June 21, 2022

The Parenting Corner

Your personal chinuch connection with Rabbi Brezak (for members only).

Members News

Starting today we will be raffling off a $25 Amazon Gift Card each week! All you need to do is submit an answer for the Parenting Challenge of the week. Scroll down to see this week's challenge.

Parenting Challenge

If your 10 year old does not want to go to shul should you force him?

We would like to hear your opinion!

Please submit your answers and suggestions here for a chance to win a $25 Amazon Gift Card!

Rabbi Brezak's Personal Advice

It's hard to focus on getting along with our children when we are busy managing the house, when we are in the middle of chores, when we are in the midst of routines etc. It's like trying to make a relationship with your child while you are crossing the street; it's basically impossible.

But it's important. What can we do? Create times outside of the routines. At night take one child for a brisk walk. Take another child with you if you are going on errands. Take a child out for a drive or to a pizza or ice cream store once in two weeks.

Too hard? Wait until the end of the day and catch a child when he or she wants to talk. Kids want to talk when they are going to sleep (so that they can get more awake time 😊). How about if you take one child and once in two weeks do a schmoozing time while they are in bed ready for sleep instead of making them go to sleep right away.

Too late for you? You are finished at night time? Need your space?

How about when the child comes over to you and you are busy - as an exception - stop what you are doing and give the child your full attention for 5-10 minutes.

Alternatively, clear away 5-10 minutes as soon as you can and then talk with the child. When you make the child who comes over to you a priority, he begins to really feel you are on his side. That can be a real relationship builder.

Bottom Line: Find some time and set it aside (even once in two weeks) for a child. You won't be sorry you did so.

Question of the Week

How do I get my fighter child under control when he is out of control if consequences don't work with him?

Conjuring up a privilege is a way to get a fighter child under control at the heat of the moment.

You can say "I was thinking of taking you to _____ tomorrow or for pizza but I guess I can't take you if you can't stop right now."

Then you give him a chance to stop. If he doesn't stop then he loses the privilege and you have to tell him that. Then give him another chance that if he still behaves at least from now, he can maybe get it tomorrow. If he still doesn't behave then he loses it altogether.

In case that doesn't work (and he didn't earn the privilege), you have to help him feel in some way that he lost out. Therefore you yourself have to go and have pizza the next day and let him know that you went without him. This will really bother him so that the next time he will take you more seriously.

Highlights of the Week

In our positive middos workshop this week we discussed Emunah as a cure for sadness, for ourselves and for our children. When some of the mothers asked if this can be used in place of medication we answered that one has to experiment. First try with Emunah and see if this alone will work for you. But in that case you must take the Emunah seriously and dedicate 30 minutes a day every day for a good few weeks. Only after that will you know. Another mother came forward and mentioned that after changing the way she viewed herself she no longer needs any of the medications she had been taking for years. I added that Emunah includes having Emunah in yourself as you are a child of Hashem Yisborach and you have a piece of Him in you.