needs of parents also play a role, so long as the parent isn't domineering too much, not putting their wishes far ahead of those of the children.

Food:

- You can snack on healthy foods when its not meal time.
- You only have to formally attend 1 meal a day, typically when the whole family can be together, typically dinner.
- You don't have to eat what we make, but you have to try a tiny bit of it, and eat whatever you put on your plate.

Family Outings:

- Responsible children can stay home sometimes from minor family outings. (Other times they must come, its ok for them to do some things they don't like)

The 4 Parenting Methods (& Which One is Right)

		<u>Expectations/Control/Limit Setting/Discipline</u>	
		Low	High
<u>Warmth/ Nurturing/ Encouragement</u>	High	Indulgent/ Enabling/TO	Authoritative/ Involved/WITH
	Low	Permissive/ Neglectful/ NOT	Authoritarian/ Tyrannical/Punitive/To

Granted the names “authoritative” and “authoritarian” are quite similar, but those are the terms used in the academic literature at present, so we will stick with them.

You guessed it, authoritative/involved is the preferred type. This shows in all the scientific literature.

Type 1: Indulgent: Low expectations, high warmth. Here the parent is more of a friend than a parent. The relationship is there, but it isn’t going anywhere. The child is not being well cared for, and it will severely struggle as an adult. The lack of tutoring and training by this parent is a form of neglect and abuse.

Type 2: Permissive/Neglectful: Low expectations, low warmth. This parent doesn’t really care about the child at all. So long as the child stays out of the parents way, the parent is happy. This of course is completely irresponsible and emotionally abusive. This parent will be snappy when things don’t go their way, and will abuse their children emotionally and physically.

Type 3: Authoritarian/Tyrannical: High expectations, low warmth. This parent has high hopes for the child, but is cold. They may too quickly and frequently resort to punitive measures of discipline. The child will feel they never measure up to expectations of the parent, and will live in fear of the parent. This child will have severe psychological issues as a result of the lack of warmth.

Type 4: Authoritative/Involved: High expectations, high warmth. This is the ideal parenting method. This is actually a parent, not just a friend. Children need parents. Good parents tell their children what to do and why. Good parents are highly involved in their childrens’ lives, and show genuine care for their children.

Some have suggested that the type of parenting used depends on how the child is acting. This is not supported by the research. Even a misbehaving child deserves love, and has the right to proper care. Misbehaving children need both love, and limits.

Do’s & Don’ts: Baseline Parenting Guidelines

I feel these guidelines are some minimum standards for righteous parenting. Personalities of parents and children, as well as other factors unique to each family, will be taken into account for each couple to determine their parameters.

DON'T:

- don't inflict a blemish on the child
- don't yell unnecessarily

- don't instill fear for anything other than unacceptable behavior
- don't expect immediate obedience on trivial matters
- don't withhold meals & snacks excessively
- don't isolate excessively
- don't humiliate/ridicule/belittle/mock. Set and enforce standards without debate or antagonizing.
- don't selectively enforce rules and don't let things slide or resentment will build.
- don't make threats & rules you aren't willing to follow through on

DO:

- out of control children should be kept near a parent until they regain control (as evidenced by a willingness to talk about the incident calmly), or put in isolation if they don't respond to a close "time in". If they fail to respond to the "time out", other measures are needed.
- give logical consequences based on the infraction, but timeout can also be helpful if it is to supplement rather than entirely replace natural consequences.
- explain natural consequences
- bond frequently
- reward those who obey
- if you feel out of control, put distance between yourself & the child. Controlled anger is appropriate, but know when you aren't in control.
- counsel together to ensure all feel fairly treated
- ensure all understand expectations & consequences

DISCIPLINE

Anne Sullivan's Strict Training Genius

A student of mine commented, "This is when teachers were allowed to discipline their students." Precisely. And that is why Sullivan had tremendous success with Keller, and why we are having little success with you! (I didn't say that to the lad, but it was sort of understood anyway.)

Anne Sullivan herself went to a school which taught her good behavior, quelled her fits, taught her to wear a uniform learn letters and act decently, and she knew that however difficult, it was essential for her to become what she needed to be in life, and for her to learn how to live despite her early traumas of living in rat infested cells for the mentally ill and disabled where her little brother died. She wasn't pampered, she was expected to become, and become she did. Part of her success at her school was the fact that she couldn't escape elsewhere: she had to face the facts, had to confront the program and its rules, with no other way out. This can be a great strength of a strong inpatient facility or school.

Sullivan pointed out that she needed complete control over her pupil (Hellen) if she was to be able to teach her pupil. She knew that there couldn't just be a soft way out. There needed to be real, and even harsh consequences for noncompliance. Sullivan knew that hardship makes someone strong, and the role of a teacher is to make a pupil strong, so the teacher must put the student through something hard.

You can't claim that because of someone's trauma (or disability, or condition circumstance whatsoever) that they can't learn until they resolve that trauma etc. As Anne Sullivan taught Helen Keller, its language, all day every day. It's getting them to good culture. It's having high expectations of them no matter what. It's recognizing the character of the student quickly and not needing significant time "getting to know someone". That it's not about a friendly relationship as much as it is about a relationship of authority that comes first. No, the kid won't like it. They'll fight you like hell. But if persistent, you'll open up a life to the pupil they could have never had before. No weak-minded soft-handed approach can accomplish this training, this undoing of years of permissiveness.

"Perhaps you underestimate Helen" the permissive parents say. "I think everyone else does!" comes the reply of the fearless teacher. Pitying a child, treating them like a pet, this is the true disservice. Instead, set the child up for success by

teaching them how the real world works, how to face real adversity, how to behave in society in a way that the child will be accepted and not thrown out for eternity as a tyrannical rascal which no one likes.

Why must the food be involved, the student relying on the teacher even for that? All is fair in love and war. And this isn't love. You never cut supplies as a war general?

No, Anne wouldn't setting for mere behavioral training. She insisted on educating in letters as the core of behavioral training. We see in the light of words. You can see 5000 years back in the light of words. Even the grave doesn't stop words. "One word and I can put the world in your hand. And whatever it is to me I won't take less. How can I tell you?"

Legality of Spanking in Utah

My attorney brother shared these insights with me on the question of spanking legality in Utah:

The law is not particularly clear on spanking, but there is no prohibition against corporal punishment and most judges use a reasonableness standard (which I recognize is itself subjective). Typically if you are not acting to intentionally harm, and are correcting and not leaving any bruising or marks of any kind, it is OK.

Unfortunately the law, like law enforcement, depends on the interpretation of the judge or police officer involved. I have seen judges get angry at parents for spanking, but acknowledge it is not illegal. I have also seen judges condone it as necessary from time to time. I am aware of a specific law that gives a parent the right to spank or administer corporal punishment; it is found in the child abuse statute:

Utah Code 76-5-109

Link here: https://le.utah.gov/xcode/Title76/Chapter5/76-5-S109.html?v=C76-5-S109_2022050420220504

The litmus test is whether you cause bruising or injury, but the statute does specifically permit "reasonable discipline or management" (section 4(c)(i)), which I interpret as spanking or other similar discipline.

Thomas Sowell: Civilize the Rising Generation Barbarian Invasion

"Each new generation born is in effect an invasion of civilization by little barbarians, who must be civilized before it is too late."— Thomas Sowell

CS Lewis "Why I Am Not a Pacifist" – Lecture Highlights (this is from gov bk, shorten find a few selections for discipline section.)

This more particularly relates to government, but there are true principles here for governing children. As there are worse things in society than war, there are worse things in the home than a spanking or some similar corporal punishment (or discipline in general). Consider the following:

<https://youtu.be/mZZ3aNBgGR0>

Conscience is not like one of the five senses it can be changed when argued with.

Is arguing whether a person should answer to civil duty to serve in war.

We must decide what is wrong and right and usually this is done by conscience or reason.

On every fact we have to reason on 99 depend on authority.

We have limited experience and we have to most of our reasoning comes from choosing to listen to authorities.

Proofs are intuitions arranged.

People claim they can't see the validity of certain proof but what's really happening usually is they refuse to.

Intuition can be improved and can also be corrupted.

We have to listen to authority even though that means we'll sometimes be deceived, the alternative is to live like savages.

Just as there are people who refuse to see proof there are people who no longer have any sense of morals.

Some people wrongly think that anything which has the potential to be misused should be completely banned altogether.

Some people think that any killing of human life is wrong.

The best and brightest people have agreed that killing sometimes is appropriate.

Every moral judgment involves facts intuition and reason we are humble it should also involve authority.

If all the authorities are against you and your reasoning is weak etc. you are probably wrong.

Some people claim that war does more harm than good but how are they going to prove this? I don't know what bad would have happened if the war didn't happen.

Of course it is true that wars never do have to good that the politicians say they will do it.

Just because War doesn't solve all of our problems doesn't mean that it doesn't solve some of them for example if you defend yourself from a tiger that's still a good thing even though it didn't cure your rheumatism.

History is full of useless wars as well as useful wars.

We can't just speculate about how life might have been better without a certain war.

Here's the danger of mistaking intuition for a mere conclusion, which conclusion needs to be argued, whereas intuition does not need to be argued.

To be good to someone means that we can't be good to someone else because we're busy being good to the other person therefore the law of benevolence inherently involves not doing good to others.

We are typically more obliged to help someone we've promised to help or someone who has some kind of relationship to us but of course this means that there are other people you are not helping at the same time. While you're pulling

someone into the boat someone else is drowning.

Sometimes to help one person you have to do violence to another person.

Our conscience tells us to help the innocent not the guilty.

In some instances death penalty may be the only sufficient method of respect.

The death sentence is not just an expression of fear it is an expression of the importance of high morals that need to be defended.

Capital punishment is not inherently right but it is not inherently wrong either.

It's almost certain that a nation cannot be prevented from taking What It wants except by war.

I believe that death is the greatest evil is materialistic and implies that death and pain are the greatest evils when there are clearly greater evils.

Oppression is a greater evil than death and pain.

And War you have two typically innocent soldiers who kill each other both believing that their causes just and this is by no means the worst thing that's ever happened.

The question is not whether war is a great evil the question is is war the greatest evil.

Only liberal societies tolerate pacifists. Pacifist states are handed over to their totalitarian neighbors. A pacifist state is a straight road to a world where there will be no pacifists.

Don't try to get Universal peace, rather work on some specific cause. Practical solutions.

One solution at a time. Take on the whole trouble by 1 thing at a time, be involved in a specific cause, not a cause for general peace.

The dentist who can cure a toothache has done more for humanity than all the schemers who think they can make perfect health.

When you are society chooses to go to war if you refuse you stand against the whole society.

We are indebted to our society for our birth our education etc.

We're also indebted to society for the laws that allow you to be a pacifist.

If you think that there's never righteous War you have to part with all the great literature all the great philosophers. Quotes, "If you will not take the universal opinion of mankind I have no more to say".

Pacifists tend to say everyone was right and now suddenly they're all wrong.

Christian history is not pacifist.

Thomas Aquinas talked about how it's lawful to defend ones territory by weapons to defend it from enemies within and from enemies without.

Jesus said pacifist things but those must be taken with qualification. If you just take single things that Jesus said and apply them alone you also have plenty of other difficult things including not pacifist things to abide by.

Yes we turn the other cheek but there are obvious exceptions.

Only the person who has literally made themselves a pauper (like Jesus said, sell all you have and give to the poor) has the right to read Jesus' turn the other cheek statement as a mandate to literally never fight.

We can't think "he has done it to me so I will do it to him," but we can understand that certain situations do demand

retaliation.

Obviously Jesus did not mean stand out of the way while a homicidal maniac comes to attack your friend

Obviously Jesus did not mean that when raising a child to just let that child hit its parents whenever it wants, or to just give your child whatever it wants

Jesus' teaching is clear, we should control our anger.

How we respond to something depends on the situation because there legitimately may be another reason for retaliating than egotistic anger.

When you hit back but not in egotistic anger you can in fact be justified.

One of the only people that Jesus praised without reservation was a Roman centurion.

Paul approves of the use of a sword. Peter too.

Christ spoke to these his successors and their own language and chose them and we cannot think that they would have so completely got it wrong.

Everybody makes their own version of Jesus to try and go along with their theory and these phantoms are not the source of our salvation.

He disagrees with the idea that mechanical idea that everything now is better than it was in the past and that this would apply to morals. It is not believe we started out weak and became strong or started out bad and are becoming good but the opposite that in fact a lot of the ancients were much better than us.

You can't dismiss the way that everyone up to now has interpreted literature to accept some new professor theory.

You can't dig up a historical Jesus and use that to say that Christianity is wrong because many people have tried to do that with their own flavor of Jesus the liberal Jesus the Marxist Jesus all kinds of different Jesus that people promote.

Moral decisions cannot always be chalked up with mathematical calculation.

The combined historical voice of humanity and God are against pacifism.

Often pacifists are acting out of personal passion to avoid hard things for example the life of a soldier is very hard and all manner of deprivations isolations fear and dread are involved whereas the pacifist gets a carefree existence.

