



“Positive Discipline & Self-Esteem Building” **First in “The Child’s Heart” Series**

Coach Rick Andreassen

Founder & President of the Christian Homeschool Athletic Association

Thanks for tuning in, this is Coach Rick Andreassen. I am privileged to be the founder of the Christian Homeschool Athletic Association of Florida. I have been coaching for the past twenty-six years and in that time I have had the privilege to work with literally hundreds of thousands of kids. Our ministry is now all over the United States with thousands of children. We are in Zambia, Africa; Guatemala; and over in Haiti. It is a great privilege. I just want to encourage you parents, and give you some tools and tips and helpful hints for positive discipline and self esteem building.

I have majored in psychology when I was in college. I got saved, went through three years of Bible college. I am a certified minister. But, my greatest passion and desire is to remind young people of who they are in Jesus Christ; to encourage them in the gospel truth that they are made in the likeness and image of Almighty God. I believe that is your heart and your goal as parents for your children. There are so many mixed messages out there in our multi media technology and so many voices. But I believe the voice that is loudest and rings the truest is that from mom or dad.

And if you’re listening today and maybe you don’t have children in the home, they are grown and you’re a grandparent or whatever the case might be, there are children all over our neighborhoods who are crying out. They are crying out for truth, they are crying out for value, they are crying out for self-esteem and identity. As we have been given the great privilege to be able to speak the truth into the lives of young people whether they are your own at home or kids on the block or maybe your grandchildren; whatever the case might be, we have the great privilege to speak the truth into their lives.

The Bible says the power of life and death is in the words that we speak and that we are able to speak life into these young hearts of who they are in Jesus Christ; made in the likeness and image of the king, fearfully and wonderfully made, they are the apple of His eye. God has a great plan, purpose and destiny for them. If we don’t tell them as believers, they will hear messages but they are not going to be godly ones. So, I just want to encourage you again. I pray that today you are encouraged in this journey and that you will pick up some tools and some tips and some you are able to apply very practically within your home or your neighborhood. Again, my passion is to encourage young people in who they are in Jesus Christ. I see a generation that is crying out for identity. Let’s remind them that they are precious children of the Most High God.

Thanks so much for tuning in. I just want to encourage you today as mom or dad. There are three things that I would love to be able to give you in our short time together. My prayer would be to remind you of

the great value that God places on the position and the call He has placed upon you. You are doing incredible kingdom business. I believe the greatest call for anyone is to be a mom or a dad. So, I want to encourage you in that. You are true heroes as parents today.

Another thing I would like to do is to encourage you in that journey and just to cheer you on. I believe that is the greatest privilege of a coach is to be an encourager and remind you that God is with you. He is not only with you but He is for you. He is rooting you on. I would like to give you some tools, especially in the positive discipline self esteem building area. If I can lend a couple of tools that you can walk away with a nugget or two that you can apply in your parenting. Then God will be glorified and I will have done my job.

It is my privilege to be here today. Again, I believe you are true heroes as parents today. Webster's Dictionary defines a "hero" as someone who does for others who cannot do for himself or herself and expects nothing in return. I believe that is the true heart of a parent. I believe you would do anything for your children. If there is one thing I would say first and most importantly would be: enjoy your children, they grow fast. I know we would all agree that they just grow so fast. There is a saying that says the days are long but the years are short. So enjoy them, they grow fast.

I just want to encourage you as a parent that sometimes doing mighty things for God doesn't feel like it at that time. You are doing true kingdom business, tucking them in at night and all those things that you do. Jesus said if you give so much as a cup of water to one of these my little ones you have done it for Him. He does not miss one ounce of your sacrifices as a parent. How do kids spell love? T-i-m-e. Most of all they want your time. I know time is such a rare commodity, but that is what they want; they want your time. They want your love and your attention. I just encourage you. The three most important things you can say to your child is: I love you, I am proud of you and I believe in you. I love you, I'm proud of you and I believe in you.

