

# HARMONIZE WITH KIDS!

## Let's Raise Happy, Respectful, Confident Kids!

- Imagine children who are automatically respectful to others
- ...who are skilled at helping find solutions that work for them and others
- ...who are willing, even eager, to cooperate

### The Power of Harmony:

**Who knew that harmony could be such a powerful force? And so simple to achieve?**

**HARMONY:** Agreement / peace / understanding / cooperation ...

## PROBLEMS / TROUBLES / STRUGGLES...

**What 'Harmonizing With Kids' can provide:**

- Put an end to any of the following problems...and more...

**Can you relate to any of these problems?...**

Problems Adults Have With Kids:

- Tantrums
- At Bedtime
- With Food/Meals
- Disobedience
- Interrupting
- Hurting others, aggression
- Ignoring you
- Whining
- About Chores
- Fighting children
- 2-year-olds
- Rudeness...

Problems Kids Have With Kids:

- Not Sharing
- Hurting
- Grabbing things
- Bullying

- Teasing...

Problems Kids Have With Adults:

- Bullying
- Hurting
- Punishment
- Name Calling
- Criticizing
- Blaming
- Judging
- Lecturing
- Ordering...

Why is 'Harmonizing With Kids' so powerful?

- ...because it goes to the root of all these troubles and provides clear understanding and even a formula to harmonize with your kids
- ...as well as tools, skills and strategies for added support...
- ...Flexibility:...One of the reasons this works so well is that it is as flexible as the people involved need it to be. The foundation is what stays the same, everything else can flex. As you read this report, you'll find out about this simple, strong foundation.

What I am about to share with you, changes the **habits of parenting** and makes it **so** much simpler for everyone and much, much more enjoyable. Think of the most fun you have had with your kids. Now you can have as much of that as you and they want. Think of the peaceful, quiet times. You get those too, as much as you and they want. Think of the serious, focused, learning, getting things done times. Those are yours too, as much as you both want...

Imagine your child smiling, laughing, moving joyfully through life...looking with wonder at life's beauty and mystery, experiencing the thrill of discovery, the challenge of adventure, fulfilling their gifts, living a life full of blessings.

## UNDERSTANDING

In just about anything you can think of there can be differences between two people.

Picture this: no one has the same point of view. That means that no one physically looks out of your eyes, except you. If two or more people are looking at the same thing, each person's point of view is different, if only slightly.

That's not to say that we don't have many things in common, but when we have differences that seem to oppose each other, **and** do not know how to resolve them in a humane and peaceful manner, conflict develops.

When the relationship between adults and kids is involved, the Invisible Root Cause comes into the picture. In case you haven't yet learned about the Invisible Root Cause of problems that develop between kids and adults, it's this:

- It's an attitude that adults have been programmed with from the time they were children. It dictates how they are to relate to the kids under their care. As an eight-year-old boy once told me, "They treat me like I'm a slave!" The attitude that adults have developed says, "I'm in charge. I get to have things the way I want. I can make you do what I say, in fact, it's my duty to do so. And I don't care what you want!"

Believing that just because you are the adult, you get to have things just the way you have thought of having them, without any consideration necessary for any kids involved is bound to create a situation of conflict. It's conflict waiting to happen.

This attitude, the Invisible Root Cause, adds to the conflicts that develop because everyone has differences, and often people don't have the skills to resolve their differences peacefully.

I'm sure you can imagine some of the differences: differences in interests (some of us like to read and some of us would rather play video games), differences in beliefs (some of us believe in 'the work ethic' and some of us believe that 'life is a playground'), differences in values (some of us believe in cooperation and some of us believe in competition), differences in likes and dislikes (some of us like chili and some of us don't).

You may say that conflicts with kids develop because the kids did something you didn't like, or that made you mad, or that was wrong, but the differences between you are at the basis of what they did and what your reaction is.

Think about it: when you are angry with your children it's because they wanted one thing and you wanted another, whether it was over bedtimes (you wanted them to go to bed – they wanted to stay up), homework (you wanted them to do their homework – they wanted to watch TV), chores (you wanted them to do their chores – they wanted to go to their friend's)...whatever the issue.

Learning how to harmonize differences and resolve the resulting conflicts in a humane and peaceful manner is what Harmonizing With Kids is all about. What you learn in the other Trainings in the Positive Respect (Power of Respect) Series helps you avoid getting into conflicts in the first place.

