

Life in the Middle Years – Homework

There is a direct relationship between doing the homework and success in applying the principles. You will need more than just a casual understanding of what you are about to learn. You may be asked to share some of your insights and discussions of the following questions.

Visit 1 - Middle-Years Parenting in the Digital Age

1. Read Chapter 1 “The Middle-Years Transition,” Chapter 2 “The Appeal Process” and Appendix A “Traits of a Healthy Family.”
2. Complete the Healthy Family Profile that is found in Appendix A for each middle-years child. Complete the profile separately as parents and then compare and discuss the results. You may wish to get your pre-teen to complete the profile. Make a list of 3-5 things that you need to work on, talk about them together and then discuss HOW you will work on these and then START working on them.
3. Introduce the Appeal Process using the guidelines in Chapter 2.
4. Review how you are navigating your child through these middle-years transitions?
Transitioning away from childhood and childhood association
Transitioning to “getting all the facts right”
Transitioning from an assumed trust to reasoned trust
Transitioning to the growing influence of peers
Transitioning to hormone-activated bodies
Authority to influence transition

Visit 2 – The Neuroscience of Parental Affection

1. Read Chapter 3 “Discovering the ‘Why’ of Life” and Chapter 4 “Toxic Words – Toxic Thoughts.”
2. Take inventory of the words your family hears – spoken within the family, neighbours, TV, games, screen time, etc. Assess the balance of Life and Death words.
3. Consider what direction you are heading in terms of creating a “life giving” environment in your home. Consider what you may need to change. Don’t forget to encourage each other, and your children, when you notice “life giving” words.

Visit 3 – Your Child’s Changing World

1. Read Chapter 5 “Peer Identity Versus Family Identity,” Chapter 6 “Influences from Within & Without.”
2. Read Appendix B “Seven Warning Flags” and complete the handout test (not in your workbook).
3. Establish (or review) family core values. Refer to suggestions on page 57-58 of your workbook.
4. Get your kids to plan a family night or outing.
5. Discover what your children think your family traditions are or have a discussion about what traditions your family could introduce.
6. Implement the ten talk in your family.

Visit 4 – Correction and Encouragement Strategies

1. Read Chapter 7 “Correction Basics,” and Chapter 8 “Preventative Side of Correction.”
2. Review and discuss how you are going with implementing the discipline flow chart. Identify focus areas where you may need additional work.
3. Review and discuss how you are implementing the “7 habits” – be prepared to share some examples with the class. Identify focus areas where you may need additional work.

Visit 5 – Challenges, Changes and Solutions

1. Read Chapter 9 “Training Habits to Embrace and to Avoid,” Chapter 10 “Middle- Years Topic Pool,” Chapter 11 “Cyber Parenting in the Digital Age” and Appendix C “The ‘Talk’”
2. Discuss as parents and then with your middle aged children some generic pre-planned responses to a range of potential situation?
3. Discuss as parents a plan for “The Talk” using Appendix C. Also consider what additional resources you may need to help you implement your plan.
4. Discuss as parents the use of technology and Internet access in your family.