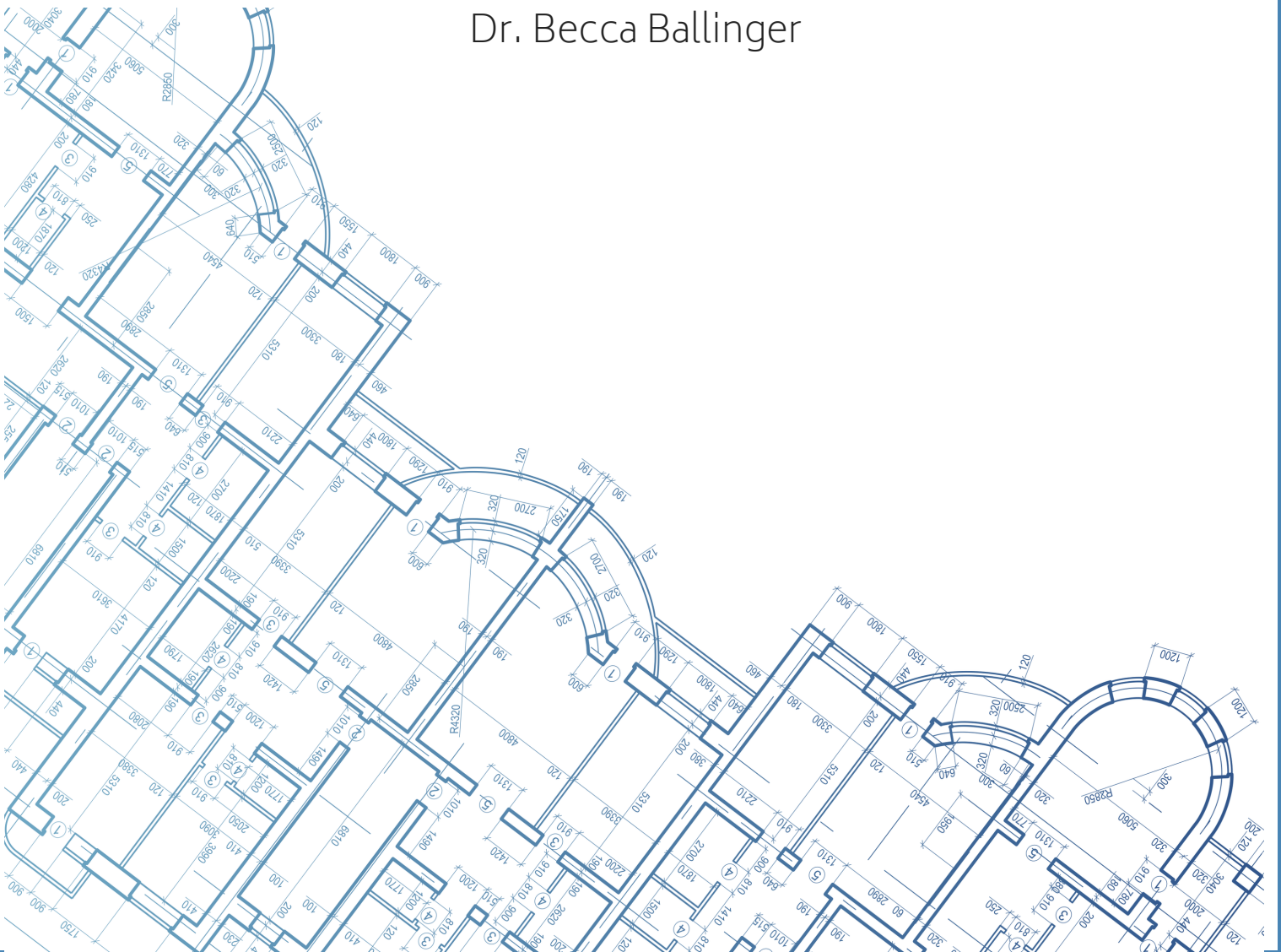


Parenting The Modern Family's

# The Modern Parenting Blueprint

Dr. Becca Ballinger



## The Problem

According to scientific research, young people are putting off adulthood at rates that are alarming. For example, see the statistics below from generational researcher, Jean Twenge's research:

### Unemployed



The employment rate for young men is at an all time low. By 2016, 1 out of every 4 men in their early 20s was **unemployed** - compared with just 1 out of 8 men of the same age in the 1970s.

### Video Games



If young men are not working, then what are they doing? Twenge's research found that they are playing video games - 25% of young men in their 20s played 3-4 hours of video games per day (and 10% played 6 hours or more per day!)

