

HOW TO  
Turn An Emperor  
*Child*  
Into A Happy Child



A *Earth School* workbook

# GET READY

- Have a notebook or a print out of the workbook
- Have 15 minutes
- Find yourself a quiet spot

## THIS WORKBOOK IS FOR YOU IF YOU WANT...

- to recreate a balance in your relation with your child
- to change your limiting beliefs
- to make change happen



## EMPEROR CHILDREN

Emperor children are egocentric and not caring for others much, which makes it complicated with siblings or other kids. They cannot stand frustration and don't admit mistakes, rather blaming others. The bottom is there inability to differentiate desires and needs.



# Action Step

## ▶ GET ACQUAINTED WITH THE 7 STEPS

There are 7 small steps you can take to create a healthier relation with your child.

## UNDERSTAND HOW THESE STEPS ARE IMPORTANT ▶

It is often a matter of beliefs, raising an emperor child. To fight a belief, you need first to understand and agree with another one.

## ▶ LEARN MORE ABOUT YOUR BELIEFS

When an limiting belief meets a new belief, there is a cognitive dissonance. Learn how to overcome it.

STRONG TEMPER ISN'T ABOUT COMMANDING THE  
WORLD. THIS IS DICTATORSHIP.



## GET ACQUAINTED WITH THE 7 STEPS

There are 7 small steps you can take to create a healthier relation with your child.

7 THINGS YOU CAN DO  
FOR A

### HEALTHIER RELATION

"Loving unconditionally doesn't mean no boundaries".

#### SET LIFE RULES

A family has rules. And they are for **everybody**. Some things children **don't get to choose**.

#### LISTEN TO YOUR NEEDS

Do you **remember** your life before you had children? You could bring a bit of that **back**.

#### INSPIRE YOUR CHILD

Your child complains about being **bored**? Grow his catalog. Not with new toys, but by **teaching him new things**.

#### ENCOURAGE AUTONOMY

Stop doing things for your child. **Do you help him** get dressed? Put on his shoes? Spread butter on his toast? Cutting his apples?

#### PRACTICE EFFORTS AND PATIENCE

When you do something **easily** you don't have the same feeling of **accomplishment** as when it took you efforts, do you?

#### TEACH HIM TO FAIL

We all fail, and we will fail again. **Preserving your children** from the little failures of childhood prevents him from learning to deal with it.

#### PRAISE THE POSITIVE

When your child **succeeds**, remind him of the efforts he did to get there. **Show him the path**.

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# UNDERSTAND HOW THESE STEPS ARE IMPORTANT



It is often a matter of beliefs, raising an emperor child. To fight a belief, you need first to understand and agree with another one.



1. Read the information from the infographic on the previous page
2. Write down in your notebook the first thing that comes to your mind when you think "I believe that...)"
3. Every time you have a limiting belief (a belief that keeps you from accomplishing the step), read the corresponding text on the next pages and let it sink in.

Steps	Beliefs
Set life rules	I believe that....
Listen to your needs	I believe that....
Inspire your child	I believe that....
Encourage autonomy	I believe that....
Practice efforts and patience	I believe that....
Teach him to fail	I believe that....
Praise the positive	I believe that....



# 1

## SET LIFE RULES

As a parent, it is your duty to take care of your child's health. At home, this includes enough sleep and healthy meals.

Children don't get to choose when they go to bed. Children don't get to choose when they eat, or what they eat.

You can wait for your child to fall down from exhaustion, but it isn't healthy, and he will be grumpy the next day.

As for the food, how could a child choose, he doesn't have your knowledge and experience. If you'd like them to choose, you could make Friday night the kids' night and they get to choose the menu for example.

## LISTEN TO YOUR NEEDS

I know we have this idea of the perfect mother who sacrifices everything for her children and she makes us feel guilty when we need a break.

Forget about her, she isn't real. A good parent knows when to step back. Or when to rest.

It is better to withdraw rather than trying too hard while being tired or on edge.

