



Priceless ParentingSM

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Priceless Parenting Newsletter January 2009

Happy New Year!

Beginning a new year feels like a fresh start. Did you make any New Year's resolutions? A New Year's resolution is a promise to ourselves which often involves changing our behavior. These promises hold great hope for things like improving a relationship, getting in better shape or learning something new. What do you think and feel about yourself if you keep your resolution? How about if you break your resolution?

The promises we make to ourselves and our children carry great significance. We need to think carefully especially before making promises to our kids because breaking promises contributes to mistrust.

"We must not promise what we ought not, lest we be called on to perform what we cannot."
~Abraham Lincoln

Promises, promises!

"But you promised!" It's easy to misinterpret a statement as a promise when no promise was intended. Being intentional about what is a promise and what is not can be helpful in avoiding misunderstandings. When you make a promise, it is important to follow through with whatever you promised.

I attended a seminar recently where the leader asked us to think back to a situation from our childhood where someone broke a promise to us. Each of us was able to vividly remember a situation; it was amazing how much emotion was still attached to these incidents so many years later.

I remembered being promised by my friend's aunt to be driven up to a lake cabin where my friend was spending a couple weeks in the summer. The aunt cancelled the trip the day before we were supposed to leave; I was crushed.

One 50-year-old woman recalled being at a pool and being afraid of going down the slide. Her dad was in the water and promised her that he would catch her. However, when she came sliding down, he didn't catch her. She popped right up after being under water and reasoned that her dad probably just wanted her to learn that she could do it. She clearly remembers that broken promise and her feelings of being deceived.

How do we feel when promises are broken? We often feel betrayed and let down. A broken promise affects our ability to trust that person in the future. Given the significance of promises, it is really important that we only make promises to our children that we are confident we can keep.

This Month's Challenge: Making a Promise

This month's challenge is to make a promise to your children that you are confident you can keep. Then go through with your promise!

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Last Month's Challenge: Gratitude Journal

Last month you were challenged to create a 30 day gratitude journal. Did you designate a notebook and get started? I decided to focus on things I'm grateful for in my parenting business for my first 30 day gratitude journal. Once I complete those 30 entries, I'm going to start a new list focusing on things I'm grateful for in my family. [Please let me know how your gratitude journal has gone!](#)

May you build trust with your children through the promises you make and keep!

Warm Regards,

Kathy Slattengren

P.S. I hope you enjoyed this newsletter. Please do me a favor and forward this to a friend who might enjoy reading it.

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