

The Fatherhood Formula - Coaching (Video 6 of 7) - 7 Principles of Dad Success | Dad University

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SUMMARY

In this sixth video of the Fatherhood Formula series, Jason Cries emphasizes the importance of adopting a coaching mindset in parenting. By viewing themselves as coaches rather than traditional parents, dads can better support their children in developing essential life skills and navigating challenges.

- *Coaching involves teaching children new skills and helping them practice until they can perform well in life.*
- *Recognizing "coaching moments" allows parents to guide their children through challenges rather than reacting emotionally.*
- *Empathy is crucial; understanding situations from a child's perspective can enhance communication and conflict resolution.*
- *Parents should ask questions to encourage children to solve problems independently.*
- *Life skills development is a journey that requires patience and consistent practice.*
- *Avoid taking children's actions personally; instead, focus on teaching and guiding them.*
- *A homework assignment encourages dads to approach parenting situations as coaches and observe the outcomes.*

hey guys I'm Jason cries man and this is dad University we hope dad's learn what they're not taught in school this is number six in our seven part video series called the fatherhood formula where we teach you the seven principles of dads success welcome to this sixth video if you haven't seen the other videos in this video series you can find them on our fatherhood formula playlist I am really excited about this video

while the other principals are awesome the topic we're gonna cover today is really responsible for the shift in how I interact with my kids and how I parent today the sixth principle is coaching now I'm not talking about coaching your child sports team I'm talking about acting like a coach to your child as I said my parenting style begin to shift and improve when I started thinking of myself as a coach to my children rather than a parent so what do I mean by this

a parent is a father or mother someone who takes care of a child maybe enforces rules and generally just make sure that the child is doing well it's not that I want to take any of those elements away but stick with me here let's look at what a coach does first as it relates to sports a coach is gonna teach you something that you don't know they're then gonna help you improve and hone your skills they're certainly

going to make you practice and then with good coaching you have the ability to perform well in the game if we take the idea of coaching into parenting what does that look like well when the child doesn't know something

you teach them we then help them improve their life skills we certainly make them practice over and over and then finally they're able to perform in life our role as their coach is to help them perform in life it means

helping them figure out how to do things then it's okay to make mistakes learning right from wrong and everything else that goes along in life's journey you can define performing in life however you want but when we begin to look at ourselves as their coach we begin to interpret things differently their whining instead of annoying you might show you that they don't know how to communicate effectively that tantrum that they're throwing before going to bed instead of

making you angry might show you that they just need a little bit more attention from you or the yelling that they're doing at their brother instead of frustrating you might show you that they don't know how to properly resolve conflict yet when you think of yourself as their coach you realize even more how important these life skills are to teach them and things start to affect you less I'm not saying they're not going to affect you I'm just saying

they'll affect you less of course a problem with a lot of these skills is that we aren't taught the right way to handle these situations but that's what these videos are for I want to give you some tips on coaching your kids stop and recognize the opportunity to coach is this a coaching moment can you help them learn in this situation don't take things so personally your five-year-old is not trying to make your life miserable they're just trying to figure

out this world have empathy see the situation through the eyes of your child put yourself in their shoes help or guide them in the situation ask questions you'd be amazed at how much they are capable of solving on their own teach them the correct answer if they don't understand or are too young it's okay to provide the answers and of course keep practicing life skills don't

happen overnight this is a journey I wanted to expand a little more on one of the tips the one about taking things so personally we get emotionally reactive often because of our ego and we allow things to affect us but if we realize that it was much more impactful to teach or coach our kids rather than allowing our go to take things personally they would learn life skills much faster I want to give you a homework assignment over the

next few days try to stop and approach a situation with your child as a coach rather than a parent tell me what happens is the outcome any different leave your results and your feedback in the comment section below also be sure to join us next week as we cover the seventh and final principle in the fatherhood formula if you enjoyed this video please give it a thumbs up subscribe to the channel click on that notification bell and share this video

on social media we thank you for watching and we'll see you next week [Music]