This is also why you have life and house rules. When your children go to bed every night at the same time, you know you will have this moment for yourself, maybe with you loved one..

# 2



### 3

## INSPIRE YOUR CHILD

It can be a short activity after school, or on a weekend, a day out, a field trip, a camping holiday or a picnic, a visit to the museum, or a game in the park. It doesn't matter really, as long as you do new things.

BUT, you are the one choosing the activity. If your children don't have a low tolerance for frustration, you can ask them to choose between two activities if you wish.

The one thing they never get to have a say in is the boundaries of the activity. You set the rules and you stick to it. Think beforehand about what's important to you, what boundaries do you need to enjoy this activity and make it happen.

## ENCOURAGE AUTONOMY

Autonomy is a key to build one's self-confidence (hence self-esteem). Children with low tolerance to frustration have in general low self-esteem. Let them catch up. On top of it, it will give you less work :-)

Of course, you will have to let go of YOUR need to be needed. How to do that? When you're about to say something to your child or to help him doing something ask yourself: "am I making him more dependent or more independent with this?".

### 4



# 5

## PRACTICE EFFORTS AND PATIENCE

Encourage him, be positive about it, and be an example. Efforts are one thing he will learn when doing house chores when helping around when doing something for someone else. We dismiss little things of daily life but it is where there is the most to gain.

Patience can be learned from a very young age. When a baby wants his mom but she's is already cuddling his big brother who just felt, baby, has to wait.

## TEACH HIM TO FAIL

Since you've started to let your child do things by himself and experiment reality, he will obviously fail sometimes. To fail isn't an issue. We all fail, and we will fail again.

There is no way to avoid it and preserving your children from the little failures of childhood keeps him from learning to deal with it. What when he will face bigger failures with no idea how to react?

What you can teach your child is that action and a person is two different things. If you fail at something, it doesn't mean that you are a failure.

You fail, you reflect on it, you learn from it, and you move on. It's ok not to do something right, as long as you keep trying.

# 6





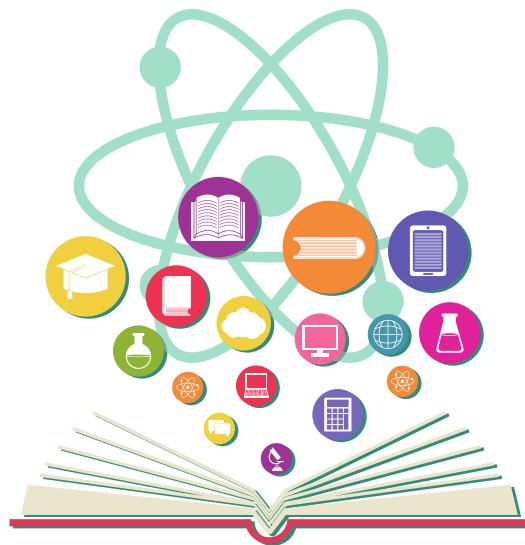
# 7

## PRAISE THE POSITIVE

Observe your child in your daily life, when he does something good, mention it. Be attentive to him and quick to praise.

Praise can be a nice word, a quick sentence but also a pat on the arm, a blink, or a smile. Children will remember the praise and it will reinforce their positive behavior.

Note that I'm talking praise here, not rewards. Don't go buying your kid an ice cream every time he puts a plate in the dishwasher!

