

# 2x2 Teaching Principles for Parents



2 Things You Need to Absolutely Stop Doing and 2 Things You Need to Immediately Start Doing to Teach Your Child Better



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## Quick Intro

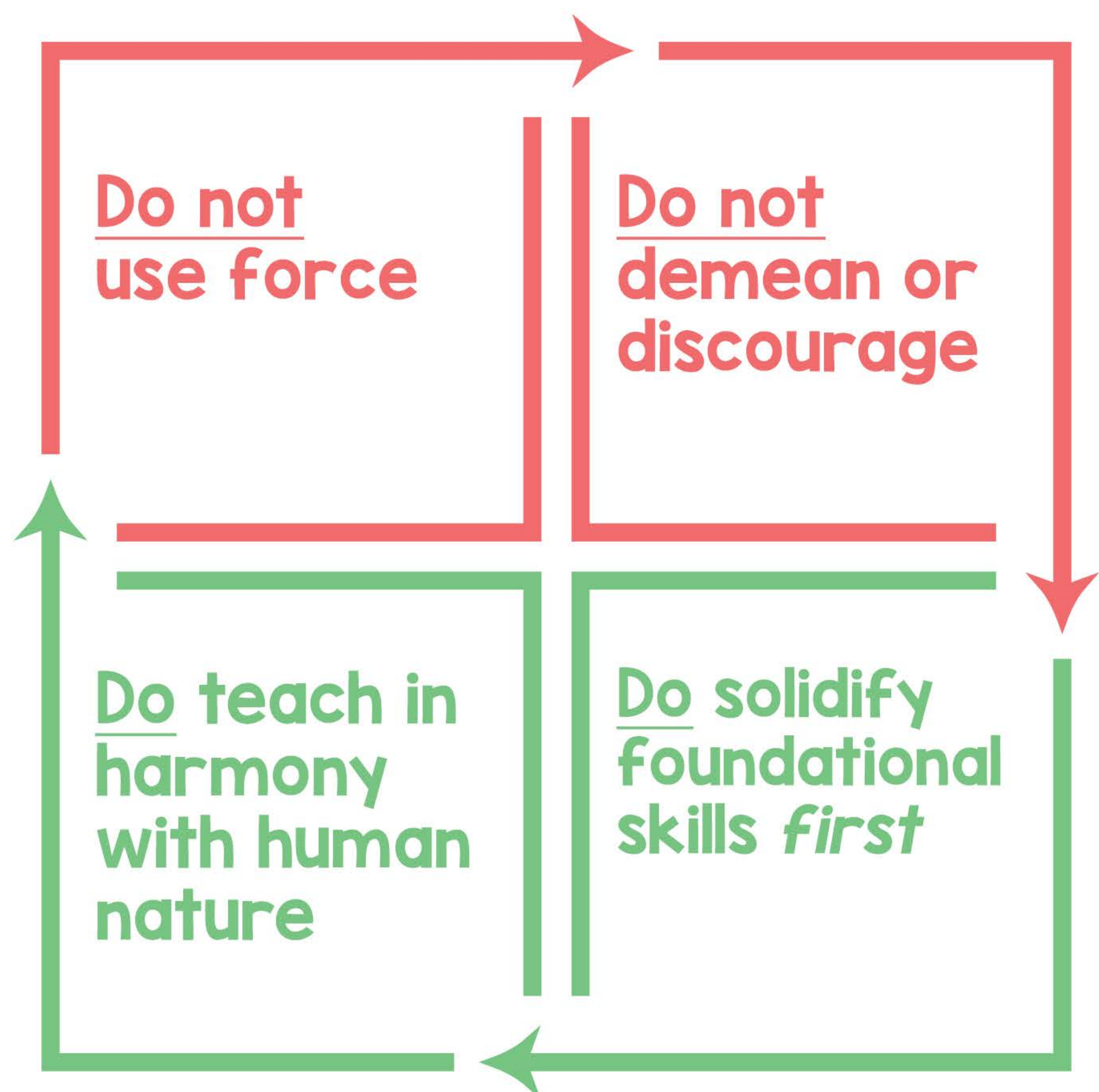
For the first years of teaching my children, I worked hard rather than smart. When they weren't doing what I asked, I pushed and threatened consequences until I got what I wanted (thinking I was being a good parent). I spoke with authority, yet was not sure at all that I was doing *anything* right. Not only that, I wasn't enjoying my kids very much. I went to bed too many nights feeling unfulfilled, frustrated, and wondering what was missing...