For a Breakout Session I conducted at a National Assembly for the Women's Federation for World Peace in Washington, D.C., I was asked to provide the most healing information I could. The following is that information. In this report, you also get the benefits of the most recent developments in Harmonizing With Kids, streamlining and empowering an already powerful method and system.

### ➤ **KIDS' WORK**

Do you realize that children have a very important job to do, as important as any job on earth? It's their job to create an adult, the adult they become. And one of our jobs is to help them do this, and hopefully do an excellent job of it. That's why experiencing, understanding, and using Harmonizing With Kids is so important. It not only makes your child's job much easier, but it makes your job, as a parent, easier, too.

### ➤ **DEVELOPMENTAL BLUEPRINT**

The second point concerns the developmental blueprint of your children. When a child exercises the necessary muscles and develops the necessary coordination to begin walking, this is evidence of the developmental blueprint which dictates how to accomplish this.

Can you imagine creating the training schedule? Are you equipped to do that? Also, how could you provide the baby with the motivation? Think of all the skills and the perseverance it takes to develop from being unable to move much to being able to stand erect and to walk.

Imagine all that an infant must learn and develop in their first three years of life. How is it that all the coordination necessary to speak comes about? Within three years a child develops from no known spoken language to a basic knowledge of the language or languages in their environment, complete with fairly accurate pronunciation and great understanding.

It is not the parent who makes the baby discover how to make the sounds of their language and then practice them, and yet the baby, on their own, practices enough to be able to speak the language by about three years of age, if not much sooner.

Something motivates human beings to master the necessary complex coordinated actions, whether the parent pays attention or not. This developmental blueprint with its inner motivation ensures that a child will master certain abilities. **The child must do what the blueprint dictates.**

### ➤ **ADULTS FIRST**

Here's the third healing point: Kids learn from adults. That seems to be built into the human species. Kids are not born speaking a language and ready to participate in the life around them. Humans need to learn the language or languages spoken by those around them, especially their parents. They also need to learn how things are done, from those same adults.

Keep this in mind. Think about it. When it comes to respect, parents need to give respect to their kids first. They need to show how it's done. They are the models. Your kids need to observe you when you treat them respectfully, see what you do and how you do it, and experience how it feels. Then they can imitate you.

If you can't think of another reason for being respectful to your kids, you can think of respecting your kids this way: Their job of creating a wonderful adult human being is certainly a job worthy of respect.

## OUR GOAL...

### Let's Raise Happy, Respectful, Confident Kids!

- Imagine children who are automatically respectful to others
- ...who are skilled at helping find solutions that work for them and others
- ...who are willing, even eager, to cooperate

#### The Power of Harmony:

**Who knew that harmony could be such a powerful force? And so simple to achieve?**

**HARMONY:** Agreement / peace / understanding / cooperation ...

Hi, I am Karen Ryce! And today I am here to help you. To help you know how to harmonize with the kids in your life, to raise your child, happy, respectful, confident.

Imagine...your family: everyone getting along...getting their needs met...helping each other...enjoying each other...all of you feeling connected, loved, understood, important and you all know how to create this state of well-being and how to maintain it, so that problems between family members do not develop. This is harmony, a harmonized family.

I've put over 47 years of work into creating this proprietary system, Raise Happy Kids, now also called Harmonize With Kids. I've used it successfully for years, as have others who have learned it from me.

**[DISCLAIMER:** It is my understanding that I am required to share the following disclaimer: No one, at least no one I know, can guarantee what's going to happen in the future.

So, although what I am about to share with you has worked well for the children I've interacted with for 40 plus years: my own children, grandchildren and the many children I've worked with...and although others have reported how well it has worked for them and their children or the children they've worked with...We can't guarantee the future.

The positive results achieved by myself and by others during the past 40+ years cannot be considered typical results. Your success may greatly surpass ours, or it may not. In case you don't realize this on your own, I am required to tell you. **(End of Disclaimer)]**

Kids love this method! Period. The kids in one classroom gave me a spontaneous standing ovation after I shared this method with them. Because of the positive results I have achieved with kids, I've been called the Miracle Worker of Education and Parenting. One teacher who sat in on a session I did with three of her students, proclaimed, "That is a miracle!"

This program is specifically designed to help you create harmony with kids, without using punishment or feeling like you are losing out on what's important to you. This program helps you build the foundation needed so your kids can thrive, a strong Missing Foundation!

