

Get With The Times Class 04: triggers for scrapping behaviors of your times.

- Do you have a teenager? What behavioral changes have you noticed in the past year?
- Is there a moment that causes or triggers the same behavior again and again?
- Do you have a punishment or a solution for a behavior? For example, when my three-year-old misbehaves, he has to sit by himself until he calms down and says he's sorry. Or, when my then 11-year-old was grumpy, I could cure him just by asking him to hold the newborn: it cheered him every time.
- Consider comparing behaviors. My oldest is very particular; my next one is more of a free spirit; my three-year-old is very soft spoken, and my youngest is our busiest child to date. They all have a set of behaviors and traits that make them unique.
- Include hobbies or rituals. For instance, I like to walk in the mornings, go to Curves in the afternoon, enjoy a bit of quiet time after the kids go to bed, and I love Mondays. We also have a fair amount of hobbies and interests in our home that reflect our behaviors.

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- How about a talent or a new skill--when a child learned to whistle, perhaps?
- If you've ever traveled, there are a lot of behavior differences to be found. I know my husband and I often marvel at the difference in driving habits from state to state. You could document the societal differences you notice when traveling from one country to another.
- What are the things that you caution your children against? Consider online behavior, how to behave in public, how to behave at the dinner table, in school, or in class.
- Document the changing of age by listing all the habits and behaviors that the person exhibits at that time. It's fun to see what changes from year to year.
- How about bad habits? My kids are full of them – from nail biting, to eating their shirts, to the clearing of the throat. It's gotten so I'm afraid to stop one because the one that replaces it just might be worse. Now that I have four children, it would be interesting to see which habits they all carry, and which are unique.

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