

CREATING A  
**TEAM MINDSET**

A PDF RESOURCE

**Family  
Teams**



## Kids and parents were meant to work together as a team.

This is the natural state of the family. But today things have become very unnatural. We shun kids from the adult world of meaningful work and place them in a perpetual play zone of endless entertainment. Kids will enjoy that world but they will no longer feel like they are a part of the team. They will likely believe their parents exist to serve them. This will increase impulsive pleasure seeking which comes with major emotional swings of highs and lows.

“This is just childhood” we tell ourselves.

And while young children are immature emotionally, our actions and beliefs have done much to keep kids in an immature state instead of inviting them to be a contributing member of the team.

## Are you ready to reverse this trajectory?

The pathway out of this is to give kids...wait for it...responsibility.

Do you believe that?

Do you believe that the 2 year old who feels responsible for helping mommy put the diaper in the trash for his baby sister or the 4 year old who feels it's their job to help make daddy's coffee in the morning is better off than the child playing with blocks?

What you believe matters.

Most misbehavior, even in young children, stems from a lack of responsibility. When you're not engaged in meaningful work, impulsive pleasure becomes your guide. This is just as true for you and me as it is for your toddler. We just expect toddlers to be more mature than adults that somehow grow up and become a person of character while immersed in a world of pleasure seeking.

I could never handle that and neither can they.

## But how could this possibly be practical?

In past cultures, family's actually needed the kids to pull a lot of weight for the family to survive.

Today we need our kids to stay out of our way.

This is a disaster for kids.

But we can begin to work our way back to a healthy family culture and that's where this challenge comes.

Kids will never feel like they're on a family team if they can't help the family score.

## So here's the challenge:

Pick one repeated activity per week and ask your child to help you. Once they're trained and able to help in one area pick a different area. Rinse and repeat until you are working together with your kids as much as you can.

What are some examples of these activities?

**Caring for the baby**

**Emptying the  
dishwasher**

**Yard work**

**Cooking**

**Even helping you  
make money for  
the family**

## Now this is not going to be easy at first.

Here are a series of tips to help with this challenge. These correspond to the problems that will most likely come up in this order:

1

### But I won't get stuff done fast enough.

True, but we're playing the long game here. Young children mean a season of less efficiency. If you were coaching a soccer team with players who are brand new to the sport you'd have a mindset of investing in training for a payoff of a skilled team far into the future. Which brings us to the second problem...

2

### But my kids actually aren't helping.

Right, they need to be trained. You have to give them bite-sized tasks, then add to those tasks until they become truly helpful.

3

### OK, but I just asked my child to help and she doesn't want to.

Don't be alarmed. It's best if they volunteer so try to create an environment where helping is accessible. Decrease their access to impulsive entertainment and make very easy their access to a helpful task. "Mommy needs your help with [blank]." Keep asking and demonstrate patience with how they engage. Take the time to show them. And don't excessively praise them or reward. Let them feel the meaningfulness of what they've done. "Our family needs your help". "That really helped our family". "You're such an important part of the team."

## Well, I just don't have the time, energy or patience for this kind of teamwork.

This is my primary problem. Yes, this can take a lot out of you. And that's why it goes back to making a decision about the kind of family you want to build. How badly do you want your family to be a team? "The one who knows why can bear almost any how." There is a light at the end of this tunnel. Over time your kids will begin to take a lot of work off of your plate, their character will be shaped by taking on responsibility, your home will be more peaceful and ultimately you will all get to experience being a part team for the rest of your life.

### It's worth the investment!

Ready to get started?

It's OK to take it slow.

Pick a task and start to enfold your helping teammates.

In a few months, if you persevere, you'll see a clear change in the family culture.