### Living at Home



Young people are able to put off adult responsibilities because they're still living at home. **The US Census Bureau found that 33% of young adults aged 18 - 34 STILL LIVED AT HOME WITH THEIR PARENTS!!**

## HOW DID THIS HAPPEN?

During the early 2000s, well-meaning parents wanted to parent differently from their parents - they wanted to focus on being there both physically and emotionally for their kids in a way that earlier generations of parents weren't. As such, the "Everyone Gets a Trophy" generation of kids was born!

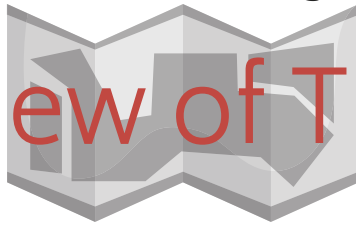
As you probably know, even though these parents meant well, they raised a generation of kids who became entitled, lazy, and uninteresting - and we want more for OUR kids!

## WHERE'S THE MIDDLE GROUND?

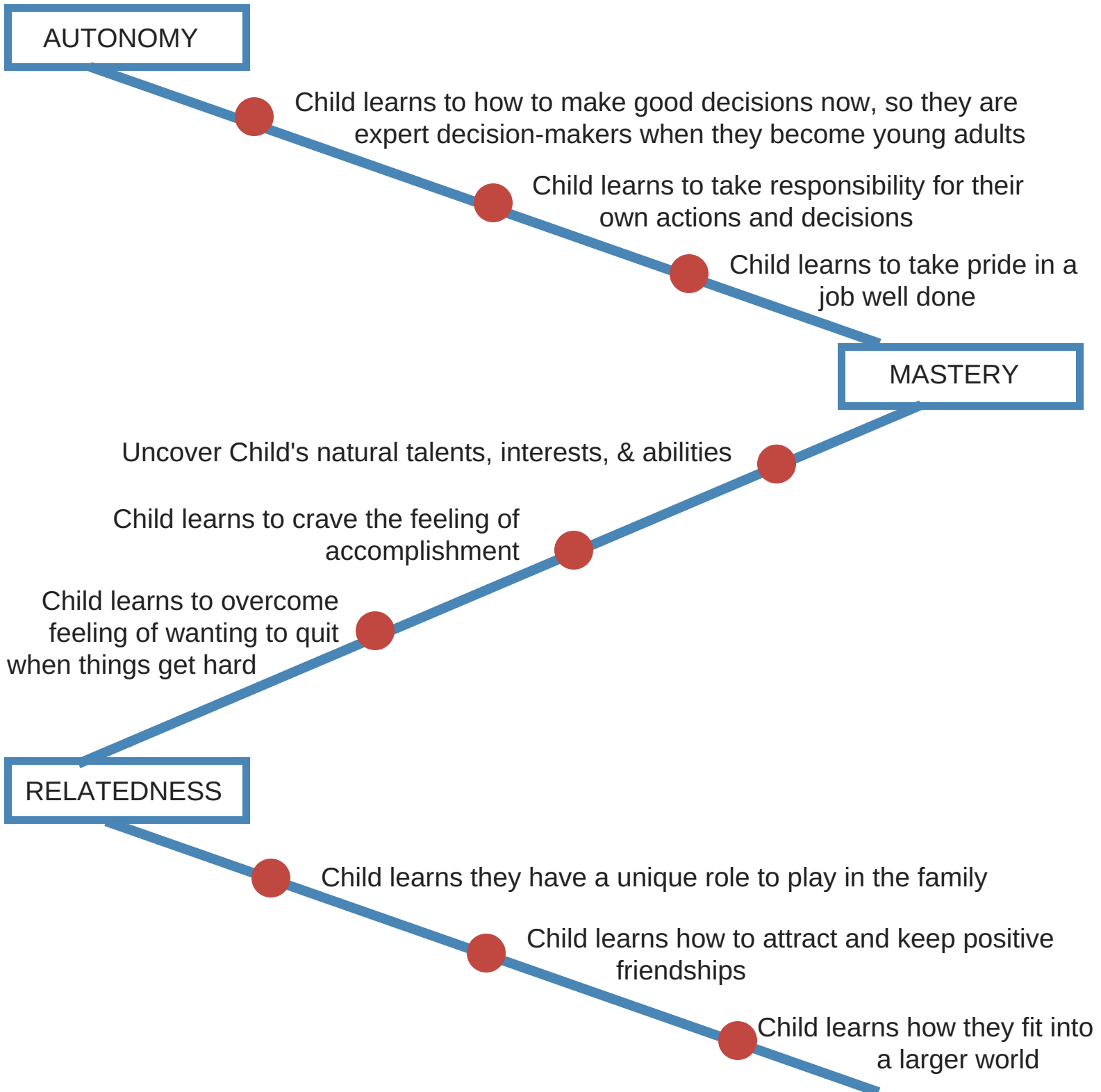
The good news is that we CAN raise kids who are motivated to do their best, interested in pursuing activities that compliment their natural talents and abilities - *all while still maintaining a close and positive parent-child relationship.*

## SO WHAT'S THE ANSWER?

The answer is using all 3 elements of The Modern Parenting Blueprint in your everyday routine. The next few pages will explain the elements in detail.



