

Jericho High School

"THE PARENT CORNER"

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*"It is amazing how much you can accomplish when it doesn't matter who gets the credit."
Harry S. Truman*

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The 7 Habits of Happy Kids

Habit #4: Think Win-Win

The Parent Corner is a professional publication designed to provide Jericho parents with practical tools and effective strategies that will serve to strengthen family ties and protect our children from making unhealthy life choices.

The first three habits in our Healthy Kids Toolbox are part of what Steven Covey calls **Private Victories**. They are personal and relate to you as an individual person. It is important for children to reach a healthy state of independence in their personal lives before they tackle success in the world at large. Private victories are the building blocks for the habits that follow.

TOOLBOX SKILLS
★ Be Proactive
★ Begin with the End In Mind
★ Put First Things First
★ Think Win-Win
★ Seek First to Understand
★ Synergize
★ Sharpen The Saw

Habits 4, 5, and 6 relate to our interaction with our environment. These habits are part of what Covey calls the **Public Victories**, moving one from **independence to interdependence**. Public Victories establish the skills necessary to be a team player, leader and to succeed in one's chosen field of endeavor. Simply put, one must know one self... before one can know who they want to be in the world.

HABIT #4: Think Win-Win

Approaching life from a Win-Win position isn't about being polite, or passive. It is a character-based belief system based on collaboration and teamwork. The Win-Win approach suggests that you care enough about yourself and the people in your life to look for common ground and mutually satisfactory solutions to conflicts as they arise.

In school, students often feel like they are in win-lose situations, where extreme competition can lead to feelings of anxiety, sadness and low self-esteem. Competition in Covey's world is best served up when an individual competes against his or her own standard. In this way, as student stretches to become the best student, athlete, family member and friend one can possibly be, regardless of others around her.



“Thinking win/win requires quite a paradigm shift in thinking for many people. Because our culture’s basis is competition — which in its own right is not a bad thing — it often triggers a belief in the scarcity mindset. This belief that there just isn’t enough to go around can be extremely self limiting.” *Covey*

At home, Habit # 4 encourages family members to think in terms of mutual benefit and support. Healthy families encourage teamwork. They think in terms of “we” not “me” in order to make agreements. Win- Win families want what is best for all members. One person's success is not achieved at the expense of another's.

“Win-win sees life as a cooperative arena, not a competitive one. Win-win is a frame of mind and heart that constantly seeks mutual benefit in all human interactions. Win-win means agreements or solutions are mutually beneficial and satisfying. We both get to eat a slice of the pie and it tastes pretty darn good.” *Covey*

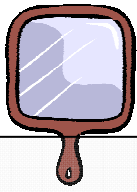


The Win-Win Habit takes practice and perseverance. Listed below are 5 Tips that can help you to get started.

1. **Be Open:** Develop a willingness to listen openly to and to react honestly to the message of others.
2. **Embrace Empathy:** Try to feel what another person feels from that person’s point of view, to understand emotionally what another person is experiencing.
3. **Act Supportive:** Use descriptive messages rather than judgments or evaluations, avoid preaching accusations or blame.
4. **Spread Positive Vibrations:** Use positive rather than negative messages. Look for the positive in people and celebrate goodness and kindness when you find it.
5. **Seek Equality:** Develop an attitude or approach that treats each person as an important and vital contributor to the interaction.

Adapted from <http://www.babyboomerslifechange.com.au/>

HABIT # 4 SUMMARY- Please take a moment and practice the reflection below. Remember, that with each step we take in the Win-Win direction, the closer we come to raising healthy kids and happy families.



REFLECTIVE EXERCISE

Reflection: Think about a problem or issue you are having at home. Talk to your child about their needs or desires (their win). Explain what a win is for you.

Try spending five minutes in each other's shoes, embracing each other's perspective before working on a mutually satisfactory solution. Try coming up with ideas for meeting your child's needs in a way that will also meet your needs.



The next issue of *The Parent Corner* will present

Habit #5: Seek First to Understand, Then to Be Understood