One mother in a group discussing math - the subject most dreaded to parents and kids - said, "Yeah, I want my child to like math, but mostly I just want to like my kid!" We laughed but realized there was more truth than joke to it.

Is there a way to educate your child while maintaining an atmosphere where parents and children not only love but *like* each other? Is it possible to truly enjoy the process of educating your children? Is it possible to unleash the dormant potential that we know (hope?) exists inside our kids? The answers to each of these questions is YES!

These battle-tested principles are things I wish I had known when I started teaching my kids.

### The 2x2 Teaching Principles







# DO NOT Use Force

Have you noticed that the minute you're not forcing your kids, is the minute they're not doing? But forcing things makes our kids dependent on us for their education.

If we're doing all the planning and worrying, why in the world would they do it themselves?

The goal of every parent is to have our kids be *internally* motivated to do good things when our backs are turned.

For now, you're bigger than your child. You can take their stuff away or impose an assortment of negative punishments, but consider this: **their minds and hearts are completely out of our forceful reach**. And the mind and the heart is where all the genius hides. Where all the good stuff starts!

- Good attitude
- Creativity
- Persistence
- Enthusiasm
- Strong work ethic
- Strong mental focus

**The mind and the heart is where all the genius hides!**

These traits can only be volunteered. Thus, it is much more effective to focus on helping children **want to do** what we want them to do instead of making children **do** what we want them to do. This pivotal shift in perspective is a slight change grammatically, but is significant in real life.

To help us understand and internalize this truth, all we need to do is put ourselves in our kids' shoes: Imagine an authority figure more powerful than us forcing us to do as much work as they say, as long as they say, no matter how much we hate it, no matter how stupid and unnecessary it seems, no matter how hard or boring it feels. Imagine doing this day in and day out with no end in sight and all without pay. Imagine being kept from doing the things we want until we've satisfied their whims and demands. Don't you think we'd have bad attitudes and withhold the best we have to give?

When it comes to human nature, children are nothing less than adults in kids' bodies and the sooner we think of them this way, the quicker we'll see the resistance melt, and the initiative-taking begin.

You can think of it this way: Treat your children as you would your most valuable customer.

You're selling your wisdom, guidance, rules, and desires to your kids every day. How do you get them to buy?



With this perspective, you wouldn't use any form of coercion. You wouldn't get frustrated, making them want to take their business somewhere else. Instead, you'd get more creative in your advertising, you'd clarify your message, you'd improve the appeal of your wares, you'd be more friendly, you'd ask for feedback on how to improve, and you'd invest in your own learning.

It is our job to adjust what we're doing until our customers feel like buying. To believe that our customers are lacking would hurt our very own livelihood.

It takes a lot of patience to motivate your child from within. It's like a pressure cooker on low. While it may take a while for the pressure to build, your child will make up for any lost time on their own initiative once they opt in to their own learning.

You cannot lead effectively with force. For our children to invest in learning, we must be flexible and creative.

**"Student inability is usually nothing more than teacher inflexibility."**

**- Stephen R. Covey**







# DO NOT Demean or Discourage

The environment you create for your children is more important than what you hope they will learn. Many parents are asking the wrong questions. Instead of asking how to make their children *feel* better, they ask what curriculum they can use to help their child learn better. When the focus is on teaching materials, you may forget to even notice how your child feels.

When we're on the sidelines of a sports game, we know how to cheer. We shout louder when our children approach the goal. Our positive cheers fuel them to keep fighting hard in order to make the point. However, when it comes to learning new things, we tend to boo and hiss at our children, somehow expecting this to motivate them to do better.

*Negativity – even if what we're saying is absolutely true – creates a discouraging atmosphere for everyone.*

## Have you ever said something close to these phrases?

- Don't be so rude.
- Good grief! Why are you always picking on your brother?
- You're such a slob. Every time I walk by your room, it's a mess.
- How irresponsible can a person be??
- It's so lazy to be on your phone every chance you get. No wonder you hate school.
- You're driving me absolutely crazy.
- If you don't quit wasting time, you're going to be a failure.
- That child is so disrespectful.
- You don't care about anyone but yourself.