# Overview of The Plan



## Autonomy

When parents hear the work autonomy for the first time, they assume that I am suggesting that you should let your child do what they want, when they want.

Autonomy ISN'T about letting your child have free rein, it's a system for teaching your child the life skill of making good life decisions - even when you're not around to influence them.

As Modern Parents, we have to be honest with ourselves that we aren't as in control of our kids as we think we are.

For example, we might think that we are forcing our kids to say "please" and "thank you," obey their curfew time, or complete their homework on time; however, in reality, our kids are actually making the decision to obey the rules (or not!) for themselves. They could decide to disobey, but they know they will suffer the consequences if they do, so to avoid the consequence, they obey your rule.

There are several problems with this:

1. Some kids only obey the rules when their parents are looking (or to get a reward), but make poor decisions when their parents aren't around (or there's no reward to gain).
2. Some kids defiantly make terrible decisions just to prove a point to their parents
3. Some kids are impulsive and can't predict the outcome of their poor decision.

Parenting using autonomy means acknowledging to your child that ALL of their decisions are up to them, and the choices they make can either bring them privileges or consequences.

**Once kids feel the immense pressure of being solely in charge of their own decisions, they begin taking this responsibility very seriously - and learning this skill is so important as kids because they won't have you around when they're adults.**

Many kids are comfortable making poor choices because they know that Mom or Dad

## Autonomy

will bail them out of a bad decision. And even more distressing is that some kids have learned to not think too deeply about the possible outcomes of a decision because they've come to rely on Mom or Dad stepping in and TELLING them which is the right decision!

**It's time for our kids to learn the life skill of making good decisions that bring them success and joy - and using autonomy correctly is the only way for our kids to learn this valuable life skill now so that they are expert decision-makers when they become young adults!**

In my years of working with kids and parents, I've seen so many kids transform into great decision makers once parents use autonomy **correctly** within the household.

See the chart below to see if you are using autonomy correctly with your child.

Using Autonomy Correctly vs. Incorrectly		
	Incorrectly	Correctly
Nagging	"Nagging" your child to get their homework done until you see that it is done.	Reminding your child of the family rule to complete homework - and then allowing the child to make this decision to obey the rule or not.
Rewards	"Bribing" child to complete homework, chores, or to behave with tangible things like money, video games, or clothes.	Creating expectations to earn non-tangible family privileges (i.e. TV time, later bedtime) if child obeys family rules.
Consequences	Punishments are given to child for not obeying family rules inconsistently, too harshly, or too confusing to the child (the punishment doesn't relate to the transgression)	Predictable consequences are given to the child consistently when the child chooses not to follow the family rules. Consequences make sense (i.e. homework is not complete, so child doesn't have time to watch TV)



# Autonomy

Autonomy is an amazing tool for the parent to use, and I've seen so many kids blossom into such great students, family members, and decision-makers when I teach parents how to use autonomy correctly.

Many parents are already using the basics of autonomy in their household, but after they begin using my techniques such as Transformative Autonomy (where the even the most defiant child ultimately learns to make good decisions for themselves based upon internal rewards) and the Strategic Reward System, they begin to see amazing positive results with their child.

I don't have enough room in this ebook to teach you these techniques, but I teach all of the essential Autonomy skills in my online course for parents called [The Self-Motivation Success Academy](#).

Click [HERE](#) to learn more about how you can learn all the Autonomy skills you will need to make a huge difference in your child's life in order to help them make great decisions for themselves and begin working towards a happy and successful future.

Next, learn about the next essential skill you need to be using in your household - Mastery. The next section dives into everything you need to know to help your child discover their natural talents and abilities, and then to use these abilities to gain confidence in succeeding at any task or challenge that life throws at them.



Today's kids are experiencing anxiety and depression at record levels. When I work with kids suffering from these mental health issues, I find that a lot of their anxiety and depression is rooted in the belief that they're not living up to expectations - whether their own harsh expectations that they've set for themselves, or from those stemming from parents, social media, or their friends.