I know many of you are doing that every day and that is when your four year old comes up with that coloring and you look at it and you can't make out what it is, but yet you say, oh, this is beautiful! And, you put it up on the refrigerator and you show dad when he walks in the door and whatever. But, you just say to them, I love you, I am proud of you and I believe in you; that you are a can do kid. There are so many voices out there that are influencing our children today, but the voice they will hear the loudest is from you, Mom, or you, Dad.

You know there is saying that says, "He alone who owns the youth owns the future." He alone, who owns the youth, owns the future.

That was said Adolph Hitler. I just want to remind everyone that there is a battle going on over the souls of our kids. I don't give the enemy any more credit than he deserves. Your children are washed in the blood, they are more than conquerors; they are victorious. They are the head and not the tail; they are fearfully and wonderfully made; but there is a battle going on over the souls of our kids today.

So I just want to encourage you, parents that you are training up a generation in the way they should go in the love and admonition of the Lord. We know that Bible verse that says, train up a child in the way they should go. Well that true translation was about an archer shooting a bow. In the Old Testament they had to whittle the arrows off a tree. And the archer would know how to strategically place that arrow onto the bow with its nooks and its cranny. And as you train them up in the way they should go according to their bent, according to their gifts, according to their leaning, that they will end up in that perfect bull's eye and be everything that God has created them to be. But, again, it is your sacrifice.

I just want to cheer you on and commend you in the job that you are doing. If I can encourage you...be patient with yourself. We all struggle for patience with our children; but be patient with yourself. The beautiful thing about Almighty God...he knew every one of our mistakes before eternity passed and he still called you to be mom and still called you to be dad. He knew every one of our mistakes that you would be patient with yourself.

Apply grace to yourself. Be forgiving of yourself when you blow it. And we all do, those times that we lost our temper over those things that go on day-to-day raising children. But, be patient with yourself; apply grace to yourself, be forgiving of yourself. I want to encourage you as parents especially because when you get on airplane the pilot says, put the oxygen mask on yourself first before assisting others.

I pray to cheer you on. Put that oxygen mask on yourself that this will be a short time together that you will be built up and encouraged in your parenting. And, remember, He knew all of our mistakes and yet He still called us to be worthy. Every time we fumble the ball our Heavenly Father Coach still puts it back in our arms. He trusts us to march down the field. So, be encouraged; be patient with yourself, apply grace to yourself, and be forgiving of yourself.

I know that you can start your day over at any given time. In the middle of a tough day when you are struggling, the Bible says that God's mercies are new every. Right now somewhere in the world, it is morning. So know that you can start your day over because His mercies are new every morning. Be prayed up. I would just encourage that. That is Christianity 101 or Parenting 101. So often it is not how much of God we have but how much of us does God have? Do we lay ourselves before Him and say God I can do all things...I can do nothing apart from You, but with You I can do all things.

I want to encourage you...if you ever spend time with other parents to remember to share your favorite things about being a parent and not always just the struggles that you are going through. Take time and share with other moms and dads and say, hey, my favorite thing about being a mom or dad...what an encouragement that is to remember the beauty of the gift of parenting. I would also encourage you to seek progress not perfection in our kids. So often it is not about the finished project, but that we would seek progress, not perfection.

Reward their efforts. These are some tools with some positive discipline and self esteem building. Remember to reward effort. It is not so much about whether your son gets the ball in the goal, it is that he does his best on the way down the field. Amen? So, reward effort. Catch them in the act of doing things right. I know we have to correct and discipline. If you are anything like me at the end of the day sometimes I feel like all I said was, don't, stop, keep your hands to yourself, I don't care who started it...those negatives. But, remember, to catch them in the act of doing things right.

I would encourage you to even report that to the working spouse. You know, when Dad comes home or whatever the case might be. Report that one thing they did right. Catch them in the act of doing things right. So often what we magnify will grow; what we feed will grow. So catch them in the act of doing things right. Even if it is one good thing they did that day; they helped vacuum the carpet, they helped little sister. Praise publicly, correct privately. Praise publicly, correct privately. Shout praise! Whisper correction. Shout praise and whisper correction.

