

# Stop Making These Parenting Mistakes: The Martial Arts Approach to Eliminating Bad Habits in Children

7 Easy to Learn, Fast to Implement, Time-Tested Tips from your kids'  
Martial Arts Instructor

# Thank You

🎬 Stay tuned till the end of this presentation for a special offer.

# Who We Are

- ❁ Somnath Sikdar
  - ❁ 32 Years of Martial Arts Exp
  - ❁ 25 Years Teaching Children
  - ❁ Co-Owner / Operator of Dragon Gyms
  - ❁ Co-Founder Discovery Group
  - ❁ Dad



# Who We Are

- ❁ Lonnie Beck III
  - ❁ 29 Years of Martial Arts Exp
  - ❁ 22 Years Teaching Children
  - ❁ Co-Owner / Operator of Dragon Gyms
  - ❁ Co-Founder Discovery Group
  - ❁ Dad



# What are we talking about today

- ④ 7 “Mistakes” that we’ve seen parents make over the past 2 Decades
- ④ New Challenges due to the changing social and tech landscape
- ④ Our approach and suggestions on turning some of these obstacles into opportunities
- ④ More tools to improve outcomes for our children.

# Mistake # 1

- ⊗ Too much screen time
  - ⊗ Has Always been a problem (TV and Video Games), but now amplified by Smartphones and Tables
  - ⊗ Multiplied by school “requirements” on tech
  - ⊗ Multitasking is seen as a positive (By Parents and Kids)
  - ⊗ Used as a crutch to occupy kids or parents need a break
  - ⊗ Lack of Social Skills
  - ⊗ Can inhibit learning (retention and comprehension)
    - ⊗ <https://www.scientificamerican.com/article/a-learning-secret-dont-take-notes-with-a-laptop/>

# Mistake # 1

## ⊗ Solutions

### ⊗ Lead by example

- ⊗ Avoid “multitasking”, watching TV, or checking your phone when you are with your children
- ⊗ Institute a “Turn it Off Tuesday” for the whole family.

### ⊗ Create and Enforce rules with Technology

- ⊗ Especially important with homework
- ⊗ Use Positive Reinforcement

### ⊗ Employ a Habit-Bundling Strategy

- ⊗ Arrange Face-to-Face interactions for / with your kids
- ⊗ Reward Structure for homework, chores or other tasks

# Mistake # 2

- ⊗ Procrastinating on Proper Meals
  - ⊗ As long as they eat *something* mindset
  - ⊗ Wait till they're older to develop / enforce healthy eating habits
  - ⊗ Not knowing what's really healthy
  - ⊗ Using food as a reward
  - ⊗ “There's starving kids in India”

# Mistake # 2

## ⊗ Solutions:

- ⊗ Kids that eat healthy have better mental and emotional health
- ⊗ Create the healthy eating mindset and habit as *early* as you can
- ⊗ Flip the pyramid
- ⊗ Replace sweet treats with healthier snack-like options
- ⊗ Combine what they like with what they want
- ⊗ Offer A or B instead of Yes or No choices
- ⊗ FRUIT FRUIT FRUIT
- ⊗ An occasional treat is still OK

# Mistake # 3

- ⊗ Neglecting Relationships
  - ⊗ Not Spending Quality time with
    - ⊗ The whole family
    - ⊗ Your spouse
    - ⊗ Each Child Individually
    - ⊗ Your Siblings
  - ⊗ Not paying enough attention to sibling dynamics
  - ⊗ See Mistake # 1

# Mistake # 3

- ⊗ Solutions:
  - ⊗ The Ability to engage in healthy, real-world relationships is a predictor of success: school, work and family life
  - ⊗ Pick Activities that you can do in both 1 to Many and 1 to 1 relationships
    - ⊗ Look for Peer-Peer, Peer-Near Peer, and Mentor-Student
  - ⊗ Don't directly intervene in sibling squabbles
  - ⊗ Save the “adult” conversations for after the kids are in bed

# Mistake # 4

- ⊗ Providing too many choices
  - ⊗ A confused mind always says no!
  - ⊗ We feel like we are doing the right thing by giving many options and opportunities
  - ⊗ Kids are overscheduled and overwhelmed
  - ⊗ Causes frustration and stress for the parents too!

# Mistake # 4

- ⊗ Solutions:
  - ⊗ Still provide some choices
  - ⊗ Instill decision making ability
  - ⊗ Teach that saying yes to something may mean saying no to one or more things
  - ⊗ Let them face the consequences of their decision
  - ⊗ Provide 2-3 options and let them decide

# Mistake # 5

- ⊗ Being too hard on them for making mistakes
  - ⊗ Fear of Failure can be the enemy of resilience and grit
  - ⊗ Being focused on perfection rather than excellence
  - ⊗ Inconsistency of expectations

# Mistake # 5

## ⊗ Solutions

- ⊗ Teach them that failing is OK, it's what they do after that matters
- ⊗ Focus on performance over results
- ⊗ Talk them through the consequences of bad decisions and discuss one or more alternatives that would have yielded better results
- ⊗ Have high, but consistent standards
- ⊗ Make sure they know you'll ALWAYS have their back

# Mistake # 6

- ⊗ Being their bubble
  - ⊗ Seems like the opposite of Mistake # 5, but often these two actually go together
  - ⊗ We want to keep them happy and safe
  - ⊗ Intent is to shield them from hurt and disappointment
  - ⊗ We also want them to have better long term outcomes

# Mistake # 6

- ⊗ Solutions
  - ⊗ Be a safety net, not a shield
  - ⊗ Let them fight their own battles (as appropriate)
  - ⊗ Expose them to physicality
  - ⊗ Let them face small obstacles and failures (and let the scope grow)
  - ⊗ Resilience: The ability to recover quickly from difficulties

# Mistake # 7

- ⊗ Keeping them busy
  - ⊗ An idle mind is...
  - ⊗ Busy-ness is masked as “enrichment”
  - ⊗ Their activity buys us idleness
  - ⊗ We don’t want them to be bored

# Mistake # 7

## ⊗ Solutions

- ⊗ Bridge the gap with low tech / low touch activities
- ⊗ Let them be bored...it leads to creativity
- ⊗ Meditation, Mindfulness, Breathing Exercises (can be done alone or together)
- ⊗ Give them something to get better at.
- ⊗ Force them to go outside
- ⊗ “I’m mopping the floors.”

# What's Next?

- ⊗ Close to Exton or Berwyn PA?

- ⊗ Parenting Newsletter

- ⊗ Visit →

<https://www.somnathsikdar.com/dg-parenting-best-practices-newsletter/>

# Thank You

Please visit [www.dragongym.com](http://www.dragongym.com)  
for more information