

Growth Minded Marriage

Conversation Prompts

Ep. 14: Creative Winning Solutions

Join Kevin and Mary in discussing these prompts over the next 2 weeks.

When do you feel your kids are at their best? Which interactions make your heart burst with pride? (If you are not a parent the same idea can be applied to partners, family or pets.) How can you create more opportunities like the ones you are imagining?

When you catch your kids, partners or dog at their best, make sure you are giving positive reinforcement. Tell them how it makes you feel and ask them how it makes them feel. Bask in the moment together. It helps your brain take in the good and over time rewires your brain to scan for the good.

Try this super effective positive parenting technique to make your kids feel validated, seen and valued.

First, notice something they did right or positive. It can be the smallest thing, like tying their shoes or throwing trash away without being asked.

Then, in a voice that lets them overhear you, speak about them as if they can not hear you.

Praise their behavior and their innate goodness and how it has made YOU feel as their parent.

Finally, enjoy seeing their chests inflate with pride, and best of all, watch as they try even harder to do that positive thing.