Now, here is a tool. It is called the sandwich method. What it is if you're going to correct your child in a certain area that you sandwich it...give them a praise, then a correction, and then follow with a praise. I would do it as a coach in sports if I want a child to hold his back differently, I would say, wow, your stance is great, however you hold your back this way and you really got that look in your eye like you're

going to hit the ball. So, I praised, I corrected and I followed with the praise. The neat part is it's not the only thing they've heard was the correction. They've got to hear your praise then your correction and then your support of praise. That's just a small tool with great benefits.

Most of all, my greatest passion and I'm sure it is for you and for your children is to remind them of who they are to Jesus Christ. To continue to speak the Word of God you don't have to be a Bible theologian. Speak the Word of God into their lives, remind them that they are made in the likeness and image of Almighty God; that they are fearfully and wonderfully made; that they are the apple of His eye and that they are more than conquerors and they can do all things through Christ who strengthens them. The world is sending so many mixed messages in our multi media technology today; so many mixed messages that we would remind our kids of who they are to their Creator God. He loves them with an undying love. Just remind them of who they are in Jesus Christ.

You know one thing for kids most often, it is not what we say, but it is what they hear. Sometimes I can say to a child I want you to do better, but that child may hear I can't do good enough. I can't live up to Coach Rick's expectations. Sometimes it is not what we say, but what they hear. Each child in your family may receive things differently. So, again, it is not always what you say, but what they are hearing.

This will make you laugh, but boys are definitely different than girls. That is just a fact. That is how God made them. God made males and females differently. I am not going to associate the genders as much as how God has a different role and a different purpose. God made young men to be the head of a household and to be the warriors, to climb up in a tree and fall out and get back up in that tree again. Boys are different than girls. Dr. James Dobson, a great advocate for families has a great book, *Bringing up Boys*, if you are dealing with young men in your family growing up. He reminds us to seek how God has wired them to be that warrior, to be that head of the household.

If you are a single parent, I just want to encourage you, the truth of God's word, that He is the father to the fatherless. It would be my prayer that the body of Christ would come around you in this task of mothering and maybe fathering as a single parent; that the body of Christ would rally around those. But, be reminded again, that He is the father to the fatherless; He will fill in that gap on your behalf.

You know if there is nothing more important you can do for your kids, give them Jesus; give them Jesus. Tell them the gospel truth of the incredible love of our Heavenly Father who sent His precious Son, Jesus Christ, to die a brutal death on Calvary's cross for their sins and mine. You know there statistics on that, 70 percent of all people who get saved do so by the time they turn 14. That is because as a child they believe things by faith. Yes, Jesus loves me this I know for the Bible tells me so. And then another 20 percent get saved by the time they turn 18. And beyond that it is another 10 percent when they enter adulthood.

If you do nothing else in your parenting, remind them of the precious death that Jesus paid on Calvary's cross. That is where they will spend eternity. That will pale in comparison to where they work, the career they choose, who they will marry and what kind of car they will drive. It is where they are going to spend eternity. Amen?

Always see their potential. Do they have areas they need to grow and you wish were changed? We all do. We are all works in progress. Thank God that He doesn't throw a bolt of lightning down at us every time we blow it; we are all works in progress. We need a sign put in front of us that says, under construction.

Always see your child's potential. In Ephesians 2:10, it says, for we are God's workmanship, your child is God's workmanship, created in Christ Jesus to do good works which God has prepared in advance for

them to do. The original translation of that word workmanship is a Greek word called “poema”, which is where we get the word “poem” from. What God is saying that your child is God’s poem; your child is God’s love letter; your child is God’s work of art; your child in God’s masterpiece created in Christ Jesus for a specific plan, purpose and destiny that we would see the masterpiece that is within them. Just like any great artist they are always looking at the finished product. If they are molding clay, they are not looking at the lumps and bumps, they are always seeing the vase, candlestick of finished product.