You create your own fail-safe. It can prevent you from slipping backwards into negative interactions with your child. It prevents you from ruining the good progress you make.

This strong Missing Foundation, this safety net, this fail-safe is Positive Respect. At the core of Positive Respect is the Positive Respect Mindset. You can imagine it as a strong bridge between hearts. This is what helps you raise a happy child. Because the results feel so good, it quickly becomes a habit, so maintaining it becomes almost effortless.

If you want to raise happy, respectful, confident kids, kids who thrive, then this program is designed especially for you and you are going to love it!

## CREATE YOUR SOLUTION FOUNDATION

### Positive Respect

#### A Most Powerful Way To Eliminate Struggles And Establish Harmony

You might ask, as some have: Why respect? Why not love? As I explained, parents do love their kids, even though often the way they are treated might seem like punishment to the kids. So they don't **feel** loved.

Respect changes this situation. When you are committed to being never less than respectful, a foundation is created that ensures that your child always feels loved. 'Never less than respectful' means that you only treat your child in ways that feel good to them.

I discovered many years ago that treating kids respectfully brought about a very enjoyable relationship. They became cooperative instead of resistant. They were willing to do what I asked, in fact, they were often eager to do what I asked, because they trusted me. They became caring and respectful to other kids and to other adults. They were happier. I was happier.

I began to make every possible effort to ensure that I was never less than respectful to kids. This became the foundation of our relationship. They treated me the way I treated them.

I didn't fully understand what I was doing at the time. I knew I was being respectful. In fact, when I was asked to share this, the phrase 'The Power of Respect', was what came to mind and what I used.

Years later I realized that I was actually demonstrating how to use Positive Respect. That means that I treated the kids respectfully **AND** I treated myself respectfully, **at the same time**. This little word 'and' is what makes Positive Respect so powerful and so different from what most

people think of as respect\*. That ‘and’ stands for a **huge difference, a whole person difference!** **It creates the bridge between hearts and it results in harmony.**

*(\*The **traditional practice of respect** is that you treat others respectfully, no matter what you think of them, even at your own expense. In other words, you learn to treat someone else respectfully even if you have to be **dis-respectful** to yourself. This practice is so common, that it is actually a modern dictionary definition of respect. In the Microsoft Encarta College Dictionary: The definition for respect says “...admiration,” that’s fine, “and deference toward somebody...” Deference means that you put someone else’s needs **before** your own! So they get good treatment, because they are ‘worthy’ of respect, and whether you have to suffer or not is not considered important.)*

## So How Do You Use Positive Respect?...

- Deciding to develop the **Positive Respect Mindset** is a great first step.
  - The Positive Respect Mindset is knowing that there **is** a respectful solution and being determined, committed to finding it.
  - A core belief of the Positive Respect Mindset is that you and your child are equally important.
    1. We are each important
    2. We each deserve to have what we want
    3. We use Positive Respect to help this happen
      - There is a way that everyone involved can get their needs met, and together you can discover it.
- Three year old children find this very easy to master once they discover that it’s an option.
- Most likely, to some degree or another, this is going to involve adding new habits of thought and action and releasing habits that don’t help you stay respectful.
- Your love for your kids, wanting the best for them is all the motivation you need to get started.
  - Once you feel the pleasure of finding win-win solutions, you’ll never want to stop.
- **Use the Harmonize *Fast Formula!* (Coming up!)**

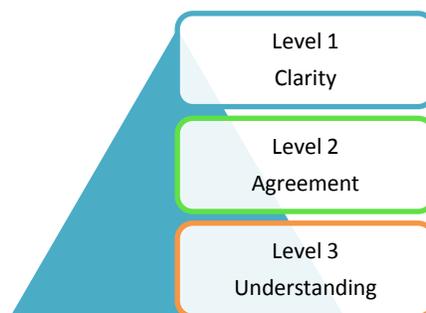
# Benefits Of Your Positive Respect Mindset

Here is what you can look forward to when you use Positive Respect:

- Kids
  - Always feel loved
  - Become competent problem solvers
  - Are respectful
  - Learn to make wise decisions
  - Have self-respect
  - Are confident
- Parents
  - Get what they want without struggles
  - Have more time for themselves
  - Feel confident in their parenting
- Everyone works together in harmony
  - More fun
  - More peace and quiet
  - More learning
  - More adventure
  - More joy

## POSITIVE RESPECT SOLUTION STRATEGIES

### Harmonize *Fast* Formula



## **Level 1: Clarity: The Lightning Round**

Misunderstandings cause many problems. I have witnessed this too much in ordinary conversations. Did you ever play the children's game, "Round Robin?"\*\* It clearly demonstrates the results of a series of misunderstandings. That's why clearing up possible misunderstandings is the first round of the Harmonize *Fast* Formula.

