



## **Hibiscus Coast Grandparents Parenting Grandchildren Inc.**

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### **MIOMO – Making It On My Own**

#### **Yvonne Godfrey**

MIOMO (Making It On My Own) for young adults 16 – 24 years. “It is a 4-day life skills and independence programme to prepare youth for their successful adult life”

Yvonne Godfrey is an author and creator of the programme. She is also a panellist on Radio Live’s Parenting Show.

#### **Be fair, be clear and put it in writing**

An example of this maybe rules around the bedroom –

- Don’t eat in the bedroom
- Change sheets fortnightly
- Clean it weekly, vacuum etc.

#### **Routine; Consistently; Momentum**

Can your teen be a team player, are they ok if their ideas are not taken onboard?

You are hoping that your teen will be:

#### **Competitive with Good Character**

This will help them to lead independent and successful lives.

She spoke about passing onto your grandchildren through your children the following attributes;

- Money & possessions
- Traditions & rituals
- Skills
- Values

**We teach our knowledge but reproduce our character**

As parents, we are to love / lead / let go. This is a guideline for preparing our young adults for their bigger world.

Love intentionally: children and young adults are looking for consistency. I am going to do for you what is right so you can be the best you can be. This may be different for each child.

Realistic wish list:

- They like themselves
- They become responsible citizens, they understand that they are not to be served but they are to serve others
- Build healthy and diverse relationships

Speak what you want:

- Tell them that you **love** them
- There is always **hope**
- Tell them of their **character** – this is who they are. Pick three traits and speak it into their lives

Family branding:

- How do we make our family unique?
- Make it a safe place
- Create rituals, traditions i.e. Family time, game night

Lead purposefully: you can't lead if you are needing approval of affection.

Parenting style traps:

- Indulgent – do too much for your children
- Compensating – trying to make up for a past mistake of your parents or you by going overboard in a particular way
- Divided – one parent undermining the other parent's authority

Is your parenting style 'enabling'?

- Do you cover up your teenager's mistakes or make excuses for them?
- Speaking for them
- Taking over their responsibilities i.e. Buying all their raffle tickets they were to sell

These forms of enabling are not allowing your teenager to become the best adult they can be

### **Whoever pays your way controls your life**

Budgeting: give your teenager a monthly allowance in which they are to pay for their haircuts, travel, clothes, phone etc. Talk with them about budgeting. How much it costs for electricity, water etc.

### **Ask young adults to step and parents step aside**

Teach your child to give: money, time and things. Help them to put some of their pocket money aside each week to be given away. Go through their things regularly and see what they would like to give away.

Bedrooms: aim for cleanliness rather than tidiness. You will get some tidiness from the room being clean. Categorise their things “bin it” and “give it away”. Have some rules to follow such as 1. Don't eat in your bedroom 2. Change sheets fortnightly from 10 years onwards 3. Don't do anything in their bedrooms they shouldn't i.e. Pornography.

### **A bedroom should be a safe place not a hide out**

- Be fair
- Be clear
- Put it in writing

MIOMO have templates on their website

Emotional Stability – Mental Fitness/Growth:

### **Nothing good happens after midnight**

There is an environment of bored and intoxicated people in which dangerous situations could arise that you have no control over. If you want to stay out of trouble - “don't be where trouble is”

Develop self-discipline, always finish what you start. If they have committed to a team see the season out if they are not enjoying it. If they say they are going to do something then they should follow that through.

Sleep is so important, they should be having 9 hours minimum a night.

**Don't wish your problems were smaller and hardships easier, you need to get bigger**

What is influencing your teens life: be familiar with what they are watching, playing, reading and listening too.

### **Sharpen your conscience – does that feel right?**

**If you mess up, be quick to fess up so you can fix it up**

This allows your teen to feel free and to clear it from their mind.

Speak what you want over your teen: talk with them about the character they have and the hopes and dreams you have for them and they have for themselves. When children/teens are connected they are open to guidance and building of relationships.