Conscience operates by moral intuition which is the preference of love over hate and happiness over sorrow though some people do no longer have these basic moral intuitions.

Intuition says that health and Harmony are good and some people try to say that this means certain things should be completely not used but this arbitrary rule is not really intuition itself it is us trying to figure out what to do with the intuition principle of health and harmony.

We should not think that something which has the potential to be abused should never be used at all.

We cannot base our decisions by non-axiomatic feelings. We can't arbitrarily decide something isn't good just because we feel like it when great evidence says it is.

Don't Be Soft on Crime

Kent Hovind points out that it is a communist idea to be soft on crime, things like "3 strikes you're out". This tramples on victims rights.

Cleon Skousen as chief of police of SLC had to deal with crime with a firm hand, and the crime and homelessness and prostitution was virtually eliminated. People complained and he was released from office, and the crime returned.

Children are of course to be treated differently than adults, but do not think they need to learn false principles in their youth of permissivity.

Moms Lives Matter: Justifying Discipline to Keep Peace At Home, & Avoiding Excess Laughter edit

7.12.23

Home should be a peaceful and playful, yet quiet place. Children should not be insensitive to the needs of the parents. Mother cannot be driven crazy all day by an excess of loud laughter, and such drama as to render the children useless. Jokes should not be made from every sentence spoken. If children are insensitive to this, mother (and father when available) should teach the children and require them to take such excess outside where it will not bother the home. Parents should not allow children to go on continually doing things that are overly annoying. Children need to learn this maturity, to avoid excess, and parents have the right to insist on order in the home.

Mom you need some you time, put your foot down.

1 year old and younger do need immediate attention when they cry. But older kids can learn to not complain to parents so the time. Usually the complainers are doing just as much wrong, they're just kidding the fight. You might as well of them in time out, this allows them to settle down.

Kids can come to authority figures for help, but teach them to not make it an excessive habit. If it gets excessive, it then know, send them away to figure it out.

Those Little cuties will be just fine and they'll be all the better for having learned to respect there mother they will see that she is more happy and they will look forward to adulthood and motherhood more if they can see that she's enjoying her life and she's in control yes she must set the example of how to set those boundaries and take care of her own needs.

A wise mother can accomplish this even if her to do list runs high as the Eiffel Tower. She will find ways to make her life sweet and have time for her hobbies though earth and hell just against her.

Mother will find satisfaction not only in her motherhood duties but in some peace and quiet and to gain this peace and quiet she must have an iron fist under her white glove.

Even the homeschooling mother spends much time with her children during the day can do these things and all the more for she will have more opportunity to train their behavior to bring them into subjection to show them how to behave properly and this proper behavior will make her home a sanctuary.

Why No Allowance (Combatting The Backward Perspective)

7.12.23

Kids owe their parents for all the parents do for them. Kids are expected to do chores etc, to follow instructions. Its not the parents who owe the kids, its the kids who owe the parents.

This is the commandment: honor your father and mother. Why? Because they do so much for you, they deserve your respect and obedience, particularly while you're living in their home, and really throughout your life, as you wouldn't have a life without them.

You don't want to start paying kids for chores, then it becomes in their court, "No, I used to do that job for a quarter, now I won't budge for less than a dollar..." etc.

Particularly younger kids don't need anything to do with money. It should be parents rewarding kids as they see fit, freely and often, not under any contract or constraint.

Want to teach your kids about money? Teach them about how a family works together, united in their money, not focused on individual accounts. Teach them God's law of consecration.

When the child is old enough to have a paying job outside of the home there are a few options. Some have the kids put that into a bank for mission and college. Others have them pay a portion of rent, food, and other expenses. But whatever you do, don't let them have free reign over these funds. They should not grow up thinking that all money earned is money you get to spend freely.

Kids may say "I didn't ask you to have me, you chose to have me." This is even more popular a statement among adopted children. But it is not correct. In premortality we begged to come to earth (and in a stable home at that). Parents provide that, and children are indebted to their parents for that forever.

Spanking: Pro: 3 Scriptures, Hebrew, & Related Thoughts

Proverbs 13:24

He that spareth his arod hateth his son: but he that loveth him bchasteneth him betimes.

2 Sam. 7:14

I will be his afather, and he shall be my bson. If he commit iniquity, I will cchasten him with the rod of men, and with the stripes of the children of men:

Prov. 23:13-14

13 Withhold not a correction from the child: for if thou beatest him with the rod, he shall not die.

14 Thou shalt beat him with the rod, and shalt deliver his soul from hell.

Often people say 'studies show spanking doesn't help', but be careful, studies also show man came from monkey! Be very careful when something contradicts the word of God.

Hebrew & Related thoughts:

The Hebrew of the verse is about physical discipline now to save the soul later.

the Hebrew doesn't read as the rod being the word of God

surrounding verses say hitting the child with the rod will not kill them, it's obviously about physical.

Some say the rod isn't for hitting. But it is. They have a staff and rod. The staff is to guide, the rod is to drive off foes. It could mean the bad behaviors are the foes we use the rod for. The rod is also to correct behavior and get sheep back on the path.

Spanking Debate: Pro: Points from Jordan Peterson

Peterson points out that according to the neurobiology, isolating someone (putting them in time out, giving the cold shoulder, etc.) is just as destructive as a little swat. It's just that one has become politically incorrect.

It doesn't "just teach them to hit". A spank can hardly be classed as a hit. As Jordan Peterson says in "12 Rules for Life" in his chapter "Don't Let Kids Do Anything That Upsets You", if a spank or swat or flick to train a child is "hitting", then a drop of rain is an atomic bomb! Along these lines, we shouldn't say "violence doesn't solve anything", as if this could be called violence on the same level with an aggressive assault with intention to harm.

Peterson also points out that "no" needs to have a threat behind it, or it's useless. The child needs to know who is in charge, or they will learn that adults are powerless grumpy people to be ignored and even toyed with, and this gives them a bleak future, never wanting to grow up like Peter Pan.

Peterson goes on to say that if behavior is not corrected early, it'll be corrected by society later in much more harsh ways. Is giving a swat harsh? If it is, it's nothing compared to how harsh their life is going to be if they never learn to be socially acceptable and likeable people.

Peterson says that if we are indulgent, things will turn into chaos. That we will be far better off dealing with what goes on, even the minor things, than letting things build up and turn into resentment and hatred. He shows that parents who let their kids get away with things are less likely to be compassionate with the child, that they develop a grudge against the child, that they don't find pleasure in their children anymore, they turn things into a Cold War, ensuing in much more destructive attitudes and even murderousness.

Spanking Debate: Pro: Q&A with Joel Skousen on When & How to Administer Physical Punishment

These are not the complete views of Joel on child discipline, but are only a partial response in answer to a question, and are shared with permission. For more of his view on the subject of discipline, see his "Conscience" essay, and his homeschooling essay.

Question: In my research on spanking I've heard a lot of people say they were traumatized by their dad coming home and dishing out all the punishments for all the bad acts of that day and that they had a bad relationship with their dad for a long time. Perhaps these parents erred in having just one parent administer all the punishments and at the end of the day rather than in the moment? So with a working father it's the mother who does a lot of this?

Answer: Corporal punishment needs to happen when rebellion is occurring. Sadly, too many soft mom's are incapable of being believable disciplinarians. I had to work hard to get my wife to do it right. Corporal punish has to be hard and painful, because only then is it a proper deterrent. If I were a Dad who had to deal with a wife refusing to discipline, I'd tell the kids, that if I ever come home and here that deserved spanking was delay until I came home, I'd give it to them so hard, they'd never want to suffer that again. Kids only have bad experiences with discipline when they won't own up to their own faults, or when a soft mother is not supporting a tough dad, or when the Dad isn't fair or taking the time to explain the real root problem---the kid not listening to conscience, and rebellion to what he knows to be right in his conscience.

Question: Would you say that spanking or corporal punishment in general can be done without becoming angry, or is becoming angry appropriate sometimes?

Answer:

No, I believe corporal punishment should always be accompanied by controlled anger---letting the kid know by raising the voice that this kind of conduct is not to be tolerated. The big issue is repetitive behavior problems. When that happens, you know whatever you're doing discipline wise is not strong enough, and 2) you're not disciplining bad attitudes, which always precede bad actions.

Question: I am aware of at least three verses in the Bible that say to use corporal punishment to discipline children. Many people tout research against corporal punishment of children but I am suspicious of this research as it appears to contradict the bible. Some say the Book of Proverbs is more of wisdom literature than revelation. Some say spanking contradicts D&C 121 (but perhaps reproof with sharpness includes corporal punishment?)

Answer: ...Listen to your conscience and look at the horrible results of permissiveness in families who don't discipline. That's all the evidence you need.

Spanking Debate: Pro: Various Points

-President Nelson speaks of having a “zero contention” standard, as Christ said such things should be done away. A stern training which could involve a flick, swat, or spank depending on severity can help to nip rebellion in the bud, and show that appropriate behavior is required. When done correctly, discipline teaches kids that there is zero tolerance for contention.

-Spanking shouldn't be very hard. A physical mark should never be inflicted.

-Not all children respond to speaking.

-Spanking is for severe disobedience, not for run of the mill routine consequence.

-Many have observed that those who don't have strong discipline have out of control children who drive the parents insane and aren't well regulated.

-Many who were spanked attest it did not lead to resentment, but rather to behavior change for the better.

-Yelling at a child with an agry horrifying face seems more terrorizing than the occational calm swat to send the message. Yelling gives the idea of powerlessness and debate and loss of control.

-Spanking isn't for all ages, but only for small children who do not understand otherwise.

-Violence is intent to harm. A spank hasn't intent to harm or wound, but to send a clear message which quickly resolves. No injury is to be given.

-A quick swat can efficiently redirect a child away from negative behavior.

-Certain things are age appropriate. Things adults do aren't always ok for children, things children do aren't always ok for adults.

-So long as you're working to keep a strong relationship with a child, a spank can be productive. It reminds them of boundaries not to be crossed. The spank isn't a sign of anger or resentment, but a sign of a strict boundary not to be crossed. The happy times resume after the punishment is given.

-There are always those who go too far and delight in abusing children. But this doesn't mean the correct amount of discipline shouldn't be given to your child. You not giving enough isn't going to make others not give too much.

-Jesus chased people out of a temple with a whip and destroyed their furniture.

-Jesus destroyed entire civilizations as Jehovah, including the command to kill all related to wicked society. Perhaps we are too temperamental about sin these days. He sent a flood that killed everyone on earth except one family.

-Some European nations outlaw spanking, this limits the freedom of the people, increases surveillance, and leads to unnecessary removal of children and incarceration. The question is: how are they going to determine the spanking? If someone accuses violence, does someone go to jail? With current US law, the crime is when a child is receiving unexplained bruises etc. With a no spanking law, things become arbitrary and "he said she said." The line becomes

blurred. Does a parent simply picking up a child to remove them from a bad situation become abuse? Then does a stern voice toward a child become punishable by law? This is a slippery slope.

-Children die from running into streets, playing with outlets, biting live wires, etc. It is better to give them a spank/swat to show the seriousness of this than for them to not get the message clearly, and a fatal accident occur.

-Darles "la chancla" (give them the sandal) (a paddling). This is what a Hispanic friend told me the other day. He says do this, and they'll behave.

-It's quick done and over

-We don't only influence by rewards but punishments as well are important in real life

-The older generation says the main problem with the rising generation is no respect the authority is gone

-spanking doesn't always have to be in the heat of the moment. I may get a bad report and feel a need to administer such a punishment hours later, and calmly explain to the child why it's being given both before and after.

Not saying that's the best way, just pointing out that spanking in general doesn't mean the administrator is a wandering angry tyrant.

-To say there is never a circumstance where spanking would be appropriate may be extreme.

-Some say just call the cops rather than spank, but that may communicate that you've given up on him and are calling in the big hammer. It may cause him to self identify as the bad guy.

-its training, not punitive

-tell them what will happen: 3 swats they'll feel

-theres a right way and a wrong way to spank

-spankojg quickly teachers where the limits are and there are consequences

-spanking shouldn't be the only tool in the discipline toolbox

-look into Chip Ingram on spanking

Some suggest that a ban on all things bodily punishment is absurd, and that it must be a case by case basis.

Some suggest that when children make serious infractions of basic rules, some form of minor bodily punishment can help them to learn their lesson.

I know someone who I look up to very much who spansks his children. I've never seen a man who loves his children more than this man. He absolutely adores them. He plays with them frequently, and his countenance glows as he spends time with them. He uses spanking when the children show flagrant disobedience to the family rules. He works hard with them when its time to work, and plays hard with them when its time to play. He gives quick and sharp discipline when it is needed, but his children always know that he loves them as he relentlessly demonstrates forgiveness and finds ways daily to enjoy time with them. His children do not fear him, they run to him. They adore him.

The Miracle Worker Anne Sullivan & Helen Keler

-This story is very powerful. It teaches that children have the power to succeed if they are trained appropriately. It demonstrates that at times, tough love is needed. Too often we blame the child when insufficient training has been given to the child.