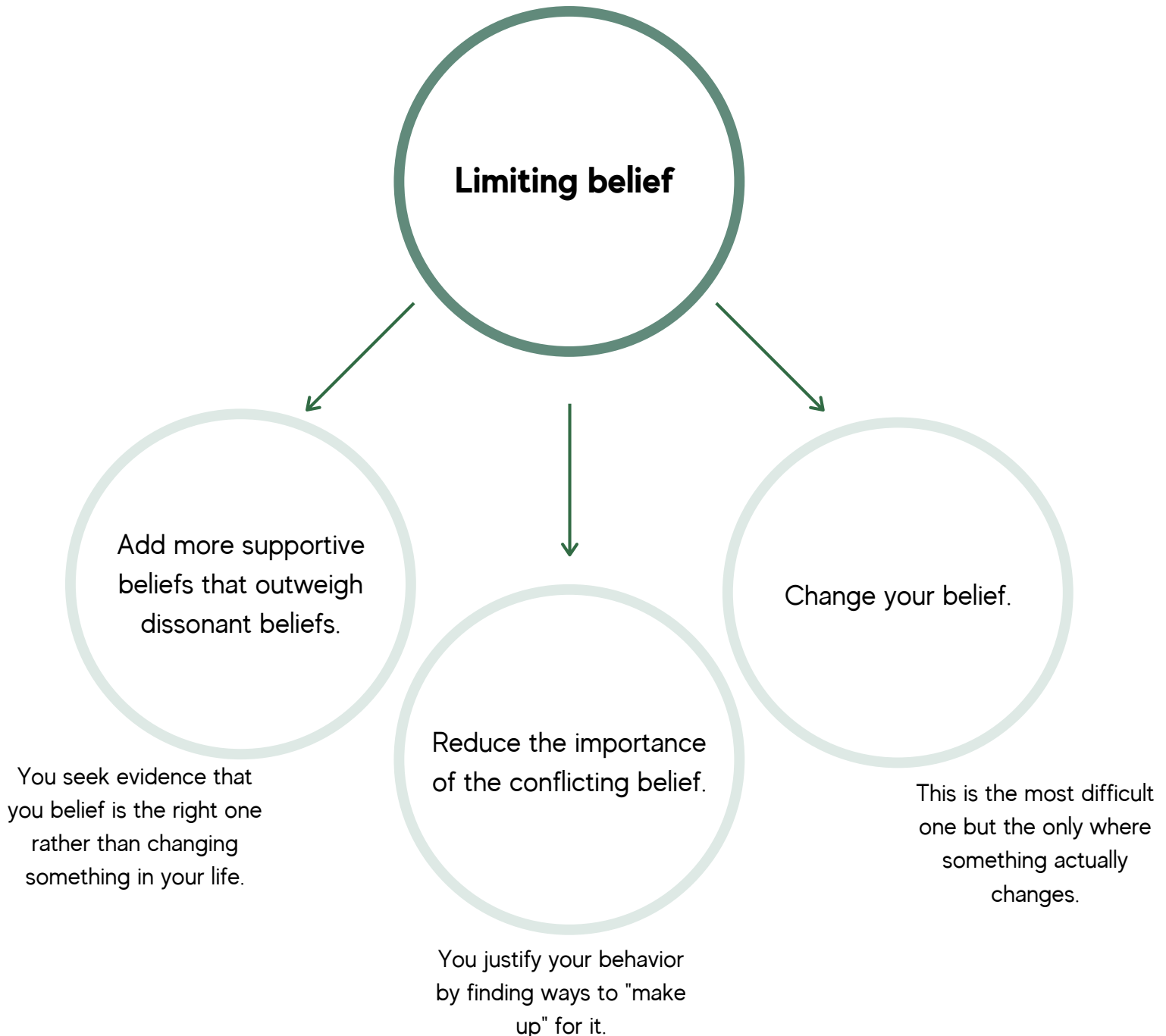




## LEARN MORE ABOUT YOUR BELIEFS

When an limiting belief meets a new belief, there is a cognitive dissonance.  
Learn how to overcome it.

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## *You did it!*

You can now decide on what you want to change in order to make your family life more balanced.

WRITE DOWN 1 LIMITING BELIEF YOU WANT TO GET RID OF.

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# Congratulations

TODAY YOU ASSESSED THE BALANCE BETWEEN  
ACADEMICS AND LIFE SKILLS  
YOU EVALUATED YOUR CHILD'S ABILITIES.  
YOU DECIDED ON WAYS TO IMPROVE LIFE SKILLS  
WELL DONE!

