

Spin Cycle - More on Discipline

📅 Thu, 9/24 8:13AM ⌚ 9:39

SUMMARY KEYWORDS

parenting, ticket, question, spin cycle, podcast, inspire, kira, toddler, nagging, behavior, deana, listening, catching, super, reward, desired behavior, episode, give, mention, fun

SPEAKERS

Deana Thayer, Future Focused Parenting, Kira Dorrian

-
- K** Kira Dorrian 00:03
What happens when two parent coaches one a Christian and the other an agnostic Jew, sit down to talk about parenting?
 - D** Deana Thayer 00:09
I'm Deana Thayer,
 - K** Kira Dorrian 00:10
and I'm Kira Dorrian.
 - D** Deana Thayer 00:11
Welcome to Raising Adults, a podcast about Future Focused Parenting. Hi everyone, Kira and Deana here with a spin cycle. And we got a question about our discipline episode. And so we wanted to make sure to follow up on that, because that is a hugely important topic, and it seems to have struck a nerve. We see a lot of people listening to that episode. And so we want to make sure we address follow up questions with that. So welcome to Raising Adults. We're excited to address this question with you today. And because discipline is so important, we just want to take a moment to at least unpack this. It was a good question. Do you want to share what the question was? And then we can kind of

dive in?

K

Kira Dorrian 00:48

Yeah, sure. So the question was, how do I pick a consequence that's really going to inspire my child to change their behavior so that I'm not nagging or constantly repeating? Which is a great question.

D

Deana Thayer 01:00

It's a super question. I mean, and how many of us want to be a nagging parent? Probably none of us, we don't want to do the constant reminder. And I know there's been times where just because I believe in consistency, I have felt like I'm a broken record. Are we really having this conversation again? So it's a really fair question about how do you really get there. And I just wanted to at least mention that I think this looks different in different seasons. Because an idea of a child being intrinsically motivated to do what's right or inspired to do that right behavior, I think comes with a little bit of time and maturity. So be aware, if you have toddlers, you might sometimes have to set a consequence that doesn't inspire them, but rather, handles the behavior at hand. So I just, that's meant to be an encouragement not to be silly, but just, it is a little bit funny. But I just wanted to mention that.

K

Kira Dorrian 01:53

Yeah, it makes sense. What you're saying it makes perfect sense, because the truth is, a toddler, I don't even think a toddler would understand how to feel inspired to do the right thing. You know, they're just doing. So they're literally learning yes, no, it's so black and white at that age, you know, they're not quite aware yet of pleasing you. They're starting to get there, but they're not there yet. So I think what we're saying is in the toddler years, you can't like essentially, in the toddler years, there's going to be nagging and repetition. And one of the things, we've been doing a lot of public speaking lately, and one of the things we've been saying at some of these events is that, you know, those young years, you're just setting the stage for yourself. They really are hard. They're hard. And the hope is again, that future focused mentality. Okay, I'm going to be repeating, repeating, repeating and nagging and nagging, nagging at this age. But the hope is that then when they're six or seven, I probably am not going to have to do that. I think we even talked about the fact that I can tell my kids, if that happens, again, there'll be a consequence. That's enough to shut it down.

D Deana Thayer 02:51
Absolutely.

K Kira Dorrian 02:52
So I think there's that but I was so glad that this question came in, because I realized after we recorded the discipline episodes, that I didn't share something I wanted to share. And this answers that question.

D Deana Thayer 03:02
Perfect. Please do tell.

K Kira Dorrian 03:03
So my dad did the coolest thing with me when I was little. And I do it with my children. Now he had a ticketing system. And what he would do is, if he caught me doing something awesome, I would get a ticket. And there were rules around this. I could not ask for a ticket, and I could not do something awesome to get a ticket. And what I loved about this was he was catching my positive behavior. And he was catching me being me. He was catching me in my best moment and acknowledging it with a ticket. And so if I saved up 20 tickets, these tickets did not come often. So I guess this depends on how you want to use this system. But I liked how he used this for me, tickets didn't come very often. We lived about an hour away from Disney World when I was a kid. And so once I saved up 20 tickets, I would go to Disney World. And that was about once a year I would get 20 tickets. So I do this now with my kids, when I catch them doing something exceptional. I give them a ticket. Hey, you know what? That was amazing what you just did. And I want to honor that. And I want to honor how you matched our family values. So I give them a ticket. And I ask them what are you getting this ticket for? What, what attribute did you show me that you're getting this ticket for? And of course this changes as they get older, I couldn't when they were little. And I think I started this when they were about four. And same thing, when they save up 20 tickets, we get to go do something fabulous. And it usually takes a year or two for them to save up 20 tickets. And that system has been for me anyway, as a parent, just a wonderful opportunity to say you're doing it right. And I think that on some level inspires them to want to keep doing right. Does that make sense?