When you're working with your child, you don't even have to say these things out loud to affect the environment. Even *thinking* these things will shift your tone, body language, and energies; this will come through loud and clear to your child's extraordinarily perceptive mind. Their resistance will grow and you might bemoan your child's horrible attitude with no idea that you've been helping to create it.

The secret is to use future-facing words with your kid. Instead of using words that describe what's already happened or things that are wrong, use words that describe where you want your child to go.

Reframe every negative thing you feel like saying into something they can attain.





**“When a flower doesn’t bloom, you fix the environment in which it grows, not the flower.”**

**- Alexander Den Heijer**

## **Try turning negative statements into positive ones.**

- **Would you please be kind? I’d love that so much.**
- **It will be such a happy sight when I see you and your brother as buddies. I saw it last week and it was so fun that I simply can’t wait to see it again.**
- **Do you have any plans to clean your room? I’m heading to the store. Can I buy you anything you need to help you keep it organized?**
- **You are such a responsible person at your core. I know that about you because I knew you when you were five.**
- **When you find something you like, you are the most diligent person ever. I can’t wait to see what you accomplish when you discover your passion.**
- **You and I can get through this. We’re strong people.**
- **If you put forth a little effort each day, you’ll be surprised by what you accomplish over time.**
- **What can I do to make you feel more respected?**
- **Wouldn’t it be great if I cared about your needs and wants and you cared about mine? I bet we could work out anything.**

Like any new skill, it’s going to take practice. You’ll need to diligently work to upgrade your thought patterns until your new tone and body language become the default. As encouraging mannerisms begin to flow from you, your children will naturally have better behavior and attitudes.

The more that your children feel emotionally safe in your relationship, the more positive influence you will have on them.

You can do this. You already do. How often I see parents who pause their respectful, positive tones with another adult; switch into a frustrated, pushy, “you’re bugging me” mode with their child; and return again in perfect pleasantness to the person they were talking to. This is proof that we can switch personalities at will, depending on who it is we’re talking to.

The challenge is to stay pleasant and positive with your children as consistently as you possibly can.

You’re going to make mistakes. You’re going to say things that you wish you hadn’t. Children are forgiving. Like an actor who messes up a scene, all you need to say is...

***“Oops, can I try that again?”***



Change your words, switch your energy, and do a retake. Mistakes made with your children can be fixed as simply as that.

Your children deserve to interact with your best self at all times. This is hard. You may not want to show your kids your best side when you aren't happy with their performance. It might feel like you're letting them get away with bad behavior. But your children may be subconsciously thinking the same thing about you; why should they owe *you* their best behavior? Negativity towards/from kids is a vicious cycle that only you have the power to break.