Gutzon Borglum is the man who designed Mount Rushmore and the four presidents faces in the Black Hills of South Dakota. He had an incredible capacity to see the finished product in the side of that mountain. He went to the townspeople and they said no it was just a big pile of rubble. And he said, no I see one of the seven great wonders of the world in the side of that mountain. He spent sixteen years of his life doing it. Lincoln’s nose is twenty feet high. He actually never finished it. He died and his sons finished the project. He had that vision to be able to see beyond the rubble to beyond. The Bible says that your children are treasures in jars of clay; they are a diamond in the rough; that we would see their finished product.

Remember, you are teaching your child. You are not teaching a subject. Sometimes if you want to teach your child spelling or something, we get busy teaching the spelling and we forget the fact that we are teaching Suzy. So we are teaching our child, not the subject. That is a whole paradigm shift. You are teaching Matthew, you are not teaching math. I just want to encourage you to remember you are teaching your child not the subject.

And in these formidable years of growing, your children are growing strong roots in a belief system of who they are in Jesus Christ through your love, encouragement, nurturing. The Chinese bamboo shoot is amazing.

When they stick the stalk into the ground, nothing happens for the first four years. It doesn’t grow a leaf or a bud. But, in those four years, it is growing roots down deep where you can’t see the fruit of the four years of effort. But after four years, the Chinese bamboo shoot will grow ninety inches in thirty days. You can literally watch it grow. I encourage you parents in these formidable years that your children are growing roots deep down in understanding that they are precious child of the Most High God. They are made in His likeness and image, they are a temple of the Holy Spirit. As they grow and the world is tugging at them...you know...should I sneak into an R-rated movie, or should I down a Budweiser? If they are reminded of who they are in Jesus Christ...and you are doing that right now through your sacrifices, mom and dad.

If you have grown children, grown young adults who are out of the house and you are thinking, gee, you know I miss my chance at some of this stuff, or I wish I could do it over... But, I would just encourage you, it never really is too late. I mentioned those three most important things you can to your children, I love you, I’m proud of you, and I believe in you. Your kids at any age are still craving to hear that from you even at this stage. I am proud of who you have become. Maybe their life is not perfect, but to hear those words...as a matter of fact, counselors would say there are hundreds of thousands of broken adults walking the earth today still dying inside to hear that one statement from mom or dad: I am proud of you. I am proud of what you have done with your life. I wish they just said it to me once. I just wish he had just said it to me once.

I just encourage you that that phone call...you would just never ever know what you can do. It is never too late. There is one thing for sure, they have been given one mom and have been given one dad. And that is the voice that is the most important in their lives. Whether they tell you or not, or you will get the

response that you're not, but their hearts will hear it. That is what is most important. So, be encouraged once again.

Choose your battles. Choose your battles. When it comes to discipline, I would just encourage you to major on the majors; minor on the minors. When we choose our battles, it is a one or is it a ten? I spent so much time with so many families over the years. I have been to a lot of weddings, a lot of birthday parties. I have seen our children grow up. I have been to handful of funerals where children died young. There was a thirteen-year-old boy that I knew. About a year after he passed tragically I saw his mom and I said how are you doing, the typical question. And she said, Coach Rick, I just wish one more time I could tell him to clean his room or to make his bed! She just wanted one more chance she had to do that over. I just say that in terms that sometimes the things we major on the major and minor on the minors. Just continue to sustain that relationship we have with our children. They grow fast and they are truly are a gift from God. Amen?

You know, life is 10% of what happens to us and 90% of how we react and how we respond to it. Be patient with your parenting. Avoid unhealthy comparisons with other families; you know, how you choose to raise your children and the things you choose to do. I would just encourage you to avoid unhealthy comparisons. You know, the size of their house or their car. God has called you before eternity passed to be that child's mother or to be that child's father. He knew exactly what He was doing when he hand designed you to be their parent. Avoid unhealthy comparisons.