-This story shows that real love for someone involves having high standards for them. That when we don't have high standards, it is an expression of not caring enough for a child to train them. Naturally parents become worn out and give up on difficult children and allow them to disbehave, particularly when they don't know that real success is possible.

-How strict to be with a child, or how long to work with them, depends on how much they need. The Keller parents asked Anne how long she would have to be away with Helen in intensive training. The answer? As long as it takes.

-She had to swat Helen's hand when Helen did bad things.

-When Helen was mean, Anne was mean back. Whatever Helen did to punish her tutor, the tutor did it back, but harder, giving the message that such things would not be tolerated, and would not bring the child's desired results.

-Anne was shocked at how Helen had been spoiled, getting whatever she wanted whenever and however she wanted.

-Anne would not let Helen get what she wanted without manners. She insisted on manners, refusing to give in to the child's tantrums.

-Anne expected the child to dress before breakfast. The child understood but didn't want to as she never had to before. Anne refused her breakfast until she complied. The parents saw this and said "She'll starve!" Anne replied, "**She won't starve, she'll learn!**"

-Anne allowed the child to tantrum, not giving in.

-Anne herself had poor vision and went to a blind school. She knew the child had the capacity to obey, it was just untapped.

-Eventually Anne realized the child needed to be away from its permissive parents.

-The permissive parents thought that Anne was too strict, too harsh. But then Anne started getting results with Helen which were never achieved before. Helen at first feared her tutor, she being much more strict than she had ever experienced.

-Anne grew up in an asylum with terrid conditions, and showed the parents not to send their child to such a place, but to allow their child to be trained.

-It was hard for the parents to let their child go to intensive training with the tutor, but it was what was best for the child.

-Anne says the original sin is GIVING UP.

-Touch is human and normal, she trained Helen to allow people to touch her. She insisted on it.

-All is fair in love and war says Anne. She would not allow Helen to eat breakfast until she dressed herself.

-When Helen began to learn obedience, she became more likeable. This is an important part of parenting: that children become much more enjoyable when they are trained to be civil.

-Anne relentlessly spelled words in Helens hands to train her in language. Due to this training, Helen became very well educated.

-The parents tried to pull Helen from the intensive training too early, thinking that some rudimentary manners and progress were sufficient. But the trainer said that Helen had much to learn. She had a big vision for the potential of Helen far beyond just being clean. The parents argued, "but cleanliness is next to Godliness!" Anne replied, "cleanliness is next to nothing!" She had bigger plans for Helen.

-When Helen was brought home after the intensive training, she tested her parents to see if they were as strict as her tutor. She tried to fall back into old habits.

-The tutor treated Helen like a seeing child, she expected Helen to see. Using the tools of her trainer, she would see like never before.

Anger Myths

- MYTH: Best way to deal with it is to let it out
- TRUTH: Best way to deal with it is to hold your tongue, self-calm, deal constructively

- MYTH: you are not a wimp if you don't get angry
- TRUTH: you can be assertive and direct without anger

- MYTH: Anger is caused by others
- TRUTH: anger is self-created

- MYTH: Anger is a beneficial emotion
- TRUTH: anger is a universal emotion, that can be dangerous, but also can be productive when appropriately harnessed and no abusive actions are taken

Righteous Anger

Jesus was angry when cleansing the temple, when rebuking pharisees, etc.

Jehovah was angry with Israel when they lived in sin.

Be angry at what God is angry at.

Passion can drive you to action. Without proper anger about evil, we become permissive, which is evil.

Be slow to anger like God. Find the facts. Think.

Constructive anger is about a problem, it leads to corrective action.

Destructive anger results in more problems.

Controlled anger to discipline today is far worse than letting things turn into chaos.

Spanking Debate: Con: Quotes

“You ought always to take the lead of your children in their minds and affections. Instead of being behind with the whip, always be in advance, then you can say, “Come along,” and you will have no use for the rod. They will delight to follow you, and will like your words and ways, because you are always comforting them and giving them pleasure and enjoyment.” Brigham Young 1868

Gordon B. Hinckley: “I will be forever grateful for a father who never laid a hand in anger upon his children,” said President Hinckley. “Somehow he had the wonderful talent to let them know what was expected of them and to give them encouragement in achieving it.”

Commenting on the lasting impact fathers have on their children, President Hinckley added: “I am persuaded that violent fathers produce violent sons. I am satisfied that such punishment in most instances does more damage than good. Children don’t need beating. They need love and encouragement. They need fathers to whom they can look with respect rather than fear. Above all, they need example.”

“I will here say to parents, that kind words and loving actions towards children, will subdue their uneducated natures a great deal better than the rod, or, in other words, than physical punishment. Although it is written that, “The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame,” Prov. 29:15 and, “He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes;” Prov. 13:24 these quotations refer to wise and prudent corrections. Children who [p. 361a]have lived in the sunbeams of parental kindness and affection, when made aware of a parent’s displeasure, and receive a kind reproof from parental lips, are more thoroughly chastened, than by any physical punishment that could be applied to their persons. It is written, that the Lord “shall smite the earth with the rod of his mouth.” Isa. 11:4 And again it is written, “A whip for the horse, a bridle for the ass, and a rod for the fool’s back.” Prov. 26:3 The rod of a parent’s mouth, when used in correction of a beloved child, is more potent in its effects, than the rod which is used on the fool’s back. When children are reared under the rod, which is for the fool’s back, it not infrequently occurs that they become so stupefied and lost to every high-toned feeling and sentiment, that though you bray them in a mortar among wheat with a pestle, yet will not their foolishness depart from them. Prov. 27:22 Kind looks, kind actions, kind words, and a lovely, holy deportment towards them will bind our children to us with bands that cannot easily be

broken; while abuse and unkindness will drive them from us, and break assunder every holy tie, that should bind them to us, and to the everlasting covenant in which we are all embraced. If my family, and my brethren and sisters, will not be obedient to me on the basis of kindness, and a commendable life before all men, and before the heavens, then farewell to all influence. Earthly kings and potentates obtain influence and power by terrorism, and maintain it by the same means. Had I to obtain power and influence in that way, I should never possess it in this world nor in the next.” JD 10:358 Brigham Young

“A South African sister once told me that when her husband died and she was left to rear their six children, she relied on the teachings of the Bible for direction. She often pondered the meaning of Proverbs 13, verse 24, which is interpreted widely as “spare the rod and spoil the child.” [Prov. 13:24] When she joined the Church she turned to the Book of Mormon, too, for understanding. There she found mention of another rod, the word of God which leads one along the path to the tree of life. Then she understood that sparing this rod would certainly spoil her children. Thus, she has learned to order her home, to bring the light of the gospel, to save the souls of her children.” Aileen H. Clyde

What Is Relief Society For?

<https://www.churchofjesuschrist.org/study/general-conference/1995/10/what-is-relief-society-for?id=p11&lang=eng#p11>

“We are very well aware that it is but little use to whip “Mormon” children. You undertake to thrash anything into them, and you will most surely thrash it out of them. It was never any use to undertake to drive or coerce Latter-day Saints, they never could be coerced in their religious faith or practice. It is not their nature, and the mountain air our children breathe inspires them with the idea that they are not to be whipped like dogs to make them learn. The manner in which it must be done is by moral suasion, superior intellect, wisdom, prudence and good straightforward management in forming the judgment of the pupil by cultivating his manly qualities. This principle should be carried out in all our schools. In my boyhood discipline was enforced by the application of the blue beech switch. The blue beech does not grow in this country, but many schoolmasters in former times in New York and New England were provided with these tough limber switches, and I have seen them used among the scholars with fearful effect, and in cases where I am satisfied the pupil was less at fault than the preceptor. I know they say Solomon declared if you spare the rod you will spoil the child. Prov. 22:15 Prov. 23:13 Prov. 29:15 My opinion is that the use of the rod is very frequently the result of a want of understanding on the part of a spoiled parent or teacher in guiding, direct-[p. 374b]ing and controlling the feelings and affections of children, though of course the use of the rod in some cases might be necessary; but I have seen children abused when they ought not to have been, because King Solomon is believed to have made that remark, which, if he did, in nine cases out of ten referred to mental rather than physical correction. I will, however, allow other men who have taught school, as a profession, to offer their suggestions on these subjects; but I will say that I have known Professor Dusenberry teach a hundred scholars—the wildest, roughest boys we had in a frontier town, and never lay a stick on one of them. He has done it term after term, and the children liked and respected him and would mind him, and there was nothing on the face of the earth that seemed to hurt their feelings more than to feel that they had lost the confidence of their preceptor. This was simply the result of cultivating reasoning powers in the minds of the children, and I am happy to say there are many such teachers now in Utah.” Remarks by President George A. Smith, delivered in the New Tabernacle, Salt Lake City, Monday Morning, April 8, 1872.

Spanking Debate: Various Points Against

- In several countries it is illegal to spank. The stigma against it runs high these days, which in and of itself is reason to be cautious.

-Perhaps it ruins the relationship.

-Bible says "do not incur your children to wrath"

-Some say demanding respect is about control.

-Perhaps the bible is not translated correctly here.

-Academic journals and organizations say don't do it and they say it leads to violent adults and they say it doesn't fix the problem

-Often spanking happens late in the evening when the parent is tired so it has more to do with the parent than the child are we teaching them solve problems with hands or words

-The rod scriptures can be referring to the word of God not a stick

-The rod scriptures can be referring to wisdom in general not a stick

-Shebet is the Hebrew word for rod it can mean what the shepherd holds to fight off prey (but, said rod IS used for whacking and otherwise making the threat that if needed, things could get ugly. It certainly isn't used to whack sheep however. So what does this mean? I don't know.)

-The New testament suggests a more loving approach

-Often people resort to spanking and don't get down to the why behind the behavior and figure out the problems with the child which takes a lot of work

-You have two goals: stop the behavior in the moment (protect parents and property), and stop it long term (behavior change). They aren't separate, but it helps to think of them that way sometimes. Don't let the solution to one damage the other. Helps to separate because in the immediate moment is the wrong time to fix the long term; tension is too high. Come up with a minimum effective de-escalator for the moment, and then LATER when calm try stuff for the harder long term.

Hinckley quote against it

"Spare the rod spoil the child." (ref) This verse has been used to justify physical punishment of children. It may be justified, but consider that "the rod" may also mean "the word of God" (ref). It may mean giving correction in general.

The sons of Eli (along with Eli) were damned from not being disciplined (ref).

The culture of today looks very harshly on spanking. For this reason, it may be wise to not spank. Parents are even reported to government agencies for disciplining their children in this way. Of course this is absurd, but since this is the status quo, it may be wise to avoid this type of discipline in general.

For those who are foster parents, it is a strict rule that no spanking is allowed. If a parent spanks their children but not their foster children, this can lead to a double standard and resentment, or temptation to spank the foster children. These things said, it is likely good to not spank when a foster parent at all.

Some suggest that bodily punishment creates fear in children, and gets only surface deep temporary results.

Some suggest that bodily punishment teaches children to solve problems through violence.

Some other methods of discipline include time-out, time-in, talking with the child, removing privileges, adding chores, etc.

-Older kids need loss of privileges, manual labor, likely not spanking as they can better understand other consequences.

-A friend pointed out "I've noticed that often people will see a child really acting out and say, "what that kid needs is a good spanking," but in reality that child comes from a home with spanking and neglect and yelling and screaming and what the child really needed was to learn peace."

[Spank Debate: Con: Donna Goff on Chastisement & Teaching as the Rod](#)

Spare the rod and spoil the child is NOT in the Bible. It was written in 1660 in a poem "Hudibras" by Samuel Butler.

The Bible speaks of spring the rod in Proverbs

Proverbs, book of

The book of Proverbs is not prophesy, it's wisdom literature.

"He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes."

"Withhold not correction from the child: for if thou beatest him with the rod, he shall not die."

(Proverbs 13:24)

"The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame."

(Proverbs 29:15).

Of course these verses have Hebrew not English meanings. Also they are tempered by New Testament words of Jesus, the apostle Paul, the doctrine and Covenants and words of modern prophets.

The Hebrew word translated as rod, is Shebet.

The Hebrew letters literally mean

Shin - revealed

Bet- through the family or home

Tav- the covenant

Shebet is translated into different words in English.

It is translated as:

dart 1 time.

Pen 1 time

Rod 24 times

Scepter 20 times

Staff 2 times

Correction 1 times.

That adds up to 49 times translated as different words.

However, it is translated as tribe 141 times, referring to the tribes of Israel, almost three times all other translations combined!

The word of God is call the Rod. That makes sense. The word of God is the story of God's relationship to the house of Israel. And if we spare that rod, which is good for correction, reproof, and admonition, we do not love our children.

Jesus warned us not to offend His little ones.

The modern day prophets have much to say on child rearing.