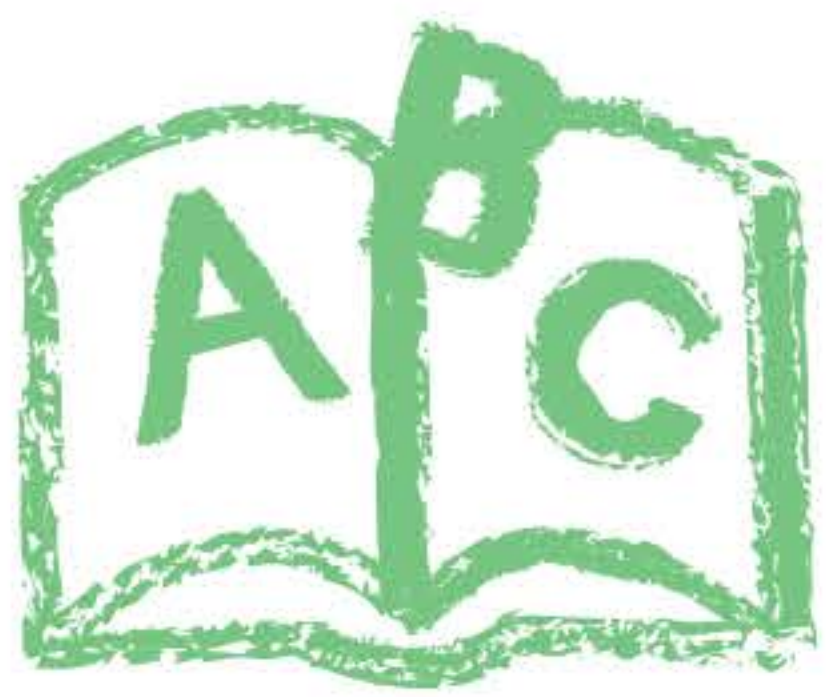


**“Patience is not simply the ability to wait; it’s how we behave while we’re waiting.”**

**- Joyce Meyer**







# DO Teach In Harmony With Human Nature

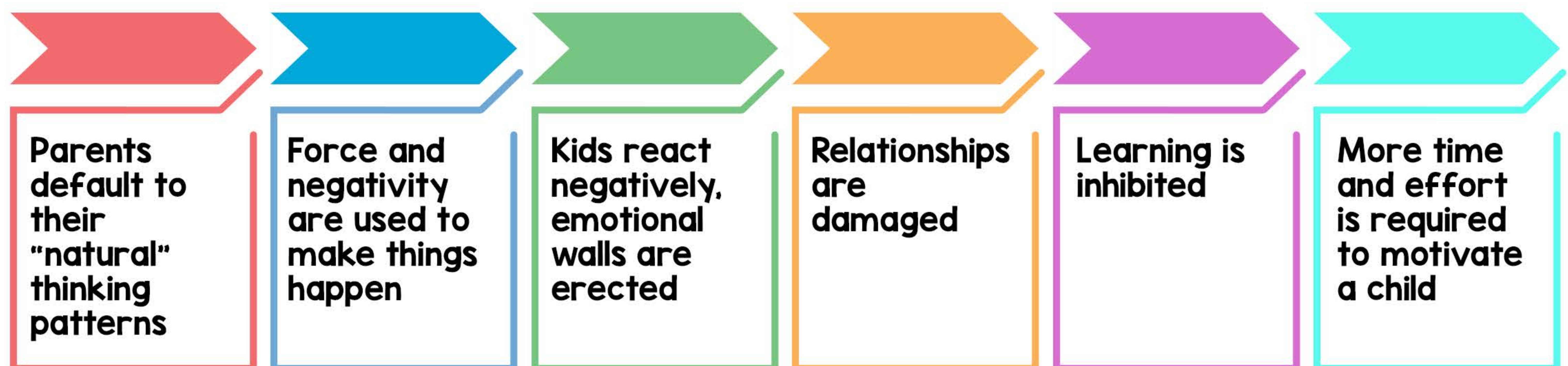
You're going to have to learn a new set of skills before you can effectively teach your child. This may seem like a quest you don't have time to accept right now. But unless you intentionally upgrade your parental mindset, teaching your kid anything is going to waste huge amounts of time and energy without bringing the results you want.

When you learn what makes kids tick, they tick.

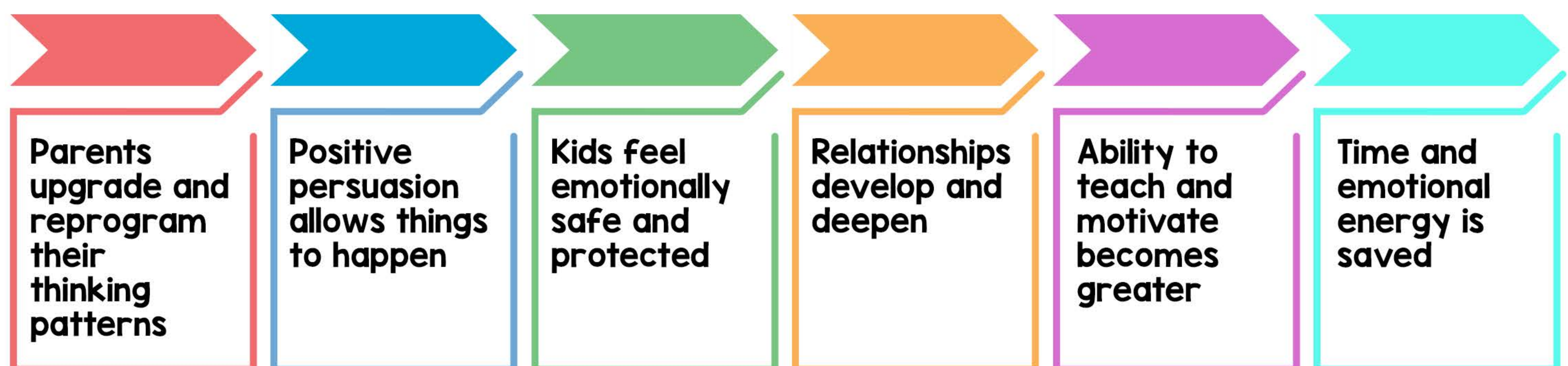
Unfortunately, however, making your kids tick is initially going to feel awkward. Like using your non-dominant hand, it's going to feel counterintuitive and take concentration. And if you think of mindset training as a luxury for which you don't have time, it's time to choose another thought! The cool thing is that when you think in the right direction, you'll instantly earn back the time it took to upgrade your parental mindset...and then some!