In relationships never forget the nine most important words in any relationship: I was wrong, I am sorry, please forgive me. When we fumble that ball, that when our kids don't think we walk on water...there is only one and His name is Jesus; when we make those mistakes that we can say those nine important words. I was wrong, I am sorry, please forgive me. Billy Graham said the most beautiful words to the human ear are the words you are forgiven.

Here is one for parenting: never underestimate the power of a sticky note. Never underestimate the power of a sticky note. If you jot a little note, stick it in the lunch box that says Mommy and Daddy are proud of you. Certainly, it needs to be age appropriate. Spouses do it for each other, husbands put it on the stove to tell your wife thanks for cooking; wives put it on your husband's steering wheel to say thanks for going to work for us or whatever the case might be. But, never underestimate the power of a sticky note.

Children are emotional learners and here's an amazing statistic. We as adults communicate 55 percent through our body language, 38 percent through our tone of voice and 7 percent through what we say. So very often more of what we are communicating to our children is in our body language and how we present ourselves, and 38 percent in our tone of voice, and ultimately 7 percent in what we say. So when you keep that in mind, just like the saying, words speak, but the tone of voice shouts.

Dr. James Dobson has a great book, *Dare to Discipline*. He wrote a follow-up book to it. I am an advocate for him as he is great with families. He broke it down into different type of parenting styles. He narrowed it down to the best type of parenting is loving and firm. I believe that is how our Heavenly Father sees us. He is loving and yet He is firm. His yes is yes and His no is a no. We need to do that with our children as well that our yes is a yes and our no is a no. They understand boundaries. And that is such a healthy place for kids to function when they know where their boundaries are. It makes them feel safe, makes them feel confident and makes them understand that you are in control and you are the authority in their home. A great book, *Dare to Discipline*.

Just for the record when you correct your child, remember to identify the sin, not the child the sinner. In other words, identify the behavior not the child. If the child was unkind that you identify that sin; you were unkind; your behavior was unkind and not that you are an unkind child. Do not label them. If they told a lie, they didn't tell the truth but don't tell them they are a liar. Don't label their spirits as these negative things. We do want to identify the sin, but not label the sinner or label their spirit.

The Bible says in Ephesians 6:1...and I'm sure you use it in your home...children obey your parents, honor your mother and father for this pleases the Lord and promises a long life. But I just want to remind you today that there is a distinct difference in Scriptures between honoring a parent and obeying a parent. We really want children obviously to be obedient but it may be more important that we want children that honor. Here is the difference. If you tell your seven-year-old to make his bed and he stomps off and rolls his eyes and huffs a little bit. But he goes and makes his bed and comes back out and he asks the question, did he obey you, you would have to say yes. You told him to make his bed; he went and made his bed so he did obey you. But, did he honor you? That would be absolutely not.

What we want are children who honor, not just obey. We are training them to be young adults; we are training them to be spouses; we are training them to be employees. They will always be under authority whether it's God or the president of the United States; we are still always under authority. But that we learn to honor the authority that we are under, that means we are not just obedient, but we do with the right heart. That saying that attitude is everything, or attitude will determine our altitude. Honor and obey are distinctly two different things in Scriptures.

If you are setting goals for your children...sometimes you want them to clean their rooms. You tell your seven year old to pick up their Legos, make your bed and put your laundry in the closet. And they go in and two hours later they have accomplished nothing. I am sure you have all dealt with it. Well, sometimes, that is a little overwhelming. They are really not sure where to start so they don't start anywhere. But here is what I would encourage you to do. If you are goal setting...for instance, cleaning your room...what you want to do is to make your goal setting specific. Make it practical, make it attainable, make it measurable and make it meaningful. That is an acronym SPAMM. If you make your goal setting cleaning your room specific, here is what I would encourage. Have them make their bed. If they can make their bed, just make their bed for 21 days in a row. There is the saying that any habit done for 21 days becomes a lifestyle. So if they can make their bed it is very specific. It is practical for a seven year old. It is very attainable and it will become meaningful. And it is measurable. They can look at their room and see the difference just by the bed being made.