*\*\* (In Round Robin, you all sit in a circle and one person, chosen to be first, whispers something to the person on their right. Then that person whispers what they heard to the person on their right. That continues until the last person in the circle. They say out loud what they heard whispered to them. It is common knowledge that it never resembles what the original person had whispered.)*

This is the fastest and easiest round, and the beginning point. Sometimes simply, clearly understanding what the people involved want and don't want untangles the situation, like the story of the two sisters and the lemon.

(Two sisters lived together far from town. They didn't talk about it, but each was planning to use the lemon in the refrigerator the next day. In the morning, they both went for the lemon. When they realized that they both wanted to use the lemon, each thought that she would let her sister use the lemon. When each ended up explaining why she wanted the lemon, it turned out that they could both use the lemon! One sister wanted the juice for lemon water, to do a one day fast. The other sister wanted to use the zest for some cookies. ... Imagine how many solutions might be discovered with simply understanding what the people involved want and don't want.)

It is important to be sure that communications are clearly sent and clearly received. It might not be good enough to assume that they understood you or that you understood them, it may be necessary to confirm the understanding. "I heard you say..." or "So you want me to..." or "Did you mean...?"

Once there is clear understanding, if a solution is not discovered, you come out of this round with a clear understanding of the goals.

## **Level 2: Agreement Round**

In this round, the first idea that everyone likes is the solution. This is what I learned from three-year-old children. They easily and almost instantly adopted a Positive Respect Mindset, once it was introduced to them.

1. We are each important
2. We each deserve to have what we want
3. We use Positive Respect to help this happen

So when differences came up, they would quickly and easily find harmonious solutions...on their own...after they understood how it worked.

If this does not reveal a solution, you can go deeper into understanding why.

### **Level 3: Understanding Round**

You each get a chance to explain why you like a possible solution and/or why you don't. This gives everyone more information and can result in a winning solution.

It brings to everyone's awareness what the people involved are thinking, needing, feeling. It often only takes minor shifts that one person thinks of, but others hadn't...and a solution is revealed.

If these strategies don't help you discover a solution that you all like, you can harmonize using "Seven Steps to Harmony." (used to be End Conflict NOW!)

### **How It Works (Examples)**

**The following examples in the list are just that, examples, just one way of an infinite number of ways a situation might evolve and get resolved, depending on the people involved, the situation, their needs, wants, preferences, interests, abilities, all of their relevant variables.**

**The Harmonize *Fast* Formula can work simply, quickly as long as you remember to adopt a Positive Respect Mindset. This is what makes the strong foundation. This is the bridge between hearts that ensures that it works easily.**

- 1. We are each important**
- 2. We each deserve to have what we want**
- 3. We can use Positive Respect to help this happen**

Problems Adults Have With Kids:

- Tantrums
  - At Bedtime
  - With Food/Meals
- **Disobedience**

Here is an example of Level 1, the Clarity Round, at work:

'Why isn't she doing what I told her to do?'

YOU: "Jenny, you said you were done with this game. I asked you to put your things away when you were done."

THEM: "I changed my mind. I'm not done with my game."

YOU: "So, when you are done, you'll put your things away, right?"

THEM: “My game takes lots and lots of toys. Can you help me clean up when I’m done?”

YOU: “I can see it takes lots of toys. Tell me when you’re done. I think I could help you with some of it.”

THEM: “Thanks, mommy.”

**Mother thought that her daughter was being disobedient. Instead of getting upset about it, she thought that she had better talk with her. Maybe there was a misunderstanding. Instead, there was a lack of communication. Her daughter had reasons for her behavior that her mother didn’t know. Talking together created understanding and resulted in more communication as they discussed the mother helping her daughter.**

### **Thought Analysis:**

It is better to think in terms of cooperation rather than obedience or disobedience. It’s good to think that your kids want to cooperate, and if they do not cooperate, they have good reasons for not doing so...