Consider two scenarios. The first is unintentional, happening when your mindset and actions remain in default. The second is completely intentional; though it requires work, it will give you the results you hope for. With practice, it will become your new default.

## The Unintentional Scenario



## The Intentional Scenario





Upgrading your parental mindset requires resources. Follow the tracks of those who have successfully developed their kids. Ask questions, read books, take online courses, listen to podcasts, seek out anything offering wisdom that will help you upgrade your mindset.

The best person to help you - the most efficient yet most underutilized - are your children. Let them know it's your goal to teach, guide, and encourage them. Be sincere when you ask for their help and for their honest feedback when you make them feel discouraged. When their body language seems distant or resistant say,

*“Oh, I meant to encourage and help you just then, but it seems to have had the opposite effect. What could I have done differently that would have made you feel encouraged?”*

And then listen.

Your ego may take a hit when you hear their answers but count it as a win. Philosophers agree that the death of the Ego is a beautiful accomplishment; it removes clouds from our sky, allowing Joy to enter our life.

Don't give up on developing a new mindset. You will be tempted to switch back. You may even feel like this booklet doesn't apply to you. It's scary to change how you normally do things even if the things you normally do aren't working. But facing the awkwardness and letting go of the norm is the only way to get maximum results.



**“We cannot move forward until we begin to acknowledge what we are doing that isn't working.”**

**- Catherine Thomas**





# DO Solidify Foundational Skills *First*

Parents often make the mistake of pushing new information before their child has a strong foundation in the material. If the piano your child practiced on was missing several keys, you'd hear it. If the floor they walked upon was uneven, you'd see them trip. Unfortunately, because educational struggles are in the mind, we may not see the problem until it's greatly compounded.

Take the necessary time to solidify foundational skills.

- Additional mathematical principles should never be introduced to a child whose knowledge of addition, subtraction, multiplication, or division is only “good enough.”
- Children should only be given more challenging reading assignments when they are able to read the first couple hundred of the most common sight words effortlessly and automatically.
- Additional skills on an instrument, in a sport, in a school subject, etc., should be taught only after the foundational skills are mastered.

New information given to children who lack foundational skills will only lead to discouragement and decreased self worth. They will feel like they are always swimming upstream.

Force yourself to take the time to help your children master the fundamentals. Don't use rote memorization, particularly with math facts. Not only is it BORING but it hampers the ability of the mind to think flexibly, which hinders future learning. When teaching, always ask yourself,

*“What would make me like learning this if I were a child?”*

The ideas you generate will not only help your child learn better, but there will be more energy and a lot more joy throughout the whole learning process.

**“Give me six hours to chop down a tree and I will spend the first four sharpening the axe.”**

**- Abraham Lincoln**







## Learn To Apply These Principles

I have designed a simple online learning system called *MathHacked* to show parents how to use these principles to motivate and teach multiplication and division facts. Math tends to be one of the biggest learning pains for parents and children, so you'll be delighted to find that the entire process is a pleasure. Whether your child is just starting math (pre-addition) or is an older child resistant to math (or even developmentally delayed), this program is designed for you. The best course of action is to turn any resistance into enthusiasm by doing an "about turn" and redoing the times tables, but this time without rote memorization in order to develop a flexible, math-ready brain.

This is what MathHacked is all about; find out more at [www.mathhacked.com](http://www.mathhacked.com)

Working with (as opposed to against) human behavior will empower you; it will increase your energy and the skills needed to teach your children the lessons that will help them live fulfilling lives.

Following these principles will make things easier than you could ever imagine. Set your family firmly on the path of joy, mutual affection, and excellence by immediately applying these discoveries and save yourself the wasted time and headaches that it took me decades to overcome.

