

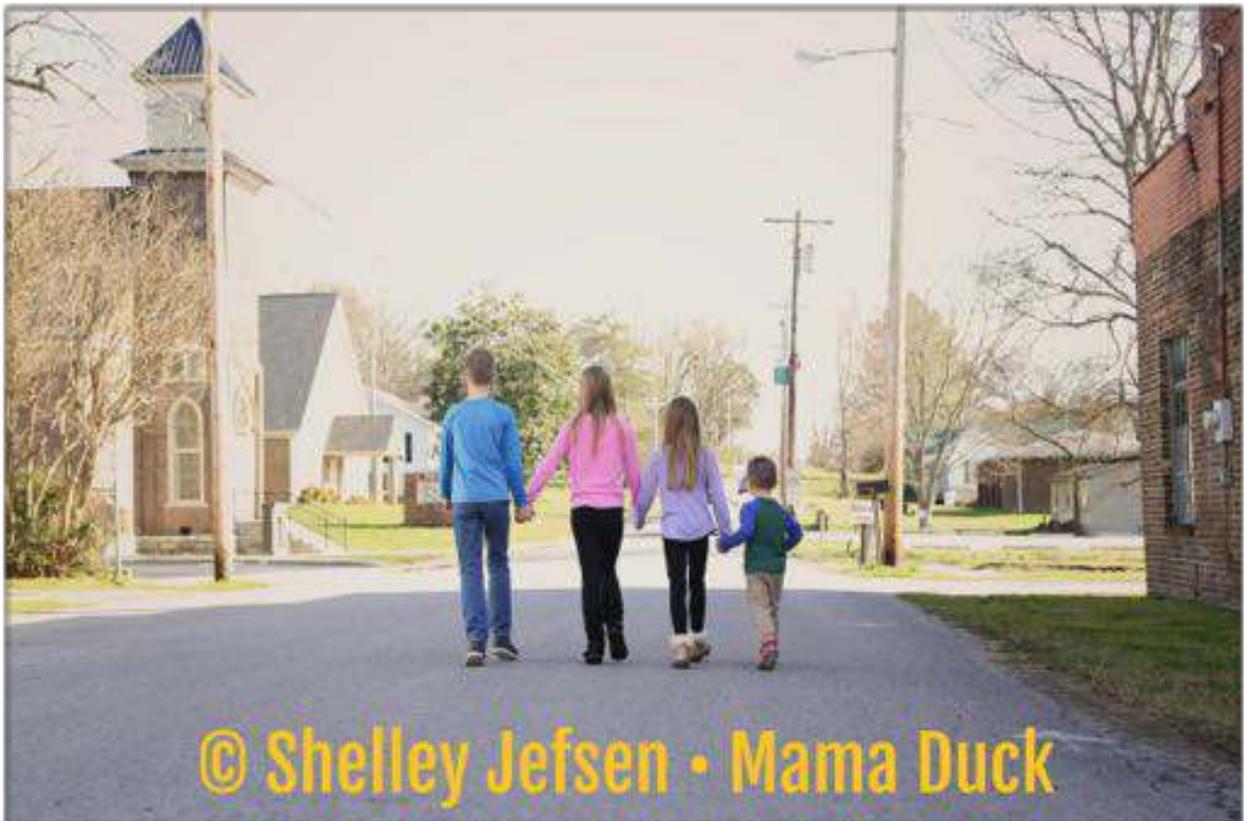


5 steps to  
raising a  
*well-behaved  
child*

# 5 Steps to Raising a *Well-Behaved Child*

5 Authoritative parenting steps you need to raise the kind of children who make strangers stop you in public to tell you how wonderful they are!

**An introduction to T.R.U.S.T.**



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# COPYRIGHT

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# DEDICATION

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This book is dedicated to my 4 beautiful children, whom without which, I would know nothing. Thank you all for just being your beautiful selves! Thank you for loving your Mama so completely and accepting all my flaws and weakness along with my strengths! Thank you for supporting mommy's new career as we embark together on our mission to share what we've accomplished with the world!

Thank you for making me a mommy!

