



The 7 Habits of Highly Effective Families

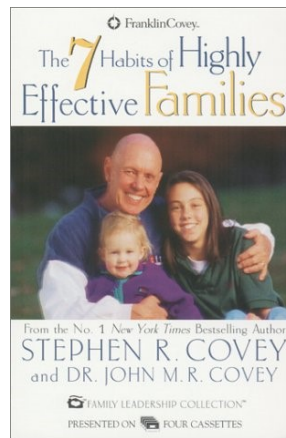
By Stephen Covey

Habit 4: Think Win-Win

Habit 4 in Stephen Covey’s “The 7 Habits of Highly Effective Families” is “Think Win-Win.”

Covey says that this concept works in tandem with Habits 5 and 6, which are Seek First to Understand...then to be Understood and Synergize. He describes habits 4, 5, and 6 as the “root,” the “route,” and the “fruit.” He describes it this way- Habit 4, Think Win Win, is the root. It’s the fundamental, underlying belief out of which Habits 5 and 6 grow and develop. The concept of win-win is the opposite of win-lose. In the win-win approach, there is no

“winner” or “loser.” The goal is to develop a mutually beneficial solution for both parties. Once you have this goal in mind, you realize the importance of the “route,” or Habit 5, the method of looking to understand the other person before rushing to a solution. Habit 6, or Synergize, is the “fruit,” or the reward of using Habits 5 and 6. It’s the solution that is not “my way” or “your way,” but a way forward that benefits the relationship. This puts everything together in a way that creates the ability for families to truly work together that involves



buy in from everyone which develops into your family culture of commitment to one another. Does this sound like a huge task with lots of work involved? Sure, but note the payoff is just as big. (continued on page 3)

April 22, 2020

The 7 Habits:

- *Be Proactive*
- *Begin with the End in Mind*
- *Put First Things First*
- *Think Win Win*
- *Seek First to Understand, Then to be Understood*
- *Synergize*
- *Sharpen the Saw*

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What are the 7 Habits?

Each week this newsletter will summarize a chapter of Stephen Covey’s book, The 7 Habits of Highly Effective Families. You have probably heard of the 7 Habits of Highly Effective People, and the habits are the same, but this book applies them to

family life. During this time of stay at home orders and social distancing, many of us are spending much more time with our spouses and children than usual. School has been canceled, and most activities as well, leaving us to

fill time in other ways. I know some parents are trying to home school, and schools are sending out work, but it’s not the same. Many are teleworking, and trying to balance work and home life. (continued page 3)





STRONG COMMUNITIES

STRENGTHEN FAMILIES

BE INFORMED
Stay a step ahead, build your parenting skills.

BE ATTENTIVE
Consistent care and supervision help kids thrive.

BE SUPPORTIVE
Caring words and small actions make a big difference.

April is Child Abuse Prevention Month

Help prevent child abuse. If you are concerned about a military child, call:

Childhelp National Child Abuse Hotline:
800-422-4453

Are you feeling stressed or overwhelmed at home with your children with no break?

There are supports out there who can help. Call the Family Advocacy Program at 309-782-3049 or email Jennifer.a.kerr10.civ@mail.mil for resources.



For additional information, visit www.militaryonesource.mil



How to Think Win-Win with Kids

Many times parents have to step in and redirect children’s behavior to keep them safe. Win-win doesn’t mean you stop doing that as a parent. Covey summarizes with this important point- **You can let them win in the little things.** Most decisions are not life and death related. Parents can structure choices so that no matter what the choice, the parent is ok with the outcome.

You can interact with them around the big things. Especially as they get older,

allow your kids to share their ideas for a solution. They may come up with a pretty good one given the opportunity.

You can take steps to offset the competition focus. Help them to see what it looks like to work together for a common goal.

It can be helpful to write a plan down to keep everyone accountable and on the right track when discussing conflicts. It may be that schoolwork needs to be completed before video games can be

played, or chores need to be completed before playing outside. It can also be for long term changes, such as help with the purchase of something (car, computer) if certain day to day expectations are in place (passing grades, meeting curfew). Remember, all of the habits go together, so stick to what we have learned so far. Having the structured family time can be a great time to review these agreements to see if they are working. And be open as parents to admit if you are not keeping up your end of the agreement.

ACS Virtual Family Connection

We are teleworking, but our mission to support you continues. To continue this support, ACS has launched the ACS Virtual Family Connection! Every day there will be activities posted to our Facebook page, and families can earn points by completing those activities. The catch is you have to show us your results with a picture or a comment. We will tally everyone’s points and announce

winners and awards at our Cabin Fever Buster Bash to be scheduled when we are able to all get together again!