Here are some of the problems I've seen when this happens:

- **Avoidable Symptoms of Anxiety and Depression.** When kids set expectations for themselves, they are usually unrealistic - setting up a cycle of your child never living up to the harsh expectations that they've set for themselves. This creates symptoms of anxiety and depression that could have been avoided.
- **Low Self-Confidence.** Oftentimes well-meaning parents set expectations for their kids that are not based upon the child's strengths, and the child internalizes their difficulty with these expectations as a belief that they are not good enough. For example, if a parent believes their child should join the football team, but the child's strengths are more artistic, pushing the football team on them is not a good idea.
- **Low Self-Esteem.** When kids become influenced by the shallow culture on social media or within their friendship groups, they develop low self-esteem because it becomes impossible to actually attain those standards.

The Mastery module in [The Self-Motivation Success Academy](#) is all about helping your child discover their unique talents and abilities, and teaching them that the **PROCESS** of participating in, and getting better at these activities over time, is a better goal than always having the expectation that they have to be the best at something.

At Parenting The Modern Family, we teach parents to use a Mastery Mindset in the home where they emphasize their child's strengths, interests, and talents so that the child is able to experience the feeling of accomplishment in a job well done.

For example, when parents emphasize that their child successfully played a more complicated piece in this year's piano recital instead of being the *best* player at the recital, the child experiences a feeling of mastery over the piano task.





Research has shown that when kids feel a sense of mastery in their work, they:

- Enjoy the task more
- Persevere longer at the task, even when it gets boring or difficult
- In general, they demonstrate better concentration, willpower, and creativity on all of their tasks that they perform.

Now we're not saying that parents should only let their kids take part in activities that they're good at - life doesn't work that way. What we've seen by working with parents over the years is that when they include the Mastery element in their parenting style, their kids not only SOAR when participating on tasks that they have a natural talent in, but they're also able to tolerate tasks that they're not so good in too.

It seems that when kids know that the goal in life is to do their best in the **PROCESS** of a task, coupled with the fact that they've experienced success in an area where they have a natural talent, then they're better able to tolerate tasks where they're not so great too.

So many parents have asked me for help over the years because they're concerned that all their child wants to do is stay at home and play video games, watch Youtube, or focus on social media. They are disappointed that their child doesn't want to take part in an interesting hobby or extra curricular activity.

By emphasizing your child's natural talents and interests in your everyday parenting, you inspire your child to spend more of their time on worthwhile activities and less time on meaningless ones.

We provide many great lessons on how to do just that in [The Self-Motivation Success Academy](#). You'll learn all about how creating a simple and easy habit routine supports your child's ability to focus on worthwhile pursuits on a daily basis. We also teach you how to improve your child's "Willpower Muscle" and how to include Future Thinking Skills in your everyday parenting routine.

The next important element that all Modern Parents should be using is Relatedness. Read on in the next section for more.



# Relatedness



The fact that parents in the 1990s and early 2000s went to the far extreme when trying to create a good relationship with their kids shouldn't mean that today's Modern Parents shouldn't also try for the same thing - we just need to do it better and smarter.

Fortunately, scientific research is shedding some light on where the previous generation of parents went wrong - and what we can do today to do things better,

Motivation researcher Edward Deci found in his research that both kids and adults feel better about themselves, more confident in their abilities, and experience less stress and anxiety when they understand *HOW* they fit into a bigger world.

It's human nature to want to fit in and contribute to the world around us, but when we feel like no one cares about us or that we don't contribute anything special to a larger society, then we experience a debilitating disconnect.

I've extended Deci's theory by teaching that kids not only need to understand how they fit into a larger world, but they also need to understand how they fit into smaller environments such as the family and a friendship group first.

Kids have special developmental needs, and by focusing on making sure that the child feels valued and loved within the family needs to take priority. During my years of working with kids and families, I've found that when the parent-child relationship suffers, then so does most other areas of the child's life too; therefore, the first step I take when working with Modern Parents is to repair this important relationship.

It's also equally important to make sure that the child is attracting - and keeping - quality friends. Just like the family environment, kids do best when they understand that they have an important role to play in their friendship group and that they are accepted by their peers.

There are many roles to play within friendship groups - leader, confidant, comedian, problem-solver, the smart one, etc. - and your child needs to understand which role is unique to them and that this role is valued by the others in the group.

It can be difficult helping kids make friends, and we teach many strategies in our online

# Relatedness



course, [The Self-Motivation Success Academy](#), that parents can use to help their child get on track in this area.

