

# Habit 4: Think Win-Win

*Think Win-Win* is the belief that everyone can win. It's not me or you-it is both of us. It is a belief that there are enough good things for everyone; it is an abundant way of thinking. Think Win-Win is being happy for others when good things happen to them. As a parent, not everything is negotiable, but if you go into discussions with your child with a win-win mindset, you'll find a lot less resistance.

## Younger-Child Activities

- Play a game with your child(ren) that has a definite winner. Explain how competition is okay when you play a game, but it is not okay in relationships. Discuss how tense it would be in your home if every situation had to have a winner. A better way to think is win-win. This means we think of solutions that we can all feel good about when there is a problem. The more we Think Win-Win, the fewer problems there will be. You may want to display a chart listing the days of the week. When someone is "caught" thinking win-win, he or she gets to write his or her name on the chart for that day.
- Encourage win-win solutions to sibling disputes. Don't always be the mediator; let them work out a solution and be sure to lavish children with praise when they do.
- Think of an ongoing conflict you tend to have with your child (homework, cleaning his or her room, feeding the dog) then discuss a win-win solution to the conflict. Write down the solution and then remind each other of it the next time the situation arises.
- Remember not to compare your children in front of each other. Try not to say to Marcelo that "Juan always remembers to clear the table." That's win-lose thinking. Instead, just concentrate on praising Juan for a job well done. Marcelo will get the message.
- Think about your relationship with your child. Is it generally win-win? If not, how is that affecting your family life? What should YOU do differently.
- Read Chapter 4 of *The 7 Habits of Happy Kids* book with your child and then complete the Parent's Corner.