Also Doctrine and Covenants 121 is pretty clear. "No power or influence can or ought to be maintained by virtue of the priesthood, only by persuasion, by long-suffering, by gentleness and meekness, and by love unfeigned;

42 By kindness, and pure knowledge, which shall greatly enlarge the soul without hypocrisy, and without guile—

43 Reproving betimes with sharpness, when moved upon by the Holy Ghost; and then showing forth afterwards an increase of love toward him whom thou hast reprov'd, lest he esteem thee to be his enemy;

44 That he may know that thy faithfulness is stronger than the cords of death."

We have been told in General Conference these verses applied to parents as well as priesthood. The caveat for giving reproof, is that we are only to do so when moved upon by the Holy Ghost. Otherwise we are to use the tools of persuasion

Long suffering

Gentleness

Meekness

Love unfeigned

Kindness

We aren't supposed to use hypocrisy or guile.

Also, ephesians 6:4 warns parents and points them to tools for parenting.

"And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord."

The Greek word for provoke and wrath are the same Greek word, parorgizo meaning anger (1) provoke wrath (1) it carries the idea we should not push their buttons. The second half deals with

Nurture of the Lord or Paideia- which is a Greek concept of raising and educating, the perfect citizen. But in this sense it is the Lord's plan, not man's. He articulates that in Deuteronomy 6:7 (really a ll of chapter 5 and 6)

Also the admonition of the Lord. That is what scripture and the words of the prophets are good for.

I love that Shebet literally means revealed the the home the covenant. Or even through the house of Israel. Totally reinforces parenting

Spanking Debate: Con: A Friend's Story

Shared with permission, my friend wishes to remain anonymous. This is the story of someone who had a bad experience with being spanked growing up. Perhaps it was done wrong, I don't know. Either way, his story is of interest:

The story:

Now I'm not a softy by default. I get the frustration of a wild kid with no apparent sense to realize how dangerous to themselves or others their actions can be. I was raised on a sound spanking almost everyday when I grew up. I was constantly giving my mom a bad time. And when dad got home my mom would promptly set him up as the bad cop by giving him a list of all my missteps so that he could do the dirty work. The guy worked like 15-16 hrs days to provide for us. He just wanted to come home and play with us and enjoy some time with us. But instead he felt some kind of cultural pressure to spank us or we would be ruined. It's all he has grown up with and he honestly didn't know any better. My brothers and I grew up with an inexplicable rage that we learned early to harbor. Mostly against our dad. Not because it made much sense. I mean logically we had it coming for the crazy stuff we did. We really did. Seriously. I once set a field on fire. A kids hair on fire. Almost convinced my brother to jump off the roof with cardboard wings. Took a switch blade to school and pulled it on people to act tough. All sorts of insane stuff. It's embarrassing and makes me wonder what the heck I was thinking. But I wasn't. My logic centers were just not firing yet. Dumb dumb stuff. My poor parents. Anyway, the spanking definitely didn't teach me anything good, not really. But they did teach me rage, blame, and made a wall between me and my dad that near impenetrable. I was emotionally distant from him for probably 25 years or so until I realized what it was. I had some of my older kids do some stupid stuff too and I gave them a few sacks on the butt to get their attention. But I always felt sick to my stomach over it. I didn't know better and thought I was doing my job. My wife would tell me what went wrong and it was my job to set the straight. I maybe spanked the two oldest like 3-6 times, trailing off with the rest of them 2, 1, 0 times. I've got five of them. No matter what I or they did it just didn't feel right. So I would always try everything else under the sun to break through to them. But even though it was vastly less than what my own dad had done, I still developed an emotional wall with my two oldest. They just had some kind of resentment from it and remembered it as many times more. Like at that age everything was magnified. Maybe that's what happened to me too. Maybe my dad didn't actually spank me that much but somehow it sure seemed like it.

I guess I am saying all of this to get to the point that it was a net negative, didn't solve the problem, and creates an environment of contention where the spirit could be. That's why I tried harder and harder to find another way to avoid spanking. And my relationship with the younger ones vastly better and close and the spirit can be in the home. If I had to advise my kids about it, I would say avoid spanking. While I can't entirely explain why, I know how it feels. I know something is wrong about it beyond the obvious part of hitting them. It stunts them emotionally and spiritually. And without that, you can't help them become good people at all.

My dad was rarely home. He worked 15-16 hr days and also served in his calling. He gave up spanking for the younger ones I think. And they have a great relationship with him. I do too now but there was a twenty year gap. A coldness. I couldn't warm up to him no matter what I did. Even today telling him I love him is still a tad awkward to verbalize even though I do mean it. You are going to have to do whatever the spirit tells you to do. I'm just sharing my experience. He didn't really hit us in anger. He tried to reason with us plenty. In fact instead of a long gospel sermon I preferred a quick spanking. He had plenty of things he just talked to us about. Spankings were for extreme stuff which we provided plenty. On rare occasion my dad would have time off for a holiday or something. And yes he would take us to the park or playground. He would play chess with me, and spend time on Sundays together when he closed our restaurant. The walls didn't go up until the teen years into adulthood. My older kids were plenty close to me and I usually played with them a ton when they were small. The distance with them showed up later. I used to defend spanking all the time. And if a kid ran into the street after I told him not to I would probably give them a seat out of reflex to tell them that was super dangerous and they shouldn't do that.

I can only think of twice that my dad was angry when he spanked us. Most of the time he looked totally bummed out that he was stuck with the dirty work. I think if mom has spanned us it would have been better. In fact she occasionally did. I couldn't afford to have a wall with her I depended on her too much.

Supposedly the relationship a person has with their father is the mirrored with God. People like Freud, Darwin, Huxley and all sorts of other antichrists all had big daddy problems.

But who knows. I mean people are different. The only thing you can trust is the spirit to tell you what's right. I'm just saying that if you can't feel the spirit and spank with charity then your making a mistake. Anything devoid of the spirit is going to have mistake written all over it. It's not more complicated than that. If you are angry, you can't trust that spirit. It isn't a fruit of the spirit

But if that's what the spirit tells [someone to spank] then whatever. I believe in agency. We get to sleep in the bed we make.

Nowadays you have to worry about being reported and seen as a monster. I do think it was more common 40 years ago and considered almost expected. That cultural acceptance may help some kids not hold it against their dads. Probably depends on how self willed they are.

I was quietly self willed. I said what my dad wanted to hear and meant it. Then promptly forgot most of it when he wasn't around. Physical punishment also helped me think it was ok for me to hit my younger siblings when I thought they needed it for their own good too.

I agree that permissiveness is detrimental. I switched to natural consequences as much as possible. Less personal that way. More realistic. If I don't pay my power bill the power goes off. No one spans me. If I mouth off I may be excluded from speaking to my mom for a day or whatever. If I steal I get the scriptures opened up showing me I owe back four times what I stole. And I miss out on fun stuff with everybody else because I have responsibilities to handle until I pay back whatever it is.

[Spanking Debate: Some Basics for Either Method](#)

Understand that different children may need different approaches. As President Faust said, "Child rearing is so individualistic. Every child is different and unique. What works with one may not work with another" (President James E. Faust, 1990, November, "The greatest challenge in the world—Good parenting," Ensign, 20(11), 34).

Speak with the child about what they've done. Talk about why it was bad, and what they could do instead.

Teach them that obedience to parents is expected by God, and is a critical standard to maintaining order in the house.

Look for underlying issues of the child's behavior, and address those issues.

Give consequences which are related to the infractions.

Some have suggested that spanking works for small children, then to transition to other more mental methods of communication for older children as they can understand.

Parental Spanking, epiphanies 9.24.22

Parents should not spank often, but kids do need to know that when they reject other methods and do serious things, there is the possibility for physical punishment.

This is the difference between a respected parent who is obeyed, and a parent who the kids walk on all day long. Kids need to know that their parents have power which will be used against them when they cross the line.

When talking and timeout are failing, it's time for the next step.

Love is the key to parenting, make no mistake. Heap it on all you can. But realize that tough love is also an essential form of love.

Parenting is no walk in the park. It's not a hippie game. It's real love, and it's real tough love. It's a divine thing - just like how God has power to bless or curse, so does the parent. It's gotta be real. If the parent isn't making their word alive by having boundaries with dreaded punishments, how will the kid believe that God is alive, or that God has any punishments that would concern them?

We focus on the blessings for good behavior, but without the possibility of punishment when you cross a line of unacceptable behavior, you are weak and not to be respected.

....

Are kids learning to hit each other when spanked? That depends: is the spank out of random wrath? If a spank is calculated and deserved, it's only teaching the kids that justice is served.

Do we ever "hit" in government? Of course we do, we hit hard. We wage war when needed. We execute serious criminals. We have force, and we use it when needed. Without correct use of force, with the mistaken idea that no force is ever justified, we are truly weak and unworthy of respect. Even Jesus whipped the money changers out of his father's house, destroyed a tree, and so forth.

So the popular saying these days that "it's never ok to spank", or the pop culture laws of outlawing such, this is but a rebirth of hippie pacifist ideas, and is not Gods law.

....

The book of Mormon teaches that on the third attack, fighting back is allowed. One could even teach this to their kids: when they are bullied, it's appropriate to hit that kid back sometimes.

Let your kids know that they better be able to explain their behavior when you investigate the situation, that it better not have been unjustified use of force.

Do you want your kids clueless of how to act, always running to an authority figure? A kid should know how to run to an authority figure, but they should also know how to act when that's not a viable possibility, when their peer is so manipulative that they're getting away with it all the time, and so on.

....

We learn self-defense not because we are obsessed with fighting, but that so when a fight is needed, we can do it effectively. We can be in control, and put down hostility, and maintain peace order and justice.

Same with physical discipline of children. We don't use it because it's fun, we use it because the alternative is infinitely worse. What's the alternative? What happens when a kid learns that adults are powerless, that they can get away with whatever they wish? They become little nightmares. The parents have a hard time loving them and spending time with them because nobody wants to be around them. Their lack of control makes it so their peers don't want to be around them.

Parenting with Strict Justice Bring Them Young Quote & Thoughts (get full quote, I looked there a bit, might not exist)

Get the quote from the Ogden grout blood atonement book where Brigham says we need to not be so secular and soft and we need to administer Justice strictly

We can easily make a connection with this that we should spank our children spare the rod spoil the child that there needs to be Justice in order so there can be peace and tranquility and that it is in the best interest of the child and the parent to discipline a child when necessary

Being Firm with Teens – Tips from Amy Luckau Brown

My 13 pushes back now. She didn't use to. This is the period of life they fight against boundaries but need them the most is it not?

Good to keep reminding ourselves how much they actually need us right now.

What ever they comeback with just repeat to yourself they need you more than friends and media. Keep being that leader and offering a good feast of information and ideals. It might seem to go on deaf ears but it's providing more value than it seems. Keep fostering a love for righteousness and it's likely to pay off even if it looks like it's being rejected. If not you can tell Heavenly Father you did your job.

Don't just ban things, offer a replacement along with it.

A phrase I love to repeat in my home is, 'not everything is worth our time'. And 'most things are meant to be ignored', and 'the world is going to promote its master'. I give examples of seemingly harmless things that turn evil in the end.

I tell her my job is to provide a pure home, and every chance to keep her pure so I can answer to God.

She has a hard time thinking I'm super disappointed in her etc. ...emotional manipulation. I just keep telling her I'm trying to do my job to answer to God. I own it. She calls me controlling but I tell her I control what comes in the home, not people's consciences.

Temptation is natural. The pull of the world is strong. We should expect mistakes.

Watch/read together the things that convinced you.

Also have you read 'A House United', by Nicoline Peck?

Good to have them personally invested in the rules and consequences of the home.

Commandments are Non-Negotiable at Home – Insights from Diane Robertson

Shared with permission.

“In our house, the commandments are non-negotiable because they were given by God, and everything else, we're willing to listen to their side and their ideas and feelings on. Of course, the commandments include not looking after a woman to lust after her, which definitely crosses out a lot of media. But otherwise, I want my kids to know that they're free and to learn to stand fast in that, which means making a lot of their own decisions and learning from them.”

What Should be the Legal Limits of Parental Discipline? Response to a Friend

Eh... I don't do much with legal stuff but I will say in the foster parent world no spanking is allowed. You could look into what constitutes a removal of custody to put a child into foster care. You could look at what a parent has to do to get their child back from foster care (not much just attend a few classes and show up to court). I think spanking and any other punitive punishments aren't good, but that a parent might be justified in using spanking in extreme cases so far as the law is concerned.

Parents aren't perfect and it takes a lot of abuse to get a child removed. My hope is that spanking and other punitive punishments will be less tolerated in the future as a society. All this being said I still have a few reservations on the subject. I suggest Glen Leatham, Karyn Purvis as a few who teach positive parenting methods without any punitive, even when working with difficult kids i.e. foster . One guideline a friend of mine Joel Skousen uses, is that if a parent leaves a mark on a child, that is abuse . Is bruise, bleeding, fractured bones, etc. In a court of law right now it's still considered ok to spank. There's also emotional abuse. Brainwashing. Shaming. I've never heard of a case where the kid is removed for that though. But there are certainly cases where a child is neglected rather than being beaten. You can also look at nutrition to detect abuse. A parent should never threaten a child by saying no dinner until you finish your chores, etc. There are lots of evil things a parent can do and still not have a child removed, such as exposing them to R rates films, etc. Naturally it should be illegal to involve minors in drug use, sex, stealing etc.

