

## Effective Parent's Toolkit

Course Name:

### Consistency

#### Core Material – Reading (Consistency)



So if you can create a safe place for your child and separate the safe conversation from the punishment conversation, you have to keep it up! You CAN NOT do it once and then forget, and then hope they will come back to you and try again. You must be CONSISTENT! If you are not going to be consistent, then you can go home now.

No matter what parenting program, model, theory, or process you take on, if you cannot, or will not be consistent with what you learn, you don't need to waste your time or money.

Children, from Uterus to University need consistency. If you implement nothing else in your parenting process, implement consistency. Set a consistent bed time and hold to it, if you say no dessert until they finish their vegetables, be consistent, and hold to it. If you tell them, they must stay the whole night in their own beds, don't cave because you are too tired, and let them sleep in your bed – Be Consistent!

Young Children are like Jell-o – while still unformed (young), they spill out, looking for a boundary that will hold them, once the boundary is held firm for a time, the Jell-o/child is set, and conforms to the new boundary – even after the restraint is removed. But the boundary MUST be consistently held until it is set. If the boundary is constantly moved, removed, adjusted, replaced, you will not get the results you intended.

Consistency is probably THE most crucial parenting tool you can have in your toolbox. Without consistency, no other tool, skill, method or theory has any chance of succeeding. Nor does your child! Imagine learning your addition tables, and sometimes  $1+1 = 2$ , and sometimes  $1+1=0$ , or 4, with no reason! You would give up on math, and never try to learn the basic principles. Is it too late? It is never too late! If you were inconsistent when your children were young, and want

to implement some of these new ideas now, it might be met with resistance, but if you persevere, you will be successful!

Nobody likes change, and we will always try to buck it if we have the opportunity. That is why consistency is key! If you intend to implement change, implement boundaries, rules, and structure, where previously there was none, expect to run into resistance, but if you are consistent, and firm, you will succeed.

So, here are some ideas to help you incorporate consistency into your parenting. Don't try to take on more than you feel you can commit to. Start small. Pick a small rule, boundary, or structure to implement and be consistent with it for a week. When you feel you have established that one, try another. Be sure to use praise, celebration and effective feedback to reinforce your changes. Those skills can be found in other modules, but it is important to begin to be consistent right away.



## Summary and Review Questions

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Sample questions:

Why is consistency so important?

How can being consistent change how you parent?

What is the biggest consistency issue you face in your parenting?

How will you implement consistency?

## Action Steps – Putting it All into Action

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