

Congratulations and welcome!

The heart of your relationship with your child will be transformed as you learn to skillfully use the Rooted in STYLE tools.

Over the years, in my counseling practice, I've noticed there are certain elements that make a relationship healthy at it's deepest level. When these elements are present **Your children will respond to you more readily, you will have a stronger connection with them, and your home will be happier.**

When your relationship with your child is marked by tension and stress it

- drains your energy
- drains your happiness
- drains your children's happiness
- limits your positive influence on your children
- becomes difficult for your children to "taste and see that the Lord is good."
- interferes with your children's education
- negatively effects your children's overall sense of well-being

Repeatedly using these simple user-friendly STYLE tools you will:

1. develop positive interactions with your child
2. experience new attitudes within yourself
3. transform your relationship to a new level

The **STYLE toolkit** will:

- ✓ strengthen your connection with your children
- ✓ positively effect your children's overall sense of well-being
- ✓ help your children more readily "taste and see that the Lord is good"
- ✓ help you undo negative patterns of relating with your children
- ✓ nurture your children's ability to learn
- ✓ reduce the overall stress in your home
- ✓ reduce stress in your marriage

The STYLE tools feed a relationship, and when used consistently, make it healthy at it's deepest level. STYLE creates the ideal root system for a thriving relationship. Without a healthy root system the relationship will not be healthy.

The STYLE tree diagram holds the 5 tools which nurture the deepest roots of your relationship. Working through this program you will be guided through the STYLE toolkit in a specific order, however, after you've completed this program they can be used in any order.

Before we begin unpacking the first of the five tools from the STYLE toolkit take a few moments to rate your relationship with your child on a scale of one to ten on the downloadable STYLE scale. One being the least favorable and ten being ideal.

Trees use their root systems to anchor themselves against stormy winds. Likewise, the STYLES program coaches you on developing a highly resilient root system, in your relationship with your child, which will anchor your relationship to weather storms. The STYLES program is a tool which, when used repeatedly, nurtures the core of your relationship with your child. When the storm winds, and conflict, come your relationship will not be easily

uprooted, but instead anchored and resilient.

The **tree diagram contains the five tools used in STYLE.**

The STYLE tree symbolizes your relationship with your child. Through the STYLE toolkit **the root system of your relationship will become healthier.** When the STYLE roots of your relationship are vital and healthy you will be nourishing your relationship with your child. The relationship will grow, withstand conflicts, and produce good fruit.

STYLE

S mall kindness Do something small for your child that you have been putting off, but have been intending to do for awhile. Maybe it's sewing a button on his shirt, or dusting a hard to get to place in her bedroom, or serving your child's favorite beverage. You get the idea. Just keep it small.

T ogether fun (child's choosing) Join your child in a fun activity of his choosing.

Y ou delight me Find, or remember and share, something cute or fun from your child's younger years. Perhaps old pictures, or videos, or memories of her as a baby. Let her see your delight in thinking about her. If you can't find, or think of much from the past that fits the cute or fun category, in place of this, you could admire one of your child's drawings or story he wrote. Be sure to relay your delight in her.

L isten between the lines Listen to what your child may be saying to you behind the lines. Then look for an opportunity to begin a conversation that addresses your hunch. For example, "I wonder if you've been feeling . . ." "I wonder if you've been missing . . ." "I wonder if you've been thinking about . . ."

E xpress the positive Look for the positive in your child today. Let him know at least one positive thing you noticed about him.

I will be sending emails to your inbox over the next 3 weeks to further guide you.