- Find out why they are being uncooperative. Are their needs different than yours? Sometimes doing what you want them to do, in just the way you want them to do it, is going against their own needs. If this is the case, it is a good opportunity to negotiate a win-win solution.
- Maybe they have misunderstood your needs. Remember, misunderstandings are some of the most common causes of trouble among people. Make sure that your kids understand exactly what you have in mind.
- Perhaps you have misinterpreted your kid’s actions, and think that they are being uncooperative because they did not do exactly what you expected them to do. Sometimes what they do really meets your needs, it was just not the way you thought about having those needs met.
- Often kids will not do what you ask the next instant after you ask it. Like many others, they need time to adjust to what you are asking of them, and to end what they are already doing, even if it is making noise.
- It might also be that they are just tired of being bossed around. Maybe they feel as if everyone has been telling them what to do all day and they are fed up. That could happen to any of us. Sometimes enough is enough and with you it’s often safer to disobey than with others.
- Another thing you might look at is yourself as a behavioral model. How cooperative are you with your children when your needs are different from theirs? Are you ever uncooperative with them?
  - When they let you know what they need and if it is not what you had planned, do you work cooperatively with them to find a mutually agreeable solution? You are one of their primary role models.

Once you understand more accurately what is going on with your kids and what seems to be disobedience on their part, it is much easier to be respectful with them. When you take the time to figure things out and not just to react, you can often discover that situations which seemed intolerable to you before are understandable and, with a little effort can be transformed into peaceful, satisfying interactions.

- Interrupting

- Hurting others, aggression

➤ **Ignoring you**

Here is an example of Level 1, the Clarity Round, at work:

‘Why are they ignoring me again? They just keep playing with their toys. I am so tired of this. Why do they ignore me? I feel like I’ve tried everything: time-out, taking away their toys, sending them to their rooms...I don’t know what to do. I don’t want to spank them, ever. I guess I may as well give that harmonize formula a try. Let’s see, the first step is seeing if we just have to understand each other better. Minnie said it’s working for her.’

YOU: “Crystal! Jason!” ‘Oh. I have to go over to them.’ She walks over and kneels down near them. They are playing on the floor, building something. “Crystal. Jason. I need you to pay attention to me.”

THEM: “What Mom?” They keep on playing.

YOU: “Jason. Crystal. Please look at me.”

THEM: They both look at her. “What Mom?”

YOU: “I’m going to the store. I need you two to get ready to go with me.”

THEM: “But, Mom, we’re having so much fun!”

YOU: “I’m glad you’re having fun, but when I have to tell you something, I need you to pay attention.”

THEM: “We didn’t hear you Mom,” said Crystal. “Yeah, we were too busy playing,” Jason added. “We are having so much fun!” said Crystal excitedly.

YOU: “Well, I’m glad you are having fun, but you really didn’t hear me?”

THEM: “No, Mom. We just keep coming up with better and better games!”

YOU: “Did it help you hear me when I came over to you?”

THEM: “Sure,” said Crystal.

YOU: “Well, it’s time to take a break and get ready to go to the store. You can get back to your game when we get home.”

THEM: “Okay, Mom. Come on, Jason. Let’s get ready.”

YOU: ‘That was amazing! I’m going to have to try that again. I have to remember to go over to them to get their attention. That was amazing!’

**Here all it took to make things go smoothly was for the mother to go over to the kids to get their attention without struggle. They were glad to give her their attention. They were not deliberately ignoring her, as she thought. They were just intently focused on what they were doing.**

Here is an example of Level 2, the Agreement Round, at work:

**But, what if the kids don't want to stop playing...**

THEM: "Mom, we don't want to go to the store," said Crystal. "No. We don't want to go to the store," agreed Jason. "We're having so much fun!"

YOU: 'Minnie said to keep it respectful and to find a solution that we all like.' "It might be easier for me to go shopping on my own, but I can't leave you here without a grownup."

THEM: "Can we take some of our toys?" "Yeah, then we can keep playing."

YOU: "That's a good idea, but you'll have to leave your toys in the car when we go into the store." 'Minnie said that the second step, what did she call it...the second round, was that we use the first idea that we all like. Maybe this is it.'

Here is an example of Level 3, the Understanding Round, at work:

**What if the kids really don't want to stop their game...**

THEM: Jason said, "Crystal, let's stay in the car. Then we don't have to stop playing. And we don't have to leave our toys!"