D Deana Thayer 04:42
And I think there's an important component here that you hit on and I want to make the

distinction for our listeners. I think it's easy, especially to get a desired behavior, to say that, if you do such and such, I'll give you, I'll buy you, we call that a bribe. What Kira is talking about as a reward, the behavior happens first, and then you catch it and reward it. And that's very different than dangling a reward before you've seen the desired behavior. And so what happens then is you hopefully really avoid manufactured good behavior. You're really catching an authentic moment of doing the right thing. And I love what you said, because I was gonna say, can I raise my hand, about tying it to the family values, because again, now they get an action to go with the vocabulary. Which we've talked about before, but laying the foundation for that very young, they might not know what integrity is or what diligence is. But when you give a ticket and can say, I just saw the way you persevered through that really tough math assignment, you really showed diligence, and I am proud of you. Now they even know what diligence looks like in a practical way. So I just wanted to make sure that if you're listening, and you're wondering, how do I unpack that, there is a very clear distinction between a reward on a bribe and I think one is really appropriate in parenting. And the other one, frankly, I would avoid.

K

Kira Dorrian 06:09

Yeah, I couldn't agree more. I never bribe my children. I don't, I don't want to manufacture good behavior. I want to see good behavior and it to be expected that there's good behavior. And then I really want to catch them and reward them when it happens. Yeah, love that. Love that. I think that's all we have to say on that one. Is that right?

D

Deana Thayer 06:28

Yeah, that was, that was speedy. That was, I'm really thankful for the question, because I think we can all feel sometimes like we're having the same conversations over and over. And oh, I did. I did think of something else. I just want to say, consistency is not nagging. If you're doing the same thing over and over, but you're calm, and you're having excellent follow through you are not a nag. You're a great parent.

K

Kira Dorrian 06:51

There's a quote for you.

D

Deana Thayer 06:53

I love that.

K

Kira Dorrian 06:54

Yes, absolutely. And so on this little spin cycle, I mentioned it on one of our recent episodes, but I just want to mention it again. So super randomly around the same time that Deana and I decided we should do a podcast. As a voice actor, I got hired to do another podcast about wildlife and animal conservation for an organization called Edge. The Eco Defense Group, they do just incredible on the ground, like boots on the ground work in Africa specifically, but they do kind of branch out all over the world. And they decided to do a podcast. And so they hired me as their host. It's basically a platform for me to just ask a lot of questions. I know it's like, meant to be. And it's just really fun. So just encourage our listeners, if you're, if you're passionate about wildlife conservation, you definitely want to listen, we have everything from a guy who works with elephants to a woman who studies giraffe DNA to a guy who's changing the world literally with his Coffee Company, to an Academy Award winning documentary filmmaker, I mean, the list is incredible. And they're, they're really fun short episodes. Definitely worth listening to. So it's called the Edge Conservation Podcast.

D

Deana Thayer 08:00

Yeah, it's super fun. I've already been listening and I'm a fan. I like animals. My family will attest. I, they, they kind of tease me because I get so happy about animals. I could be it's like, squirrel. I could be down in the dumps and I see a deer or something and they've lost me to oh, deary weary. I mean, I just, so it's super fun. And the other thing that you get is you'll get an extra dose of Kira if you listen. So if you like hearing her on here, you can hear her on there too. So I can't see how that's not a win win.

K

Kira Dorrian 08:30

Oh, and I think you described it in the other episode we mentioned it's a buffet of accents.

D

Deana Thayer 08:34

Oh, best worldwide accents. I mean, it is literally a treat for the ears. You never know. When I hear you ask the first question. I'm like waiting. What are they gonna sound like? Who will it be? Really because you're talking to people who might be in Africa and other parts of the world. And so you're really hearing authentic people who are on the ground doing this work, but they really are in these other countries. And so that part's super fun, too.



Kira Dorrian 08:58

Yeah, it's amazing when we record it, because I'm literally Skyping all over the world when we do this thing. It's so amazing.



Deana Thayer 09:04

Amazing.



Kira Dorrian 09:04

So definitely check it out. It's on all the places the Edge Conservation Podcast. Well, we hope you found that spin cycle useful. If you have questions you want to write in, we always love hearing from you info@futurefocusedparenting.com. Deana is going to do our outro today it's gonna be super.



Deana Thayer 09:20

Exciting inaugural outro.



Kira Dorrian 09:23

Take it away.



Deana Thayer 09:24

Raising Adults is produced by Kira Dorrian and Deana Thayer, and recorded in Kira's lovely laundry room. Music by Seattle band Hannalee. Thanks for listening.



Future Focused Parenting 09:30

Enjoying these transcribed episodes of Raising Adults? Consider receiving the Future Focused Parenting newsletter, where you'll receive sneak peeks, parenting tips, special offers, exclusive early access to podcast information, and more! Simply go to bit.ly/raisingadultspodcast to sign up. You can also connect with us on social media! We're on both Facebook and Instagram: @futurefocusedparenting. Our channels include podcast episode announcements, so you'll never miss new topics. We look forward to sharing more Future Focused Parenting content with you!