Finally, once kids feel confident that they have a special role to play in their families and within their friendship groups, they begin to understand that they also have an important role to play in the larger world around them too - and this is where knowing their natural strengths and talents becomes so important!

When kids feel valued within their smaller worlds - their families and friend groups - then they naturally want to share their natural talents with others in order to make a positive impact on the world.

For example, if a 13-year-old young girl enjoys playing the piano, she might want to play a few songs for her grandma and the other residents of a convalescent home in order to make them happy. In this way, the child feels proud that she is able to share her talents with others in order to make the world a better place - and she also takes this responsibility seriously.

Unfortunately, parent-child relationships, peer relationships, and learning to be empathetic and charitable are sometimes easier said than done, which is why [our online course](#) contains several video lessons on how to teach your child the skills necessary to thrive within the relationships around them.

The bottom line is that kids will never mature into young adults who feel motivated to do their best if they don't feel like they have an important role to play when they grow up, but we teach you everything you need In [The Self-Motivation Success Academy](#) in order to set your child up for a successful and happy future.

Now that you know the 3 important elements that all Modern Parents should be using in their households, let's put it all together on the next page. Every element is important, but when you put them all together, that's when your child transforms right before your eyes.

# Putting It All Together

Autonomy, Mastery, and Relatedness have been shown to be the 3 important elements needed for kids to be internally motivated. And when kids mature into young adults who are motivated from an internal source, anything is possible!

I want to help you parent with confidence by teaching you all of the techniques that I've seen work with my private practice clients by offering you access to my video lessons on The Self-Motivation Success Formula.

Click the link below to learn more about the course and to get immediate access.

## How Do I Learn About Self-Motivation In The Online Course?

There are 5 Modules with multiple lessons in each module where you learn all the techniques needed to teach your child self-motivation skills.

**Module 3: Mastery - Teaching Your Child How To Persevere**

- Lesson 1: Module 3 Overview (3:32)
- Lesson 2: Habits - The Secret Weapon For Developing Mastery (30:49)
- Lesson 3: The Domino Principle (12:52)
- Lesson 4: Why Willpower Matters and How To Strengthen Your Child's Willpower "Muscle" (31:50)**
- Lesson 5: Future Thinking (15:35)
- Module 3 Survey

**Module 4: Relatedness - Teaching Your Child Purpose**

- Lesson 1: Module 4 Overview (4:07)

**Lesson 4: Why Willpower Matters and How To Strengthen Your Child's Willpower "Muscle"**

*In order to practice mastery, your child must be able to participate in a task even when it gets challenging and difficult. Help your child overcome the desire to quit by using the science-backed techniques to strengthen their "Willpower Muscle".*

**Self-Motivation Success Academy**

*Why Willpower Matters and How To Strengthen Your Child's Willpower "Muscle"*

**WORKBOOK EXERCISE:**  
Creating a Resistance Plan - Page 29

The goal of each lesson is to teach you a specific technique that you can begin using right away with your child.

Every lesson contains a video where I teach you everything you'll need to know to transform your child in a self-motivated dynamo!

The course comes with a workbook, and each lesson corresponds to a workbook section.

[Click Here To Access Course >>](#)

# Putting It All Together

## What Is An Online Course For Parents?



Access The Course on Your Desktop Computer

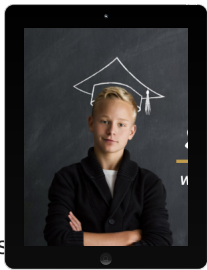
An online course is a flexible way of learning more about a topic that you're interested in.

It's self-paced, so you can watch video lessons or complete PDF worksheets whenever you have free time.

You have access to the videos and worksheets forever!



Access The Course on Your Laptop



Access The Course on Your Tablet

You are NOT in a "class" with other people, and you WILL NOT BE GRADED - this is for you to learn all about self-motivation at your own pace so you can help your child be everything they were meant to be!



Access The Course on Your Phone

[Click Here To Access Course >>](#)

# Putting It All Together

**Course:** [www.Self-MotivationSuccessAcademy.com/](http://www.Self-MotivationSuccessAcademy.com/)

**Blog:** [www.ParentingTheModernFamily.com](http://www.ParentingTheModernFamily.com)

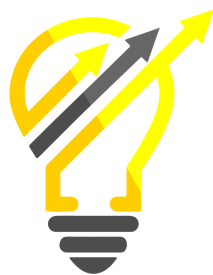
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**Thanks For Reading & Let's Connect Soon!**

*~ Dr. Becca Ballinger*



**SELF-MOTIVATION**  
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Click HERE To Check Out The Course

