

TEACH KIDS LESSONS THAT STICK

8 WAYS

TO TEACH MORE EFFECTIVELY,
CONNECT WITH YOUR KIDS,
AND BUILD LASTING
RELATIONSHIPS.

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AS PARENTS,

most of us are baffled at how children of all ages seem to forget some of the most important life lessons that we try to teach. We ask ourselves:

Were they not paying attention?

Are they purposely ignoring us?

Do they have too many distractions?

Do they not value our opinions?

Do they really remember (but not want us to know?)

These may explain some of what is going on.
However.

There may be another reason that has more to do with the way we are teaching, rather than with our child's abilities or resistance.

ENGAGE WHILE YOU TEACH

The most effective way for parents to teach impactful, lasting lessons, is to teach while engaged in activities that are meaningful.

It has been proven that children are more likely to retain information when it is associated with an experience.

Here are the 8 common-sense principles that you can follow to teach your children life's most important lessons,

and get them to stick.

1. Think about and write down the principles and values that you want to teach.

2. Show your child a picture of yourself when you were around their age. Doing this will help them realize that you were once their age and faced similar challenges.

3. Share an event from your youth that relates to the principles you are teaching. Help your child see that you are human and have dealt with some of the same issues and struggles that they are facing.

4. Prepare a story or metaphor that demonstrates the points you want to make. Use a story from a book, a movie or fairy tale that demonstrates the points you are making.

5. Keep your stories short and to the point. A young person's attention span is short and they won't pay attention as soon as they start to feel bored. *(They'll also tune you out if you start to get preachy.)*

6. Remember, children will best recall principles and lessons that are taught while they are *engaged* with a parent. Engagement should happen in a fun or challenging activity where they feel valued and validated.

7. Share stories and lessons while doing something your child likes to do. Play a game or a sport they like to play. Engage in an outdoor adventure together. Go to a restaurant of their choosing. GET ON THEIR LEVEL.

8. Engage in work and service projects with them, side by side. Get dirty and sweat together.

There are times when family issues need to be discussed and plans made in a formal, sit down setting. But, children are most likely to remember lessons they are taught while they are engaged in meaningful activities with their parents.

Our children will remember the lessons we teach while we:

**PLAY,
LEARN, and
WORK.
TOGETHER.**

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