YOU: 'I guess we're not done yet.'

YOU: "I'm sorry, but you can't stay in the car by yourselves either. ('Maybe I can find something interesting for them to do, so they could take a break in their game.') I wish you would help me in the market."

THEM: "What could we do?"

YOU: "You can help me decide what food to get. You could get food that you can reach, after we decide that we want it. It will help the shopping go faster. Then you can get back to your game."

THEM: "Can I ride in the cart?" asked Jason.

YOU: "Sure you can, Jason. That will help the shopping go faster, too."

THEM: "Can I get some things off the shelf when I'm in the cart?"

YOU: “Yes. If they are things we decide we want and you can easily reach them. This sounds like a shopping adventure.”

THEM: Crystal said, “Let’s just leave all our toys here, so we can get back to our game when we get home. Let’s go have a shopping adventure and help Mom.” “Yeah, let’s have a shopping adventure!”

YOU: ‘This sure is smoother than fighting about it. Thanks, Minnie. I’ll have to tell you how it went.’

- Whining
- About Chores

### ➤ **Fighting children**

#### **Thought Analysis:**

As a Montessori teacher, eventually, my first approach was to ask, “Does anyone need some help?” If they did, then we can find out if misunderstanding was the cause of their problem. If not, then we can think of an idea that everyone likes. That usually takes care of it.

Occasionally, more communication is needed to find out what specific needs they have that have not been covered in any of the ideas so far, because sometimes someone still feels that they are not being understood, or that their needs are not considered important. This is often because they are not skilled at communicating their needs. In the Understanding Round it becomes clear where the ideas are getting blocked. Then you can find out why and come up with a solution that takes the previously ‘hidden’ needs into account.

### ➤ **2-year-olds**

#### **Thought Analysis:**

It is important to understand that human beings of this age are developing willpower, which, if properly developed, will serve them well for the rest of their lives.

#### **Willpower has many important functions:**

- It is the power behind wanting, wishing and desiring
- It is the power of determination, of commitment
- It is the power that motivates you to action
- It is the power to persevere, to carry through

➤ They then put all these abilities at the service of their intelligence

➤ It is almost impossible for them to do anything that is contrary to this

Two-year-olds are constantly practicing. They need to make as many of their own decisions as they can. Whenever possible, follow their lead.

If you want them to make a different choice, encourage them by pointing out what they might find interesting and challenging about your choice.

If you don't want a major struggle, offer the alternative before they have become determined to pursue their choice. Then the other practices come into play, 'being determined' and 'persevering'.

- Interest is the key.
  - Give them opportunities to cooperate with you
  - Tell them how much you appreciate their help
  - Two-year-olds like to work and to be helpful, useful, needed
  - Be alert
  - Quickly offer them an alternative on which to practice 'willing' when what they first choose does not agree with you
  - Otherwise, it's easier and more peaceful, if it's possible for you to do this, to go along with them, looking for the first opportunity to change their direction
  - Remember, this period is very important in human development
  - It doesn't last very long **if** they get to do it properly
  - Though I know that it can seem eternal when you're right in the middle of it
- 
- Rudeness...

Problems Kids Have With Kids:

- Not Sharing
- Hurting
- Grabbing things
- Bullying
- Teasing...

➤ **As you model a Positive Respect Mindset to your kids, they learn the tools, skills and strategies involved. I found that they used this approach as soon as they realized it was an option.**

Problems Kids Have With Adults:

- Bullying
- Hurting
- Punishment
- Name Calling
- Criticizing
- Blaming
- Judging
- Lecturing
- Ordering...

➤ **All of the problems kids have with adults vanish once you adopt a Positive Respect Mindset, because...**

1. We are each important
2. We each deserve to have what we want
3. We can use Positive Respect to help this happen

\*\*\*\*\*

**If You Want More Help To Do This...**

**Become a member of Happy Kids. Get help to find harmonious solutions to problems you have with kids...**

1. **Immerse yourself** in the Happy Kids Member site...  
videos/audios/ebooks/articles/trainings/Q&As...
2. **Connect with like-minded people** in the Happy Kids Secret Facebook group...
3. **Join the live calls.** In each call we address...
  - a. One of the [108 Positive Respect Tools, Skills, Strategies](#) **and**
  - b. the Questions posted in the Secret group for that week...
  - c. Calls are recorded and available in the Happy Kids Member Site