## ACCOLADES FOR 5 STEPS TO RAISING A WELL-BEHAVED CHILD

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*"My husband and I love the tips and ebook...I'm looking forward to having a more deliberate (and less snap-to) approach to parenting/training. We even started using some of your ideas {while traveling}... she started to "get it" and I felt less like a mean, crazy mom!*

-Allison

*"I want to thank you for... sharing your parenting resources. They have created a more black and white practical application version of what has been swirling around in my new mom brain. Your resources have given me a renewed confidence and excitement for being a mother to train my children to love Jesus and be all around excellent humans."*

-Danis

# introduction

Hello there! I am so glad you are here. You are determined to raise a really great kid. And I love that about you!



In the words that follow I am going to give you 5 steps to take to accomplish your parenting goals. These are the exact steps and principles we've used in our own family for over a decade.

These steps are founded on much research, prayer and implementation. The extent to which they work for you depends solely on the work you put in.

Because like any great achievement, raising well-behaved children and building a strong family doesn't come easy!

You only have a few short years to make a significant impact on your child's life. It's totally possible, but you gotta get to work because there's not a moment to spare!

Enjoy and get ready to be equipped, empowered, and encouraged!

# STEP ONE

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## Train

Each and everything your child does regularly, he was trained to do. This is important to understand in order to prevent accidentally training bad behavior. Accidental training is when you aren't being intentional to train a good habit, so a bad one is trained by default. Whining is a perfect example of this.

Training a child means you're not going to accept that your child will never be able to ride a bike. You're going to train him to ride one. Likewise you won't accept that your child will not know how to tie his shoes. At some point you will train him to tie them.

The same thought process applies to sleeping, eating, not throwing food at the table, getting ready for bed, keeping hands to self, sharing, speaking respectfully, answering with a "Yes Mommy!" And any other positive habit you can think up.

### **FACTS YOU MUST KNOW ABOUT TRAINING**

- #1. It's happening all the time.

- #2. The people around you have an impact on your child's training, but not nearly the impact you have.
- #3. It's not a one and done effort.
- #4. Your child is never too young or too old for training.

Child training is very important. What's most important of all in regards to child training is to understand that you are doing it, whether you realize it or not. Every word you speak and action you make is training your child something. The problem with not being intentional to child train correctly is that you are training your child on accident, which always produces poor results.

# STEP TWO

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## Regulate

Regulating is THE step that will eliminate resorting to poor parenting, such as yelling, over-reacting, exasperation, and anger, which perpetuates bad behavior.

This type of parenting causes children to hide, manipulate and lie to avoid or cope with your behavior in order to protect themselves. Implementing solid, consistent and calm consequences = win for everyone - every time!

### **3 WAYS TO REGULATE YOUR CHILD'S BEHAVIOR**

- #1. Rules

Set rules for your children and your home. The world could not function without a predictable set of standards and social acceptability. Neither can a peaceful home.

- #2. Consequences

Choose positive and negative consequences that you will follow through with! A consequence undelivered is worse than no consequence at all.

- #3. Standards

What does your family stand for? Whether you realize it or not, your family comes with a reputation. Understand what you want to be known for and make every parenting decision toward that understanding.

While you won't be able to control every behavior, (we are all still human) you can reasonably expect to clearly define what will and will not be tolerated by establishing firm rules, predictable consequences, and upright standards.

# STEP THREE

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## Understand

If I walked up to you right now and said, “your child just punched my child in the face!” What would you say?? Go ahead, stop for a minute and think about it. What would you say?.....

If you walked up to me and made that exact same statement, my response would be something along these line: “No he didn’t. You are lying and I won’t allow my child to be slandered in that way!” I could confident rebuke your claim, because I know my children.

Inside and out. Upside and down. I know the skills they have, the tasks they are good at, the gifts and talents they’ve been given.

Because I know my kids better than they know themselves; I can be there, ready to protect them and their reputations against lies, slander, and injustice. Equally, I can be there, ready to correct them, comfort the other child, and walk with them through the process of apologizing and making the situation right when necessary.

### **3 WAYS TO BETTER UNDERSTAND YOUR CHILD**

- #1. Know the areas your child struggles with.

Be honest with yourself about what sin-nature your child is prone to, so you are prepared to deal with it.

- #2. Know the areas your child thrives in.

Consider where your child thrives by asking yourself this question: What is MY favorite thing about her? What do I love about her that I wish I could say about myself? You appreciate your child more than anyone, so you are the perfect person to answer this question.