I think there is some flexibility in parenting, if we removed kids for every spank or parental temper outburst, no one would have kids. Parents need a bit of wiggle room to figure out how to be a parent, and every member in a family needs to learn how to forgive each other. Kids should not be taught that parents are flawless. Parents need to be comfortable saying sorry to their kids. They should teach kids to not only say I'm sorry, but how to say I forgive you. I hope you'll share your completed essay with me.

A study of positive parenting will give you a context to base a framework claim that it is both possible and plausible to raise a child effectively, and indeed the optimal way to raise a child, by using techniques to connect emotionally with a child and give instructive corrections rather than using punitive punishments. I just finished reading what's a parent to do by Glen Latham. Also I'm reading the connected child by Karyn Purvis. I also like the book titled 25 mistakes LDS parents make and how to avoid it.

At the end of the day there are different standards in a telestial world like the one we now live in, and the celestial one we work towards. Here are some prophets who show that those who aren't worthy of their children will be revoked of those children, and the opportunity to ever have more children, in the life to come. The standards we have for laws now are far

lower than the Lord's standards. Many children who aren't removed from their parents in this life will be in the world to come (actually even sooner, the separation will happen at the return of the Lord). As foster parents we are shocked by how low the bar is set for parents to get their kids back when the parents have long criminal records and a long history of abuse, yet they manage to show up to visits, court hearings, and parenting classes. Obviously people can change for the better but I don't think our current system does a good job of perceiving that. We have taken care of kids who we know for a fact are, when put back in bio parents home, are being exposed to more debauched behaviors.

The key issue is that as a society we think it's ok for adults to be scandalous, and that rubs off on the children. The movies we watch. The language we use. The way we dress. The disrespect we show for one another. The lack of religion in today's generation of parents. The government subsidizing idleness. The list goes on. We live in a wicked society that tolerates wickedness. I also think it should be child abuse to teach children that sex before marriage is ok (I also believe it would be just to have a law making adultery illegal). But we are rather moving in the opposite direction, where parents who teach children conservative values are the ones being accused of child abuse. Nowadays we have, as seen in the novel 1984, children policing their parents.

Jordan Peterson Physical Discipline Summary [ADD](#)

Peterson 12 rules, list them and the next 12, [add](#)

[The Stay-at-Home Mom: An Alien Lifestyle](#)

It's amazing what people say when they hear of a stay at home mom (especially one with more than one of those little boppers waddling around)...

'how does she do that by herself?!' (well she's not always by herself, and the community is there to support, and God helps, and even the kids themselves help)

'so do you just send her a check?!' (well we share a bank account and we work together to allocate where any family income goes based on needs and modest wants; just because she isn't getting paid doesn't mean i don't 'pay her'; what's mine is hers, and vice versa)

'well i know i couldn't do that!' (ok then don't! lol but if you give it a try you might be surprised what you can accomplish when you chose to do tasks endorsed by the scriptures; further a tip from my mother: whenever you have a child, it's hard, chaotic, and pushes you to the limit)

'oh i just couldn't stand being home all the time!' and 'you homeschool?! gasp!' So who says she is home all the time? she takes the kids on field trips, she goes to see her friends, her friends come to see her, she can take kids with her to run errands (being embarrassed by them acting out now and then isn't the end of the world fyi), we get babysitters to go on dates together on a regular basis, the older kids start being able to watch the younger kids while the mom runs errands or has some spa time etc; and if there are seasons with less frolicking about town while the family scrimps and saves to get through college and start a career, a little home life never killed anyone; we make home an adventure, and travel by great books and stories, and remember that little thing called imagination? And who's to say she doesn't enjoy being home? I

love being home and wish I could be there more often; if she wishes, we can make arrangements for me to cut back at work and her to work a part time job somewhere, but this frequently isn't even desired).

'if i ever do that it won't be for a long long time, i'm not ready for that!' (no one is ready for that, you just do it (and btw, are you aware that your physiological ability to have kids doesn't last forever in this life? you best take that into account); jump in now, you'll work out your flaws, rather than jumping in much later, flaws still in tact; how does postponing parenting make you a better parent? riddle me that batman)

lastly, if it's hard sometimes, you're in good company, Jesus had a pretty rough go at it too. An easy life I suppose has value if one doesn't know about the world to come, but we do know about the world to come, and the investments we are making are therefore most logical and rational.

These little boppers are like plants who haven't fully bloomed; they are wonderful now, but when you see them in their completed format, they'll be so majestic that you will likely lament that you didn't take a similar course yourself, and you'll wonder why you thought it was such a hard thing to walk that path...

We (humans great and small) are genetically wired to do hard things.

Here is someone's take on **mothering being a "real" job**, a foreign idea to many:

(author unknown)

Setting: Career Days at school; daughter wants her mother to present her "job" at career days but principal says no because homemaking is not a "real job." This is that mother's actual reply:

"Dear Ms. Brown, of course, homemaking or domestic labor is not an official job as specified by the Department of Labor's handbook of occupations. But there are many services that are provided without compensation that qualify for the label of work. And indeed, economists universally acknowledge the crucial economic contribution that domestic labor provides to our society, even when it is done outside the for-pay labor market. In fact, a number of economists have studied the economic value of domestic labor. Regardless of the approach they take to calculating its value, economists easily place the value of a full-time homemaker at well over \$100,000 a year. Moreover, social scientists have studied the impact of domestic labor on families and society now for decades. My academic discipline of family sciences is dedicated to understanding such things as domestic labor and helping individuals gain the knowledge and skills to be effective in their (unpaid) work.

"It is not only silly but almost offensive to claim that domestic labor or homemaking -- housework and childcare -- are not real jobs. The absurdity of such a position is revealed when you consider that those who do some of the work of domestic labor -- childcare providers, nannies, for-pay domestic cleaning workers, laundry workers, cooks, etc. -- usually do this work part time and for very short periods of time at low pay while those who take on the full range of domestic labor as full-time homemakers do it for more than full time and do it as a career for more than two decades. That they are not compensated for their work in the marketplace seems to me be a poor justification for saying it's not real work. Oh, and by the way, there are by far more domestic laborers than any other job that is listed in the Department of Labor's handbook of occupations. Does your school system really want to send the message that domestic labor is not real work? They would be offending a crucial constituency by so doing. Maybe all those non-workers would organize a protest and stop driving their children to school and stop helping their children finish their homework unless the school system started paying them for their labors!"

Ogletree's 7 Mistakes LDS Parents Make

Ideas from Mark Ogletree PhD for Latter-day Saint parents. Compare them and think of your own list to sure up your parenting methods.

1. Not teaching your children how to work effectively.
2. Teaching children that obedience is optional. (allowing disobedience contributes to disobedience)
3. Protecting children from anything they don't want to do, or anything that is hard, uncomfortable, or inconvenient. (Homework, participation, etc.)
4. Teaching your children that agency means freedom.
5. Teaching your children that you will be there to solve every problem.
6. Sheltering children from rejection and disappointment. ("Trophies all around")
7. Teaching your children that they don't need a testimony right now—it can wait until they are older.

Ogletree's full article at http://www.ldsliving.com/7-Mistakes-LDS-Parents-Make-and-How-to-Avoid-Them/s/78481/?utm_source=ldsliving&utm_medium=sidebar&utm_campaign=related

Randal's 25 Mistakes LDS Parents Make

From book "The 24 Mistakes LDS Parents Make and How to Avoid Them" book by Randal A. Wright, PhD

Randal is a long-time social scientist and church member who has worked teaching in the CES program.

Compare them and think of your own list to sure up your parenting methods.

1. Home environment (that reflects the gospel)
2. Quality time (and quantity)
3. The crossroads (be there at critical times)
4. Family traditions (have them to teach, indoctrinate, & unify)
5. Children's friends (don't allow them to associate too closely with those who don't share their values)
6. Peer pressure (teach how to deal with it)
7. Television (limit exposure, none in bedrooms)
8. Music (limit access to inappropriate)
9. Movies (prevent exposure to inappropriate)
10. Parental example
11. Expressing love verbally (daily to family members)
12. Physical affection (give it)
13. Support (each other's events, games, & activities)
14. Marriage (build it strong to show how it works)
15. Family fun (& laughter)
16. Discipline (be consistent, non-harsh, non-lax)
17. Worldly heroes (discourage over-involvement)
18. Teaching correct principles (don't assume church & society will)

19. Human intimacy (teach the importance and proper role)
20. Steady dating (prohibit during teen years)
21. Underage dating (before 16)
22. Communication (keep the lines open with your children)
23. Self-worth (build a positive self-image in your children)
24. Spiritual experiences (take advantage of inspired church-sponsored programs)
25. Warning signs (recognize)

Swinton's 13 Discipline Principles

A preview of an article by Jonathan Swinton, a Latter-day Saint Therapist

1. Hierarchy exists in the classroom (& home). Exercise your authority.
2. Co-teachers be on the same page & consistent
3. Age appropriate rules. Ensure they know them.
4. Punishments related to infractions, not random or "go to" punishments.
5. Age 1-10 timeouts can be effective. When kids are in timeout, don't respond to their tantrums.
6. No physical punishment (including spanking), it instils obedience by fear, there are better ways.
7. Don't yell. We want them to learn from our example.
8. Criticize behavior not character "Use a quiet voice." not "You are a loud-mouthed brat."
9. Positive reinforcement works better than Negative reinforcement by 5x. Praise them for following rules. Establish a reward system to motivate obedience.
10. Parent Timeout – if you lose it, so will they.
11. Chose your battles. But once chosen, win. Maintain the hierarchy or the child rules the class.
12. Be consistent. Don't say "I will let it slide this time," or "It's easier to not deal with it." Kids keep a tally of every time you give in and plan future rebellion.
13. Show love. Nothing motivates kids more than knowing you will be proud of them.

Full article at <http://www.ldsliving.com/14-Tips-for-Disciplining-Children/s/64602>

See also www.swintoncounseling.com

My "50 Mistakes Most Parents Make" (categorize into sep essays)

"Second only to your love, your children need your limits."

1. Public school
2. Unprogrammed time with friends
3. Culture of pop/rock/sport star worship
4. Culture of avarice
5. Sabbath casualness
6. Cell phones
7. Small family size planning
8. Urban living
9. Failure to discipline
10. Divorce
11. Junk food & nutritional ignorance
12. Infrequent temple worship

13. Casual modesty standards
14. Entertainment which doesn't edify, doesn't teach, doesn't convert
15. Teaching that faith is just one of many acceptable paths
16. Neglecting to teach proper government
17. Sedentary lifestyle
18. Education limited to "school & homework"
19. No limits on who to spend time with
20. Avoiding talk about sensitive controversial and moral subjects
21. Insufficient preaching to the children from the prophets, & ignorance of church doctrines & church history
22. Teaching entitlement rather than work
23. Arguing in front of the children
24. Cold emotional climate between parents
24. No manners taught
25. Giving up when a lesson isn't learned rather than repeating the lesson
26. Waiting to require tithing fasting and other commandments until an older age
27. Boring parents, no laughing, dancing, together as a family. Not showing how to appropriately have fun.

35? Failure to conduct regular family planning meetings to express grievances, plan chores, coordinate schedules, establish goals and rewards, etc.

36. Postponing patriarchal blessings
37. Lack of classical music, wholesome art, and other noble culture appreciation
- 38.

38. Lack of reading culture in the home, together and separate, wholesome and instructional

39. Giving free allowance money

40. Moving

41. Becoming house poor, unsatisfied with modest living space, spending too much time and energy on finance, living beyond the means

Late night one verse scripture study shallow family devotional without discussion

Mother working out of the home

Neglecting food storage, consumer debt, temporal carelessness

Putting babies to bed crying

Neglect weekly couples date

Neglect one on one time with each child

Avoiding talk of drugs alcohol porn theft lying etc

Idleness. Late nights playing card games. Sleeping in.
TV subscriptions

Not teaching truths which replace false theories of evolution, socialism, communism, liberalism, welfareism, atheism, and other pernicious teachings of our time.

Enrolment in worldly dance teams

Failure to teach importance of temple marriage, waiting till 16 to date, dating members only, not paired dating in teen years

Family Council Meetings

I've often heard and given the council that families should hold regular (as in weekly) council meetings, which makes sense, as we want the business of our families to run smoothly. I've never really seen an outline of how to do this. PMG planning meetings are the closest thing I've seen. Here is what we do, I would love to hear your ideas.

Ours usually consist of:

-starting and ending with prayer,

-weekly going to a large public whiteboard in the home (or projecting a document electronically where all can see) and laying out the weeks business. Some ideas as follow:

Schedule/to-do list,

Goals of each family member

Goals of the family as a whole

Ministering efforts of each family member and of the family as a whole

How the children are doing in their friendships

How the children are doing in their school

Family scripture study topics,

Family Home Evening Plans (lesson, activity, concerns, etc.)

