



Habit #4

Think Win-Win

Brief Information about Habit #4

- o Think Win-Win is the belief that everyone can win. It's not me or you- it is both of us.
- o It is a belief that there are enough good things for everyone, it is an abundant way of thinking.
- o Think Win-Win is being happy for others when good things happened to them.

o As a parent, not everything is negotiable, but if you go into discussions with your child with a win-win mindset, you'll find a lot less resistance.

Works for all Ages

1. Think of an ongoing conflict you tend to have with your child (homework, cleaning his or her room, feeding the dog etc.) and then discuss a win-win solution to the conflict. Write down the solution and then remind each other of it next time the situation arises.

2. Remember not to compare your children in front of each other. Try not to say to John that “Matt always remembers to clear the table”. That’s win-lose thinking. Instead, just concentrate on praising Matt for a job well done. John will get the message.
3. Think about your relationship with your child. Is it generally win-win? If not, how is that affecting your family life? What should YOU do differently?

Younger- Child Activities

1. Play a game with your child(ren) that has a definite winner. Explain how competition is okay when you play a game, but it is not okay in relationships. Discuss how tense it would be in your home if every situation had to have a winner. A better way to think is win-win.

Younger- Child Activities

- a. This mean we think of solutions that we can all feel good about when there is a problem. The more we think Win-Win, the fewer problems there will be. You may wan to display a chart listing the days of the week. When someone is “caught” thinking win-win, he or she gets to write his or her name on the chart for that day.

Younger- Child Activities

2. Encourage win-win solutions to sibling disputes. Don't always be the mediator; let them work out a solution and be sure to lavish children with praise when they do.

Primary-Age Children's Reading List- Habit #4

- o **Rainbow Fish- Marcus Pfister**
- o **The Doorbell Rang- Pat Hutchins**
- o **Alexander and the Wind-Up Mouse-**
Leo Lionni
- o **The Very Clumsy Click Beetle- Eric**
Carle
- o **Let's Be Enemies- Janice May Udry**

Teen Activities

1. Say you are sorry when you yell, overreact, or accidentally blame one of your children for something he or she didn't do. Modeling this behaviour will set expectations for how your child should behave.
2. Set clear expectations with your children about chores, curfew, grades, car privileges, etc. It's hard for you both to win if you are playing by different rules.

Upper-Age Children's Reading List- Habit #4

- o **The Butter Battle Book- Dr. Seuss**
- o **Crash- Jerry Spinelli**
- o **Wait Till Helen Comes- Mary Downing Hahn**
- o **The View from Saturday- E.L. Konigsburg**
- o **Hiawatha, Messenger of Peace- Dennis Brindell**

Video

o Win-Win Agreements