

## PARENT INFORMATION 4

### Strategies 4 Apply with POP

Children jumping into doing - without thinking first - is a universal complaint of teachers and parents. The words, “Why didn’t you think first?” fall from many a tongue around the world. There’s also the serial ‘forgetter’ of library books, bags, hats, school lunches, excursion money, handing in notes and homework.

Planning and organisation are two very important skills for children to Apply to Getting Things Done. Of course, mostly the tasks that take planning and organisation are usually not the ones that get a child wildly cheering, “Woohoo, hooray, I’ve got to remember to take my homework folder in tomorrow!” The fuel in the Resilience Tank to Get Things Done is definitely persistence. A child’s ability to stick at a task until complete - despite the task being difficult, boring, repetitive or simply uninteresting - is the essence of persistence.

The third A of The Triple A’s 4 Getting Things Done is Apply, and has been taught using The POP Strategy:

<b>P</b>	Planning	The ability to decide how to do a task (HEN is useful here.)
<b>O</b>	Organisation	Having the necessary resources on hand to achieve success.
<b>P</b>	Persistence	Supa Thinking that fuels a ‘work tough’ attitude for staying-power and grit.

Most aspects of adult life require Planning, Organisation and Persistence. **Every** aspect of parenting requires Planning, Organisation and Persistence. From the moment eyes open in the morning and feet hit the floor, to the moment the eyes close at night, parents are busy Planning, Organising and Persisting. Why then is it not the topic of conversation more often? Of course it is modelled – but is it made clear, pointed out; do you draw attention to how you plan and organise or what you think to be able to persist?

This week, take time to notice how much Planning, Organisation and Persistence is part of your moment to moment existence. Do you use calendars, timetables, Things To Do lists? Do you have reminders on your phone, do you organise resources ahead of time to make the actual moment of doing and launching into the world easier, smoother and perhaps less fraught than it might otherwise be?

How much of this is obvious to your child? Could you make the elements of your POP Strategy more obvious? Could you include your child in your POP Strategy? Could you encourage your child to develop their own POP Strategy for one aspect of their week? Perhaps your child could ready their sports/gym bag for the following day. Tick off items required on a list, and put it in the right place to be collected in the morning. Taking the

time to comment on your child's persistence while they Get Things Done is very important. Be specific with your language and don't be afraid to use the word persistence. "You were very persistent when you were looking for your tennis shoes. Even though they were hard to find, you stuck at it until you found them."

Do you have a family trip or holiday coming up? Does your child assist you with the shopping each week? Do you do menu planning in your house? Think about aspects of your life that you Apply The POP Strategy to, and see if you can involve your child in the:

**Planning:** writing a list, brainstorming requirements, looking up information.

**Organisation:** getting resources together ahead of time (eg., re-usable shopping bags before shopping), knowing what's needed, collecting necessary equipment or supplies.

**Persistence:** aspects of boring and repetitive tasks. Express aloud sayings such as, "The sooner I start, the sooner I finish." Make them a mantra until they become part of your child's automatic Supa Thinking.

Displaying inspirational sayings around your home also increases your child's exposure to an automatic internal dialogue that promotes persistent Supa Thinking.

Here are some to get you thinking:

- *A river cuts through rock not because of its power but because of persistence.* Jim Walker.
- *It does not matter how slowly you go, as long as you do not stop.* Confucius.
- *Courage doesn't always roar, sometimes it's the quiet voice at the end of the day whispering, "I will try again tomorrow."* Mary Anne Radmacher.

Making explicit methods and strategies for Getting Things Done is very important in raising independent children who will one day become independent, reliable and capable adults.

**REFLECTION POINT:**

*Wise words, read and spoken, are a part of creating positive and helpful thought patterns supporting the adult reality of the need for POP. Sometimes we call them mantras or positive affirmations – both very useful things. Here's one to ponder:*

*"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan, "Press on!" has solved, and always will solve, the problems of the human race." Calvin Coolidge.*