Couples date plans

Family Finance, Budgeting

Projects to work on,

Family vacation & activity plans

Any other complaints/comments of family members.

Forgiving each other & asking forgiveness of each other

A form of sacred family time, perhaps you could even call it a prayer, we learn from the Jews is to go around the family saying, “please forgive me of any wrongs I’ve done to you, and I forgive you of any wrongs you’ve done to me”. This brings great family unity, and restores the spirit of God in a home.

Rules of Civility in the Honorable Home

Sections:

Conversation with the child after a poor choice has been made
Conflict Resolution
Etiquette
Work
Schedule
Weekly Planning Meeting
Hygiene

Introduction:

Ultimately the guide of conscience will be a better governor than setting up tons of rules. But here are some guidelines which may be helpful.

These rules are desired outcomes. Bringing children to these is a matter of patience, persuasion, and non-physical punishments.

Conversation with the child after a poor choice has been made:

-I don’t think that was the correct answer / you look like you need a minute to cool down. I would love to talk to you. Please stand here until you are ready to talk.
“Mom, I’m ready to talk”
-What did you do wrong? Why was that a bad choice? What should your consequence be for that choice?

Conflict Resolution:

-a child must learn to say to another child “That wasn’t very respectful, but I forgive you.” Life isn’t fair, and they must learn to respond in a Christlike way without parental intervention each time.
-no touching another person in anger
-the parent will seek to notice and reward incidences of positive behavior

Etiquette:

-host (usually mother) takes the first bite at a meal
-ask to pass foods at meals
-no touching food which isn’t meant to be; sit close to table flat
-no interrupting someone else who is speaking, especially an adult
-only one person speaks at a time
-no running in the home
-when a child is spoken to, they look the adult in the eye then respond, indicating that they understand and will obey, or that they do not understand, or that they would like to discuss the requirement and potentially obtain a compromise

Work:

-you have assigned chores for each day of the week.
-your bed is to be made each morning

- your room is not to have clothing on the floor
- a clean room is a general expectation, and the parent can halt a child's play at any time if the room is not clean
- occasionally extra jobs are given per consequence, eventually extra jobs are given from necessity. The parent will attempt to find rewards for the extra chores.
- there are general day chores, and chores which apply after each meal.
- children must clean up toys before being invited to any other activity
- “doing your best” on a chore is not sufficient. If your work is not satisfactory, the parent or an older sibling will teach you how to bring up your best to an acceptable level.

Schedule:

- there is a bed time. Those who get up after the bed time receive a consequence, usually a house cleaning job.
- daily chores must be completed before free time.

Weekly Planning Meeting:

- appointments arranged
- a goal is set for each person in the 4 quadrants of 1. Spirit 2. Mind 3. Body 4. Society
- a reward is set for each person, usually a measurable monetary reward such as a favorite candy

Hygiene:

- hand washing after using the bathroom, taking out a diaper, or playing outside and prior to eating are required.
- Quiet time is to be observed every afternoon. If you are home you will participate. That means in your room doing a quiet activity such as reading or coloring that does not wake others who may be sleeping. If your actions wake anyone else you will receive a consequence.
- Lying and stealing will not be tolerated and consequences will be given for such behavior in accordance with the item or activity the perpetrator was dishonest regarding.
- You must respect another's right not to be touched and other personal physical boundaries. If a person tells you to stop you must listen.
- You must respect the property of others. You ask permission to use things that don't belong to you and you put them away nicely when finished with them.

[A Developmental Outline by Age for Raising Children](#)

Themes herein are early autonomy via accountability, home education, empowerment with adult roles / responsibility, attention to family creation, vocation, independence, & respect.

Use revelation from God to you to fine tune your personal developmental family outline. The following ideas may be helpful as you consider goals to set for your own family.

Introduction

- The children need to know what blessings and expectations we have in store for them.
- This will result in: Patience -> obedience.
- Hope -> obedience
- psychological peace/adjustment/satisfaction -> obedience -> altruism ->exaltation
- joy -> obedience

Herein are duties for both the children and parents.

-The children owe it to the parents to strive for these goals

-The parents owe it to the children to help them strive for these goals

Age 6-8

Academic: Reading, Writing, Basic math

Vocational: Proficiency in house chores, Clean room maintained without reminders

Age 8-12

-Dishwashing independence

-Learn language of the spirit

-Academic Introductions to: dance, instruments, science, literature, writing, language, algebra, PE

PE: sport, health/fitness. Enables kinesthetic learning and social preparation.

-Distance and Sprint Running required

-Fitness Standards to be determined: pushups situps pullups mile time

Age 12-16

Theme: Self Discovery & Maturing Altruism

Laptop use: Learn keyboarding, Organize school work, Diary, Collect special items, Write, Internet as parents dictate, Restrictions if abused / zombie

Temple baptisms: Monthly temple baptisms minimal, Weekly temple baptisms where possible. Recall BYU Hebrew professor Dr. Donald Parry spoke of a young woman who weekly went to temple, she shined.

Academic: School focused on topics of interest, Prep for SAT/ACT, 4 years until High School Diploma, translates to beginning 9th grade related studies

School Subjects:

Music (vocal, theory, piano + 1 other instrument if interested).

Dance: Ballet, Irish, folk, tap, square, country swing, ballroom.

Language: 1 or more foreign

Math: Advanced algebra, geometry, pre-calc.

Physical Education: goals & tracking progress in pushups pullups situps mile 500-meter 100-meter. BMI goals.

Drama, Theatre, Literature

Chemistry: Elements, Balancing equations

Physics: Astronomy, Basics

Biology: Photosynthesis, Human anatomy, Ecosystems, microbiology

English: Poetry readings and composition, Grammar, elimination of slang, penmanship, spelling, vocabulary

Government, History, Geography: US Presidents politics founding documents founding fathers, memorize preamble, federalism, checks balances, bill of rights, world history ancient & modern, learn all countries and US states, Participation in government, Current events

Finance: budget

Art: creation, history, eras

Subjects of choice: I.e.. Aviation, mechanics, cars, zoology, veterinarian, medical, scouting, psychology/therapy, parenting, nutrition, culinary, military, EMT, business, ...

Vocational Preparation: gardening, career planning, housekeeping proficiency, studies in chosen fields

Gospel Scholarship: personal scripture study skills & habits, mastery of Preach My Gospel, Proficiency in all gospel principles

Social: team sport or community theatre enrollment

Age 16-18

Theme: Preparation for adulthood / quasi-adulthood. Societies used to consider puberty the onset of adulthood, mature “children” are capable of much.

Major increase in trust and responsibility.

Cell phone: Turn in at 10pm. Restrictions if abused / zombie

Academic: High School Diploma Acquired. Begin College Associates studies

Dating: 1 or more / week. Temple recommend required of suiters. Usually in groups, different candidates. Learn strengths and weaknesses of various personalities. Learn to value marriage, to not postpone it. Joy. Time to start leaving home regularly.

Post-date debriefing interviews: complete transparency with parents. Analyze spiritual character of candidates, personal feelings, events of date.

Car: Enables dates & job where applicable. Increases trust & choice making. Supports the family in running errands. Every child may have their own separate car to increase independence & preparation for adulthood, adult roles, & joy. Children pay all expenses. Car ownership is a duty, not optional. Mandatory for development. Living in [a rural area, as is healthy for families] particularly necessitates vehicle to travel for work, courting, education, & exploration.

Job: Job is a duty, not optional. Mandatory for development. Enables the car which enables the date. Also enables making payments on a loan from a bank (not from parents, it’s time for reality). Teaches tithing. Teaches budgeting. Teaches savings: separate accounts for mission, expenses, dates, education, emergencies, & fun. Job can’t be before 16 if away from the local community because I’m not going to drive them to work.

Gospel Scholarship: Studies based in mission preparation. PMG Memorization, role play teaching, community outreach, social media proselyting.

Age 18-20

Obtain College Associates Degree at 18.

Missions: Boys mission at 18. Girls optional but encouraged mission at 19. Missions are a unique maturing & serving experience to work out their personal salvation.

Dating: After missions and as adults in general, the time is now for marriage.

During dating era, seek formal higher education primarily for the purpose of maturing your mind, secondarily for the purpose of getting a good job.

Move out. Live at home option is highly discouraged, a written plan must be in place if they select this option. Only for online bachelor's degree pursuit. Pay average (not advantaged) rent: \$300/mo. Buy own food (separate fridge). Mirror apartment living in every way possible. No curfews, etc. Any and all babysitting etc. is paid. If the young adult is in any way delaying progress by living at home, evict them. Never give them free money under any circumstance. Do not rob them of real life's natural consequences. Loans come from a bank, not parents.

Age 20-22

Obtain a bachelor degree ASAP.

You'll have married and preparing for childbearing, or will be seriously dating toward marriage at this stage. Have serious conversations not just fun on dates.

Have a full time job. If in a highly demanding school program, that can take precedence.

Family is NOT to be postponed due to any school or work related reason whatsoever.

Still living at home by this age is extremely discouraged and rare.

Age 22-24

Live at home option expires. Exception: studies with set graduation date & post-other developmental areas.

Age 24 +

Live at home option expires, no once a month. Call mom once a week.



Show satisfactory progress in university graduate plans. Show satisfactory in all

exceptions. Come see parents at least

[Grow Where You Are](#)

[Moving Everywhere](#)

[Planted: Why to Stop](#)

For spiritual and temporal reasons, it is often better to live close to family, and not to constantly seek a bigger better home that what you have, even if you can afford it.

Elder Jeffrey R. Holland recently taught that young people should stay close to home where it is safe rather than moving around the country to go to far off colleges. If (when) things go south, young people should be close enough to home to return there for safety. (ref)

President Nelson taught in the 2021 April conference priesthood session that we should stand in holy places and be not moved, that our homes should be sanctuaries of faith.

Elder Stanley G Ellis spoke of this in a conference report not long ago, suggesting that wherever we are, we should grow, rather than be always looking to leave and live somewhere else, living reserving ourselves to give more fully in some more comfortable location or something.

I will suggest why it is good to not be moving from home to home as is so common in our time.

Optimal child development.

Children thrive with consistency.

They can make friends from childhood, and not be so strongly tempted to put on strange masks to find quick friends in new areas.

Moving is one of the great disturbances to child development, and greatly affects adults as well.

Neighbors learn to get along. Squabbles happen between neighbors, and learning to forgive and get along is a divine thing, instead of resenting and moving away.

You can keep needed boundaries from unsafe behaviors of others, and only in extreme cases would a person need to shut out someone from their life.

Pay off the home and save for missionary service rather than constantly upgrading your home. The song says ‘wake up and do something more than dream of your mansion above.’ Some of us can afford to finance or even cash flow quite a mansion; this isn’t inherently sinful (though excessive debt may be), but it can, and often does, keep us from doing better things with our resources.

What if instead of buying a mansion at first chance and living house poor, you paid off your house, and saved money toward furthering your education and serving missions? Not to mention helping your children do the same, but you must always take care of yourself too, or your power to fully take care of your children will be diminished, and the children do need to learn to work for things on their own. Of course you will endeavor to teach your children, and cultivate an atmosphere of a love for legitimate education in your home.

85% of cars today are financed rather than owned outright. And I would guess that even less homes are owned outright. Why do we insist on carrying on with the plagues of debt? Like Dave Ramsey, the Christian financial genius suggests, pay cash for a home. Pay cash for everything. Cut credit cards in half, no one gets rich with those things. And sky miles are a joke.

Get to know the people in your neighborhood. How long will we persist in not even knowing the names of our neighbors? How can we build the friendships needed to do missionary work if we are moving from place to place so often?

If your family grows, have a fuller house, or build on a room above the attic or on the side if you have space. In old times it was common to raise a dozen children in what we would call a 2-bedroom apartment. Naturally the kids will need to learn to enjoy spending time outside, and how to get along peaceably.

How will you have influence in local politics if you haven’t lived there very long, or if you don’t plan on staying? Instead, get to know the neighbors, and one by one, persuade them the justice of your political views, and lead the community to thrive thereby.

Jesus was of Galilee, a small place comparatively. T’was there that he grew and worked. He saw no need to be building himself increasingly large homes every chance he got. He spent his spare time rather in learning the law and the prophets, serving others, and teaching the gospel. What a genius investor, investing in things which bring highest dividends!

What of where I am being desolated in the day of the wrath of the Lord? Pray that your house is passed over like those in Israel of old with the blood of the lamb on their door. Then stand with those good remaining in the community and build whatever you can from the ruins. If it is not passed over, like the temples which were burned by evil men, then say like Brigham Young, “good, the Lord wants it, let him have it.” Then, also like Brigham, go build another one.