So what are you waiting for? Head to www.facebook.com/RIAACS to start participating in all the fun today!





Habit 4: Think Win-Win

So let’s focus on how to change our thinking pattern to win-win. Most of us think in terms of winning and losing without even thinking about it. But there are obvious consequences of that type of thinking. It may feel good to “win” an argument in the short term, but what about the damage to the emotional bank account of the “loser?” For someone to win, someone else must lose and experience feelings that come with that—frustration, defeat, or resentment. It is

also damaging to “lose” purposefully to avoid a bigger argument. Again, it may stop the conflict at the moment, but only contribute to future conflicts. The only way to take care of yourself and your relationship at the same time is to engage in win-win thinking. It is a change in thinking from “me” to “we.” This can allow you to become more proactive than reactive in arguments. Most importantly, it will increase trust and commitment in the relationship. This will

become clearer over the next few weeks as the next two habits are discussed.



Examples of Win-Win Thought

One example of this habit comes directly from Covey’s book, on page 186: When our family included infants to teenagers, it was hard to find an activity that everyone could enjoy. Sometimes we would go bowling. All could participate at the level they were at, but the winners were usually the same people— the larger, stronger, and more skilled. We tried to figure out a way that it could become a win for everyone and finally found a system that worked. Instead of adding

up individual scores and having the person with the most points win, we added up everybody’s score. We set an arbitrary goal of so many points we had to reach in order to win as a family. If we met that goal, we would be able to have ice cream sundaes or another treat as a reward for meeting our goal. So instead of getting upset when someone else had a strike or did much better, we were cheering all of us to do our best so our points would add up to our goal. This

Rejoice in the success of others.

became win-win for the entire family. Instead of having winners and losers, we cheered each other on. One extra point would make the difference in going out for pizza instead of going home.


What are the 7 Habits? (cont)

So I hope that you will join me in working through these habits and sharing them with your family as we travel along this seven week journey. I shared a youtube link last week to a few videos that introduce the habits, and if you missed them, here they are again:

- www.youtube.com/watch?v=g3ozkMuuDo4 and
- www.youtube.com/watch?v=9MsCWSQH7R0.

If you have an account with the MWR Virtual Library, you can access the book, “The 7 Habits of Happy Kids” by Sean Covey, Stephen’s son. You can also check out the original title that started it all, “The 7 Habits of Highly Effective People” by Stephen Covey. These are available on RB Digital.



Out of an abundance of caution for the well-being of ACS patrons and staff we are implementing service availability via phone only.
Please see below for a list of programs and the supporting staff phone numbers.

Army Emergency Relief— Mr. Travis Phillis 782-0815	Exceptional Family Member Program— Ms. Jan Saito 782-4736
Financial Readiness	
Employment Readiness	Relocation Readiness— Ms. Chassity Morse 782-0816
	Army Volunteer Corp
Family Advocacy Program— Ms. Jenny Kerr 782-3049	Army Family Action Plan
Domestic Abuse Victim Advocacy (24/7)— 309-912-6089	ACS Director— Ms. Tere Seibert 782-0828

General ACS Information— 782-0829



Put It Into Practice

There are lots of great activities Covey lists to help put Habit 4 into practice with the family.

Enjoy some time outside with your children on a sunny day.

Talk about the abundance of sunshine and point out that everyone across the entire country or even world can enjoy the sun at the same time. Relate this back to the idea of love, that a parent can love all of their children at the same time with the same intensity.

Play a favorite game with your children but change the rules so everyone must win together. An example might be for



Let me know how your practice goes! Post on Facebook or email me directly.

Candyland, everyone must get to the finish line together. If it's a game of UNO, everyone has to get to one card or keep points and everyone has to get to 100 points. How does this change the game?

Reflect on the things the kids did to help each other. Did they skip a turn, or share points? How did it feel to have others helping you?

Select an issue that has created a struggle between you and your children, it could be the bedtime routine (or the lack of one) or the purchase of a toy that

they all would enjoy. Make time to sit down and discuss it. Determine what would constitute a win for everyone involved and discuss how you might be able to come up with a win-win agreement. If you can't decide, tell everyone to think about it for a few days and come back to the table.

Choose areas in your family life that need additional cooperation, teamwork, and better attitudes. Write them down on note cards and put them in a hat. Have the children draw the cards out of the hat and discuss what they would do to make it a win-win situation for all. You might be surprised by some of their ideas!