- #3. Nurture and correct both of these areas.

Let your child know how proud you are each and every single time she does something right! There is no wasted praise when it comes to this. Much the same, when she messes up... fix it!

You have watched every breath your child has taken since day one. No one knows him better than you. Embrace that. Use your insight to his advantage!

# STEP FOUR

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## Support

Humans start out self-centered. It has to be this way out of necessity. Then as a baby grows, they learn slowly over time that indeed the world is very very large and they have to find their place in it.

This can be incredibly hard and confusing. Consider yourself for a moment. How many days do you just think, “Seriously, does anyone even see me? Am I good at anything? What in the world do I have to offer?”

How much harder is it for a child to know his worth? Much harder. We have to be his cheerleader.

### **2 WAYS TO SUPPORT YOUR CHILD**

- #1. Your child must hear nice things from you.

Say nice things about her brains, her character, AND about her beauty. Everyone on the face of this planet knows what conventional beauty looks like. If a woman isn't conventionally

beautiful... she feels it. That's why it's so important to say these things to your kids. A daughter needs to know that her mom thinks her face is the prettiest face. A son needs to know that his mom thinks he's the boy-est of all the boys! In this way they feel the words of their mother more than they feel the pressure of conventional superficiality.

- #2. Encourage and consider.

When your child accomplishes something, encourage and praise the effort above all, but don't be afraid to say, "Dang, buddy... that is way awesome! You did a fan-stinkin-tastic job!!"

When you notice that your regulation or disciplining efforts are falling short, consider if you are disciplining to the understanding you have of your child's unique personality.

The purpose of knowing your child inside and out is to nurture her strengths, work to improve her weaknesses, and stand with her in the face of challenges. THAT is support!

# STEP FIVE

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## Tend

In our home we use the Bible for our “true north.” Everything we do is measured against these thoughts:

Does God address it in scripture?

What does he say about it?

Did Jesus deal with it?

Ecclesiastes 1:9 tells us, “There’s nothing new under the sun.” Therefore, whatever moral issue we are facing, it has been addressed in some way in scripture. I love this! This means that whatever we face in this life, God is aware of it and has offered wisdom regarding it in scripture. This is how we tend or shepherd our children.

Tending is what our day to day looks like.

- #1. Lead them.

As our children face varying situations throughout their lives, we'll have millions of opportunities to lead them in the right direction. If you are regulating them well, as we discussed in step number 2, then you'll be leading them through these situations correctly. Teaching them about the consequences of every choice they make.

- # 2. Teach them.

Teach them right from wrong, don't assume they know. If you ever find yourself saying, "you know better!" To your child, then something is wrong. Either a) he doesn't know better, or b) he does indeed know better and decided to make the wrong choice anyway, which means training/correction/consequences/support are needed.

- # 3. Be the authority.

You are the authority in your family. Mom and dad call the shots. Check yourself and make sure you are operating your own life in a moral and upright way. Then require your child to uphold your family name in an equally moral and upright way. Be the moral compass. Leave them to their own morality and they'll be floating aimlessly.

# CLOSING

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## Something Special

You took the time, spent the energy and made the effort to read these 10,000 words, all for the benefit and well-being of your child and family. For that, I am proud of you! Because here's the truth... not every mom puts in the effort.

Good kids don't come easy. It takes intentional work, every day, to raise children who have a solid shot at a fantastic life and are a true blessing to the people around them. Building a family that beckons strangers to walk up to you in a restaurant and tell you how amazing your family is, takes a dedication like no other.

I have a gift for you (well actually I have two!) Just my way of saying, "Well done!" And welcome to the Mama Duck community. For finishing the ebook all the way through, you can use the coupon code `ebook30` for 30% any your entire purchase in the Mama Duck online store. (this code can only be used once, so be sure to stock up on as much from the store as you want)

In addition, I have a completely free gift I'd like to give you. To get your gift, head over to [shelley@mamaduck.com](mailto:shelley@mamaduck.com) and place the

words, "I Finished It!" In the subject line and tell me what you thought of the 5 steps ebook. Once I receive your email, I'll send your gift straight away. (Please allow up to a week for me to send your gift.)

*Many blessings,*  
Shelley