Yes, the book of revelation speaks of us (church members / the woman in the analogy) hiding out while the dragon plays around... we would do well to tend to financial preparation; listen to Dave Ramsey to learn how to do that; he shares the opinion of our prophets that we should get and stay out of debt asap. But yes, what a happy thing it will be to go somewhere safe if we are called to do so, or what a happy thing to have the storm pass by our homes and get to stay there. I think Brigham said at some point that just because New Jerusalem will be here on doesn’t mean we need to all leave our houses we’ve worked to establish.

Find a very affordable home and pay it off. If your family grows a lot just build more rooms onto the house. There is likely a little village of saints where you live who could help each other and would likely need to go on horse into town now and then for supplies. I’m hoping when the New Jerusalem is here, we can just teleport there. The Book of Mormon says the 3 Nephites teleport so why not us? That way we can do work in the various areas, including preaching in India Arabia etc., and teleport home, and not have to up our roots.

Metropolitan areas? Might not be able to stake down there too well. However, I think the John Taylor vision, maybe Isaiah too, speaks of empty cities after destructions which the saints have the pleasure of taking over since they're sort of the last ones standing, however sad that is. The Old Testament promises that the people of the Lord will get to "reap where they have not sown"; the Lord owns everything, and if he wants to give a good bit of it to his saints who serve him day and night, it is his prerogative to do so. Of course, those surviving the plagues will be the saints and whatever other good people are around. But the idea that there'll likely be plenty of houses you can just stake your claim for remains.

But at present it's still a good idea to seek a house. Ramsey says pay cash for a house but remember it's optimal for child development to limit the number of times you move to a reasonable amount.

Children Should be a Family Asset & Learn their Stewardships

Older children responsible for family wellbeing:

Like the bishop not having the full burden of a ward and the elders quorum and relief society having much of it on their shoulders, so does an older child have responsibility for the family and well-being of the younger siblings.

We should not go to the bishop for all needed ecclesiastical help, but rather to the EQ pres and RS. Similarly, instead of going to the parent to resolve everything, older children should mitigate and make decisions when issues arise.

At judgement, these minor stewards will need to report to God on the well-being on their areas just like the head leaders (bishop, parents).

These minor leaders should take ownership of their stewardships.

Parenting: Family Outings: Required Attendance, and Adopted Child Related Issues

They can have personal time after the event, but attending the event is not optional. Often the child isn't safe at home alone and parents should not have to split up to stay home with the child. Often an adopted child resists family outings due to resistance to bond with the adopted family, as they maintain a fantasy of reuniting with their biological family. Battles must be picked carefully and control must be given in some areas to children, but it isn't fair to the parents to have to split up. Even small outings such as family walks in town should be required. The child may resist these positive relationship building activities but must come along, and eventually, perhaps only as adults, will recognize their importance and your love for them.

Food Hoarding of the Adopted (or any) Child: Possible Solutions

Have fruits available outside of mealtime.

As a general rule, don't allow food outside of the kitchen.

Give frequent snacks (as in around every 2 hours).

For severe cases, consider having a lunch box they can keep in their room, so they have some control and don't feel a need to hide it. It can have mostly healthy snacks and a few others they enjoy, perhaps a bit more fun. They can refill it even daily. They seek to control what goes in their body (and out) as they feel lack of control with so much else.

Bible Standard: No Work, No Eat (Modified Version for Parenting)

Kent Hovind says God's welfare program of "you don't work you don't eat" can be applied to parenting; for example, the kid doesn't do their chores, they don't do their homework, then they're excused from the meal table and asked to come back when their works are done. Hovind says that if God uses the program of "you don't work you don't eat," then we surely can as parents.

This may be a bit much (and perhaps illegal these days), but the idea isn't far off. For example, less rewards can be given when the child is not complying in various areas.

It is the duty of parents to feed their children, but not necessarily the delicious foods.

Caution: Some say using food as a reward leads to mental health issues related to food addictions, bulimia, anorexia, etc.

The idea can obviously be applied elsewhere. There are plenty of areas you can restrict if they are not doing what the parent expects of them.

Caring for Newborn Infants: Increasingly Uncommon (Traditional) Methods

Nature calls on parents to take on the burden of caring for infants. Not nurses, not Binky's, not doctors, but mother. Binky's are only for snap moments when mom isn't available, mom ought to typically be available. Infrequently, the baby can be calmed by binky when it is full, but it remains an artificial con to be avoided where reasonably possible.

Feeding schedules should be based on the cueing of the baby, not a schedule.

When no breast milk from mom is available, a neighbor should be sought to donate rather than using formula. Also use herbs and frequent pumping to trigger milk production. And cow milk is not for humans.

they don't breast feed like they used to, the fools betray 6000 years of experiance for a theory. Let the child eat and snack, don't give plastic nipples, but mother, be present, you be the comfort

Carry baby around in a wrap or backpack so it is safe, stimulated, and learns.

Don't make it cry itself to sleep based on your schedule and outdated doctor recommendations. Such traumatizes the child and decreases the sense of safety.

Remember the monkey experiments. They prefer a bottleless soft mother to a rigid bottled mother. They need love, not just to be fed.

For sick infants, don't limit the amount they feed in "clustered cares", but feed them when they are hungry based on their cueing, then just keep a record of how much they have eaten in any given per se 3 hour period.

Avoid inducing, baby knows when the time is right.

Be active during pregnancy, walking lots, don't just lay around. This helps the birth be lively. The Hebrew women were known to quickly birth their children compared to the Egyptians, likely because the Hebrews worked harder.

Financial contributions of minors to their family – in progress

Was it not common in days of old for children to help lend a hand on the farm to help do the chores to help with things not just little things but things which actually brought the family income?

So why today when a teenager gets a job are they expected to keep all the money they earn at that job?

When a child is too young to make a contribution financially to the family of course they are taken under the wing of the parents

But when a child is old enough to make money at a job such as 14 and older depending on the society you're in even younger should not some of the wages of that job be given to the family?

Do not the parents provide for the food the shelter the transportation many things?

I've heard of people who have the custom in their family that when a minor gets a job For example at age 16 and they're getting a paycheck that minor should pay a percentage of that check to the family expenses or utilities.

For example if five people live in the house that minor would be expected to cover 1/5 of the costs of food utilities shelter etc. After that if there's any money left over the child gets to keep it.

one must understand this critical point which is that everything a minor has belongs to its parent the parent oversees and controls everything of a temporal nature in the life of its child.

The child does not have his own room he doesn't even have his own toothbrush everything he has belongs to his parent as the house and everything in the house belongs to the parent who oversees it. Naturally the parent gives full custody of these items to the child for example no one else is expected to be allowed to use that child's toothbrush or personal journal etc even though these things ultimately belong to the parent. As the legal guardian of the child the parent has the right to confiscate or revoke any non-essential privileges the child enjoys.

Due to the nature of providing for the child the child's time is not his own so if the child spends time in the workplace the money he gets at that workplace is not his own

Many youths have been corrupted by having full-time jobs in the summer and part-time jobs in the school year wherein they keep all the money from that job yet they don't contribute to the costs of living which is completely provided for by their parents and this is an absurd situation! This child is learning a socialist lifestyle and if the child is not expected to contribute to household expenses with their wages they will not learn responsibility for their adult life.

Adolescence is a time of transition from child to adult roles and we should not wait to flip the switch from 0 to 100% when they turn 18.

Some parents even let the child pass stage 18 live at their home free of expense and this is of course ridiculous and is not doing that child any favors.

Some amount of rent should be absolutely required of any adult in or out of their parents household. Naturally the parent can work with the child in various ways but to have a zero income expectation toward adult expenses for someone who is an adult is harming that person.

You hear of stories of parents who wait to have their children pay tithing or to fast until they are 8 years old or some other older age but the commandments of God are applicable to all ages. Obviously the infant still needs its milk but even a small child can go without most food for a day. they can even go without all food and water for a day but if they are not ready to handle this they could go with a plain piece of bread and a plain cup of water and it's time for the family fast. Children 8 years old and thereabouts are certainly capable of abstaining from two meals worth of food and water.

What we don't want is for a child to learn the habits of indulgence and then be expected to turn off that indulgence like a switch when they reach a certain age. Sometimes it works this way for people but the most sure way is to train the right way from the beginning.

If a 5-year-old earns 50 cents he can give 5 cents to his Bishop.

Question what about a very small earning of a child per se \$10 for an odd job does that also get divided into the percentages for the household fees? I would think so but I'm not sure how to do this without eating up the entire payment of the child which may de-incentivize the child completely

.....

A friend who practices this shared:

I show my children how much I make what percent goes to paying for the house what percent goes to paying for food what percent goes to paying for lights what percent I use for family recreation what percent are used for all the different budgeting categories.

For a family night. When we first pull out the money I think we're rich but then we show them how much we set aside for typing. Then the cost to the house the whole pile of cash Get smaller and smaller. then how much cost to utilities, food. Ect.

Then we get down to gifts, Date nights. Family vacations

I have them help me decide (with lots of encouragement from mother & I) even voting at times what HF would want us to use the money for.

So is the family voting on how to spend a kids' wages? No.

I hold a family night to teach about budgeting.

I turn an entire check into cash. Lots of ones.

Then we discuss what HF would want us to do with the money.

Then we emset some aside for tithings.

Then we pull house payment out. Then we pull utilities out 1 by 1.

Talking about do we really want lights?

Internet?

Gas/hot water.

When we get down to discretionary costs we talk about birthdays/Christmas/family activities/ all the things that cost.

I let the children vote on: A new video game for Louis, a princess party for Lysia. A mom & dad date? (Talk about what happens when parents split up)

An entire family park activity.

I do a similar thing when the children make their first \$10 what part for HF?

What things should we put on a list that HF would want us to spend money on?

Candy?

Help mom?

Help dad?

Gift?

They get really excited when they find out HF does want them to have nice school clothes. Or a new bike (to us how HF would want us to)

...

Example: my daughter made \$120 in July.

She saved out 10% tithing, then 10% savings. Her share of the utilities were \$46

Her essential school clothes/supplies were \$93. Her school supplies wants were \$35. (Only my 17 yr. Old with a full time job has asked if he can contribute to the house payment)

I told my daughter:

"If you take care of your tithing and savings, and give mother \$25 for your utilities. I will cover the rest of your utilities and \$60 of

your essential school supplies.”

She realized she would have enough to buy what she wanted, gave me a big hug and said Thank You.

(Most parents are never thanked)

My younger daughter who made almost nothing, when I sat with her and went over her expenses, I asked her what jobs she could do for mother that would be worth the \$46+school clothes? She came up with some suggestions....I sent her to her mother asking if she could do those jobs to cover what mom is doing for her.

Teens Rooms Upstairs

Teens are at a time of life when they are best kept a close eye on.

They are growing and exploring. We should avoid having a teen sitting around in the basement for hours on end, this can only lead to trouble.

When upstairs near the main family areas, they can be observed, and invited to participate in family events more easily.

A nursery can also be installed in this main area, and these children growing older can increasingly help contribute to the care of high needs infants.

I know of one story where a teen overdosed in her basement room. The mother miraculously found her in time, but lamented, "if only her bedroom was upstairs I would have known so much earlier"

The upstairs functions as a place of increased surveillance, but it also serves as a sort of a graduation from the child, to help them transition into adult roles. A place of less play, and more duty. A place to help with the nursery, in the kitchen, etc.

Resources on Parenting

Glen L Latham – parenting & teaching

TeachingSelfGovernment.com on Parenting

Education.byu.edu/YouCanDoThis on Parenting

FeministsForLife.org - An Anti-Abortion Group

Karyn Purvis - EmpoweredToConnect.org - Texas Christian Institute, helping traumatized children in positive ways

Foster Cline, M.D., and Jim Fay - Parenting With Love and Logic: Teaching Children Responsibility

Gary Chapman, Ph.D. and Ross Campbell, M.D - The Five Love Languages of Children

Randal A. Wright – 25 LDS parenting mistakes book, etc. Former BYU professor

Leonard Oestreicher - screens lead to autism

-Mark D Ogletree, see book on raising missionary kids

-Neil Flinders: Teach the children: an agency approach to education; Joseph Smith: America's Greatest Educator

-Kevin Hinckley: Parenting the Strong Willed Child

-Cynthia Tobias: You can't make me but I can be persuaded

-David Sorenson: a biblical guide for Christian parents

Craig H. Hart – parenting, family proclamation

Rebecca Eanes – parenting

Nicholeen Peck - parenting

Susan Stiffelman – parenting

-David Williamson Shaffer: how computer games help children learn

Print Out: Examples of Rude vs Polite

Rude:

Pushing for a different answer than a parent gave you.

Trying to get a parent to talk about something after they've already finished talking about it.

Rolling eyes.

Tone. "Whatever"

Raised voice level.

Interrupting.

Pushing past someone.

Polite:

Complimenting. "I like how you did _____" or "I appreciate your willingness to _____"

Asking how you can help.

Doing something nice without being asked to.

Cheerfully saying ok when asked to do something which isn't on your checklist.

Apologize when you make a mistake.

Say "excuse me" when need to pass someone.

Look at people who are talking to you.

Forgive others who you feel have done something wrong.