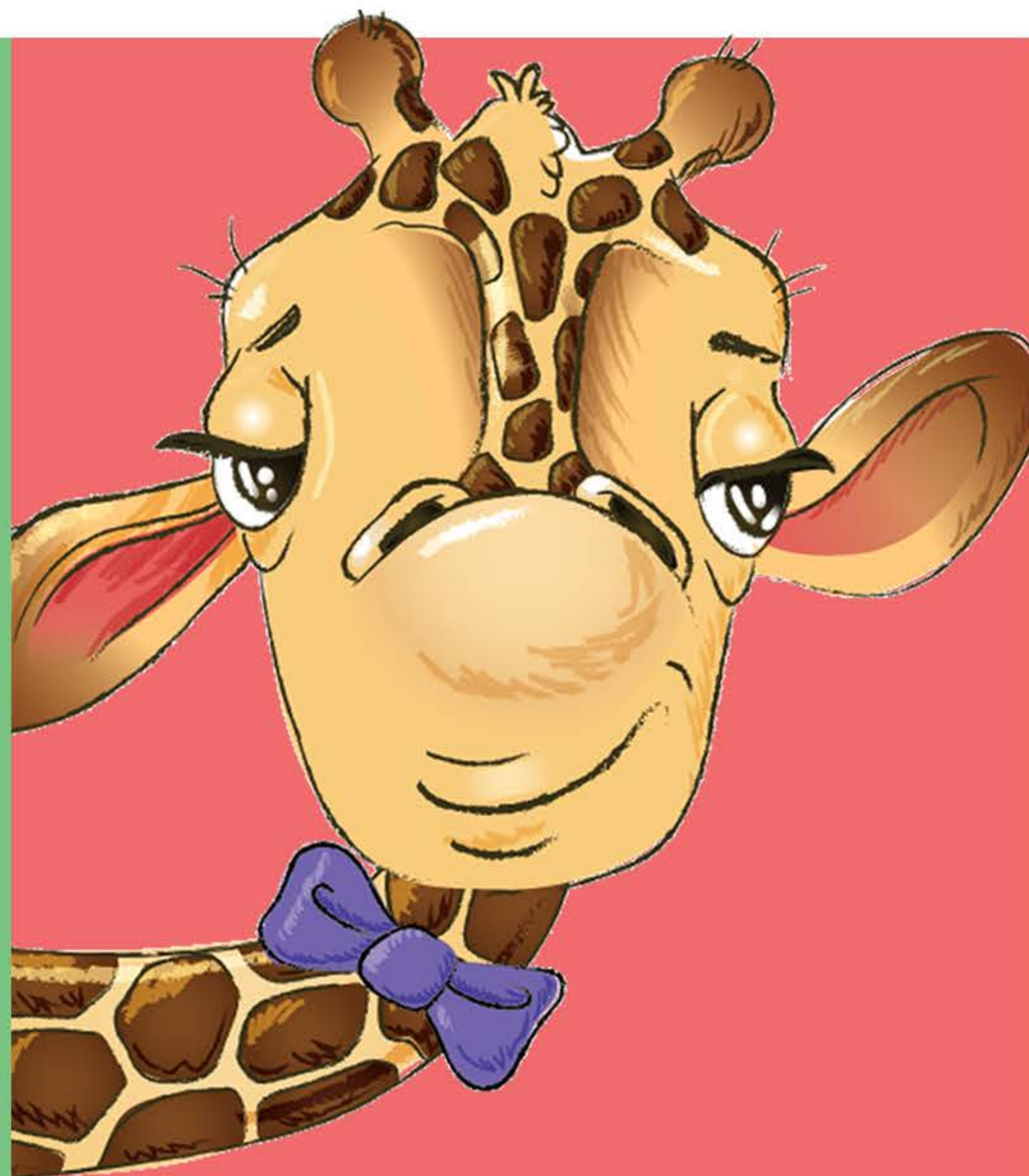
You can do this.

Best wishes,

*Heather Linchenko*

**"We all want progress, but if you're on the wrong road, progress means doing an about-turn and walking back to the right road; in that case, the man who turns back soonest is the most progressive."**

**- C. S. Lewis**



**psssst... thank you for your time!**

**Here's a 15% off promo code to the complete MathHacked system!**

**MATH2X2**