And then after 21 days, then you can add the Legos. Now we have the bed out of the way, now we are going to specifically have our bed made and now we are going to have our Legos. And you just process that in. Sometimes you can...you know, setting goals can be too much and it can be too overwhelming to follow too many tasks at a young age. Make your goals specific, practical, attainable, measurable and make it meaningful to them. Make it meaningful to their hearts that they look around and say, wow, I have accomplished something so they can get their own reward back in their heart. Wow, my room looks better; I am kind of appreciating this.

And then I can't help but encourage that they must choose their friends wisely. Moms and dads are you are raising your children in this generation, you have a much clearer discernment on the children that they play with than they do. Certain kids may be attracted to a boy down the street because he has a Wii or he has Legos or whatever the case might be. You must help them to choose their friends wisely. Abe Lincoln said show me your friends and I will show you your future. I Corinthians says, bad company corrupts good character. Not every kid is going to be a perfect fit for your child, but help them to choose their friends wisely. So much of who they become is going to be their friends that they keep.

And then as I wind down I just want to encourage you as parents once again that the Bible and God is very clear, 365 times in the Word of God it says, Fear not. Fear Not. God is not only with you, He is for you. Right now, moms and dads, he is up off His throne applauding you with nail scarred hands, saying, you can do it; be encouraged. He is the greatest encourager of all. It says 365 times to fear not. That is very specific for every day of your year. Not 362 or 367, but God specifically says every day of your life, fear not; I am not only with you, but I am for you and I will be your advocate.

I think the greatest testimony I have had the privilege to see over the years is parents staying the course. Again, we are all running and we are fighting the good fight that one of the greatest things parents can have around them is a good support team. You don't need 50 people, but one or two good friends that encourage you. There is that saying, hang with winners, people that believe in you, people that will encourage you, people of like mind. When I see kids... and as a coach especially, one of the greatest gifts is when a young man or a young woman will come back and I knew them as a six year old and they come back in their twenties and say, hey, thanks for this part of my life that you added to.

Obviously, it is the greatest joy to a parent when kids grow up and so often it is not the things that they are hearing now and it is sinking in now. But it will sink in when they become adults. It is the old saying, shut off the light when you are not in the room and you don't realize what that means until you are paying the electric bill yourself. The greatest success of kids that I have seen that have come from parents who believed in them, parents who encouraged them, parents who stayed the course during the highs and the lows and through those tough teen years and those unique years. And again one of the greater things parents can have alongside them is a support for them, advocates for them. Another mom to go to and to be able to share or that will encourage them; people that are forerunners who have gone through the teen years and those tough times.

That is the consistent, common thread of kids that have grown truly, truly to be who God has created them to be. It has been from that consistency. I would just encourage you parents to stay that course, run that race, fight that good fight. The Apostle Paul who wrote two thirds of the New Testament, he summed up his whole life in one sentence, he said, this one thing I do, I press on. So on those tough days we cling to the cross....the one thing I will do is I will press on; I will suit up and I will show up and God I am going to trust you for the outcome.

So, God bless you as parents. Continue the great work as you train up a generation in they way they should go in the love and admonition of the Lord. Amen.



Coach Rick Andreassen is the Founder and President of the Christian Homeschool Athletic Association. He has over 26 years experience as a Teacher, Coach, Lecturer, and as a Children's Minister. In 1997 Rick founded the Christian Homeschool Athletic Association of Florida, which currently reaches over 5,000 Homeschool Students per week throughout Florida, Texas, and Las Vegas, Nevada, and has recently launched its first international programs in Guatemala, Zambia, and Haiti.

Coach Rick is a Psychology Major with an emphasis on Early Childhood Development, and a Certified Minister. Rick has recently been inducted into the "Who's Who Among America's Teachers", a national recognition to honor the most respected teachers in our country; he is the first Homeschool Educator to ever receive this award. Rick's ultimate prayer is to: Encourage, Encourage, and Encourage some more!!!

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