Print Out: Avoid Excess Joviality

Surely God's will is that we have a humble reverent spirit about us. Consider the following:

- Joseph Smith said one of the sins he had to repent of was excessive joviality, excessive lightheartedness. (paste the quote). Joseph Smith will always be our prophet, and we need his permission before we will be allowed into heaven. We should follow his teachings and example. He shows us, more than anyone, how to emulate Christ the Lord. If Joseph felt that it was inappropriate to be too silly, so should we. Joseph liked to have fun, play games, play with children, wrestle, and even tell the occasional joke. He was a happy person. But he understood that if we aren't careful, we can take life too loosely, and not be aware of our duties and purpose in life. He recognized the need for frequent quiet meditation.
- We learn in the temple that we are to avoid all loud laughter. We are on this earth for a purpose, and should avoid places and activities which are excessively silly and ridiculous. When we have fun, that fun should be edifying, for "that which does not edify is not of God." (D&C)
- Do not constantly joke. Constant joking means we are trying to draw too much attention to ourselves, and avoid our duties. There is a time to play, but there's a time to not play. A joke here and there help life be enjoyable, but if you can never be taken seriously, it shows immaturity and people won't feel like they can trust you to be responsible.
- Be clever, don't repeat random words. Make your jokes actually funny, not random and ridiculous. It was a common practice of various Christian sects to speak in babbled confused language which thing they thought to be the gift of tongues. This was of the Devil. When we babble, saying repeated random things, excessively focusing on silliness, we likewise are not inspired.
- The place to be aggressive is outside. Indoor aggression often leads to broken objects and hurt people. Outside there's more room to run and spar and make loud noises, which make the outdoors the right place for rough play.
- Here are some specific times which are not good goofing off time:
 - Church (both meetings). This is God's time, not our time. This is when we do what God wants, not what we want. Church, and especially sacrament, are very sacred, and should not be treated lightly.
 - Chore time. If your actions are making chores go slower, not good. If you can handle light conversation during chores, that's fine. Do not overly distract people from doing what they need to do.
 - Prayer and scripture study of the family or individual. These are times when we reverence our great Creator, and show respect for all He has done for us. If reverent, these will be times when our testimonies grow. We will come to know God with a sure witness if we learn to hear Him.
 - Timeout. This is when we think about what we did wrong, and get ready to make improvement. The sooner you're ready to mend your ways, the sooner you can get out.

Print Out: Proper Sacrament Meeting Behavior

- By being on time to church, which means at least 15 minutes early, we show God that we value His church, and express gratitude for all He has done for us, and show that we are willing to do what He wants us to do. Each family member should make diligent efforts Sunday morning to wake early, and get ready for church instead of playing around. Saturday nights should not be excessively late so that we are well rested for the Sabbath.
- Before the meeting begins, use the bathroom and get a drink. Older children (over 8) are not allowed to leave for these things during the meeting. Have some tissues in your pocket or scripture case in case you need to blow your nose, then put the tissue back. Young children (under 8) are allowed 1 break during the meeting for bathroom and drink. No young children leave the room before the sacrament is completed.
- At prayer, drop whatever you're doing. Bow your head, fold your arms, close your eyes, picture God in your mind, we are now talking to him.
- Stay in your chair, young children stay by your chair.
- Sacrament is a time where speakers are called upon by the bishop who represents the Lord, we are to listen to the speaker as though it were a class directly to us.
- Children (at least those over 8) should focus on what the speaker is saying. They should not be reading or drawing, etc.
- We can find things the speaker says which are important, and things which we feel from the Holy Ghost which are important. Those able to write can make note of these impressions of what they've learned, things they should do, and other messages from God. If youth abuse the privilege to take notes by drawing instead, notebooks will be removed.
- Children should not speak to each other. Young children can find a quiet activity to do on their own.
- Hymns are prayer to God, and all are encouraged to pray. Churches and temples are "houses of prayer". We pray more than usual when we are at these sacred places.
- During the sacrament, all notebooks, toys, etc. should be put away, including those of young children. Sacrament meeting is the most sacred 10 minutes of the week. It is where we remember the crucifixion, atonement, and resurrection of Jesus Christ, and repent of our sins through His grace. Everyone should quietly pray at this time with their eyes closed, heads bowed, and arms folded. This is time to feel the Holy Ghost, and hear the voice of God whispering to you.
- Wait until excused to go to your next class.
- In class, don't speak unless you've been recognized by your teacher as it being your turn. Remain seated during all of class.

Leading the Children in Prayer

Direct the children in "extra-long prayers for Sunday" on occasion. Have them kneel and told them to tell God all they were thankful for, then to ask what they want, then when they report being done with these, tell them the next step and so on leading them through the whole process;

Tell them to pray to tell God all the things they like, then all the things they don't like, and to ask Him to help there be less of the things they don't like, then tell Him who all their friends were, and to ask Him to bless them, then to tell Him who all their enemies were, and to ask Him to bless them all. Then tell God what they want to be when they grow up, and what they don't want to be. Then they are to pray telling God all of their sins.

When they reported being done, ask them to think harder, there are more, and let them kneel a while on that. Tell them to listen to what Heavenly Father has to say to them. They can kneel a while saying nothing only listening. When they report being done with this, they are to kneel and listen longer. When all is finished, they are to close in the name of Jesus Christ, and record their experience and impressions.

Teach them to pray for the specific needs of each family member and neighbor.

This of course is a happy and instructive, not a punitive experience.

Zac George Dog Training

This guy has good experience, and you see him working with the dogs in his videos. He has written a few books on dog training and seems to have a good approach.

https://youtu.be/xQwllt_Q_JU

"Yes" give reward

"Let it go"

"Leave it"

"Look at me"

Teach recall so if they take off you can get them back.

Dogs like to chase it's better for them to chase you then you to chase them so run around and when they come to you reward with the treat

Dogs enjoy tug of war generate interest in the toy by playing this they need to figure out grabbing on to it before they figure out that they're supposed to get it when you throw it and when they bring it back to you do more tug of war to reward them

Fetch gives dogs better exercise than just general running around

Training should be deliberate not reactive only when they have been deliberately trained in training sessions can you then give them instructions outside of that and work with them on spontaneous things

Teaching tricks to dogs helps build communication it's about teaching them to zone into you and pay attention

When they partially do the trick give them the treat catch them succeeding

Use treats and toys in training to have various ways of rewarding

Intercept the dog to give a treat before jumping takes place

Leesh training should begin in a low stimulation area such as your house

Simple Christian solutions of family contention: take a break (to pray), and apologize, or lose your happiness

If yelling or anger is present, excuse yourself politely. Say "I can tell we aren't seeing eye to eye right now. Why don't we take 10 minutes to compose ourselves and try addressing this again. It would be wise to pray during that 10 minutes.

Remember that there's always a need to apologize. We are not Jesus. The Christian way is to always apologize. It is the way we confess our sins. Even if you're in the right, apologize for something. The Pope Karol W. was good at this. If you think you have nothing to apologize for, apologize for your pride.

If you fail to apologize, you forfeit your right to happiness.

As Hugh Nibley said, the only things we can get good at are repenting and forgiving.

The Poor You Can Care For, Hiding in Plain Sight: Your Children

So who are the poor we are to care for?

We make donations financially to the church and occasionally elsewhere, but aside from giving money, how can the average person meaningfully help poor people?

The answer is obvious yet hidden very well. It is your children!

I having children, you enter a new heaven and earth, you enter the role of parent. It consumes your life, and blesses it without measure.

Then you have more children. You help them, and the siblings help one another and you thereby, and this is why family life is so critical, it's the optimal place to learn charity! Altruism! The blessed state of looking outside yourself!

These children, they need to be warm, fed, taught, loved, they need you. Then they grow up to go and make the world a better place by being in it and making contributions of their own.

Let not these despised, the least of these, forget them not! Abort them not! Close not the doors of thy body and the doors of thy home to these poor!

Inasmuch as ye have done it unto one of the least of these thy brethren, ye have done it unto me. Suffer the children to come unto me!

German shepherd Dog training notes from Will Atherton (with many principles applicable for dog training in general)

Some of this can also be applicable to training kids too, like the idea of giving them plenty of exercise.

<https://youtube.com/@willathertongermanshepherd6422>

Sit stay heel these are baseline needs to train in

Firm boundaries leadership and consequences for broken rules allow the dog to feel safe and behave.

Train to not pull a leash and to not jump on people.

Will Atherton is a good trainer. See yt.

Don't give treats to get them to stop, no bribes. Treats are for when they are doing the right thing. A firm no and even a consequence are for bad behaviors.

Will is a behaviorist.

Use calm consistent training

Use operant conditioning

There are three cases that justified physical correction if it is causing harm to other people or dogs or to itself or if it is destroying property

Verbal correction only works when it has identified you as the calm consistent leader

"Ah! Sit stay", let them stay 15 min, then say "good stay, break." They don't need scrap food or furniture

And they bad behavior correct it verbally then bring them over to do something you want and they're doing what you want then reward them

With praise etc

When there's resource guarding there are bigger problems and this is a symptom

Use love and calm consistent guidance

They'll trust that all is yours, and they get access when doing good behaviors

The first and main thing to do with puppy biting is to exercise them more

Puppies don't have as long of attention span than older dogs. Older ones can handle more exercise, drills, etc.

Reward desired behavior, correct unwanted ones

Be consistent address the puppy biting every time. All puppies bite, the second they bite you, change your demeanor, chest up, shoulders back, very stern instant correction. A little fear is healthy. Same for children, to stop them from running into a road etc.

All biting is unacceptable.

Give an appropriate chew toy, reinforce and praise that. "Good boy"

Manners, socialization, obedience. These are the 3 categories.

Structure for potty training every hour on the hour take them where they're supposed to go and praise when they do

Accidents, it was owners fault for not taking them on time, don't get angry at the dog

Stay calm, set them up for success

There's an online boot camp 1 month on restructuring the relationship and getting you to be a high level leader so you

won't need more professional help

Separation anxiety, 8/10 cases exercise will cure, and it makes the other cases much easier to address. Show it that when you return, they get a reward. Like training in increasingly long intervals of there being a treat the know of but can't access until you return.

A few hours of exercise and he can be happy to rest a long time.

Note seek a drills book

The dog isn't broken he is bored and unstimulated

Crate training is NOT cruel. Dogs are denning animals. Cover the crate so it's dark. Can leave them in with a toy and frozen treat, fine to be in there 3 hours.

I am the leader I am in charge and I set the boundaries

Teach where it's ok to dig. It's natural to dig. Excessive digging is not enough exercise and stimulation.

Frisbee, running with a bike, agility, obedience work, etc.

Not allowing free access to problem areas helps to start.

1 Correct, 2 redirect (to a wanted behavior), 3 reinforce the positive behavior. It's that simple.

When they have access, they start the dig, give the correction to snap them out of it.

No time to train your dog, don't get one.

German shepherds are smart enough to where if you need to retrain them you can

A dog's name is a command, it's not a name to them. We want them to stop and look at us when we use that command.

The name means look up to me I'm about to ask you to do something. So use the name before the command.

Allure, mark (like with sit) and reward.

Keep eye contact.

Get attention (with treat), associate the allure treat with their name, and give it.

They need to look up before they get the reward. Eventually can get them to look without the treat.

Walking to heel:

Lure mark reward.

Want them on our left right by us.

"Heel" means you want them on your left.

Buildup with low distraction areas.

Move forward, turn, etc.

When in right position you reward it.

The lead and heel need to be the same thing.

Stick to it days months years.

Pulling on leash, special collar can help

Harness can help pulling but doesn't fix the problem

Overly growling and showing teeth:

Bites related to resource guarding is a key reason dogs get put down.

Growling at play time is normal.

He plays rough and can turn that off instantly .

A slip lead is the most important tool

Teaching to stay:

You need to teach them a very good sit before you can teach stay

You can't really lure them with stay

After the sit command give the stay command

You can push your hands downward as a signal

After they've stayed for a bit say "good stay" and give the reward

When they fail in a stay instantly put them back in sit. Redo this until they learn what stay means.

Remain calm when they fail.

Teaching stays very fundamental

If you're getting frustrated the problem lies with you not with the dog take a step back take a break come to another training session later

Having a dog locked up for more than 8 hours they're going to have an accident

Within one week of militant toilet training to the desired spot a dog can know that is where he is supposed to go

Each month a puppy is old is how long they can hold their bladder

Rhubarb Garlic onions leeks chives not good for dogs

Chocolate no

Avocados no

Macadamia nuts no

No grapes no cheese

If you want to help them not bark in a crate overnight have them in your room for starters rather than alone so they can learn they will not get what they want from the barking and howling

Move them further away with you little by little

There's a tough love approach that they learn it quickly or a softy approach where it takes longer either way can work

Parenting Resources

Life 360 Child Monitoring App: Tracks kids location, what they use their phone for, the duration of phone activities, etc.

Possible book suggestion -Anthony Esolen: ten ways to destroy the imagination of your child. Also a similar volume on destroying the humanity of child. Also writes on other interesting topics.

