



***iKi Magic* AT HOME**



**HELPING YOU GROW YOUR
HAPPY HEALTHY STRONG FAMILY**

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Hi, my name is Amy and I'm iKi Mum.

Welcome to iKi Magic At Home, the easy-to-use guide helping you grow a Happy, Healthy, Strong Family!

iKi Magic is a formula that has been in use in some schools and day care centres for years, providing an effective, positive behaviour plan that promotes physical activity, imagination and encourages learning. A catchy song helps teach 4 simple life values that lay down foundations for your little person that they will carry with them right through to adulthood.

These 4 "rules" are empowering educators, teachers and now parents to deal with 'problems' easily, whilst building confidence and security for your children in all contexts (home, day care, school, etc).



iKi Magic is Based on Two Key Elements

The first element is all about engaging children in healthy life skills with fun, fitness focused videos. Called iKi Energisers, they bring the unique iKi Stick together with great music and 'dance' moves to develop your child's imagination and work on their movement skills all at the same time. There are over 20 iKi Songs that progressively build confidence, co-ordination and skill.

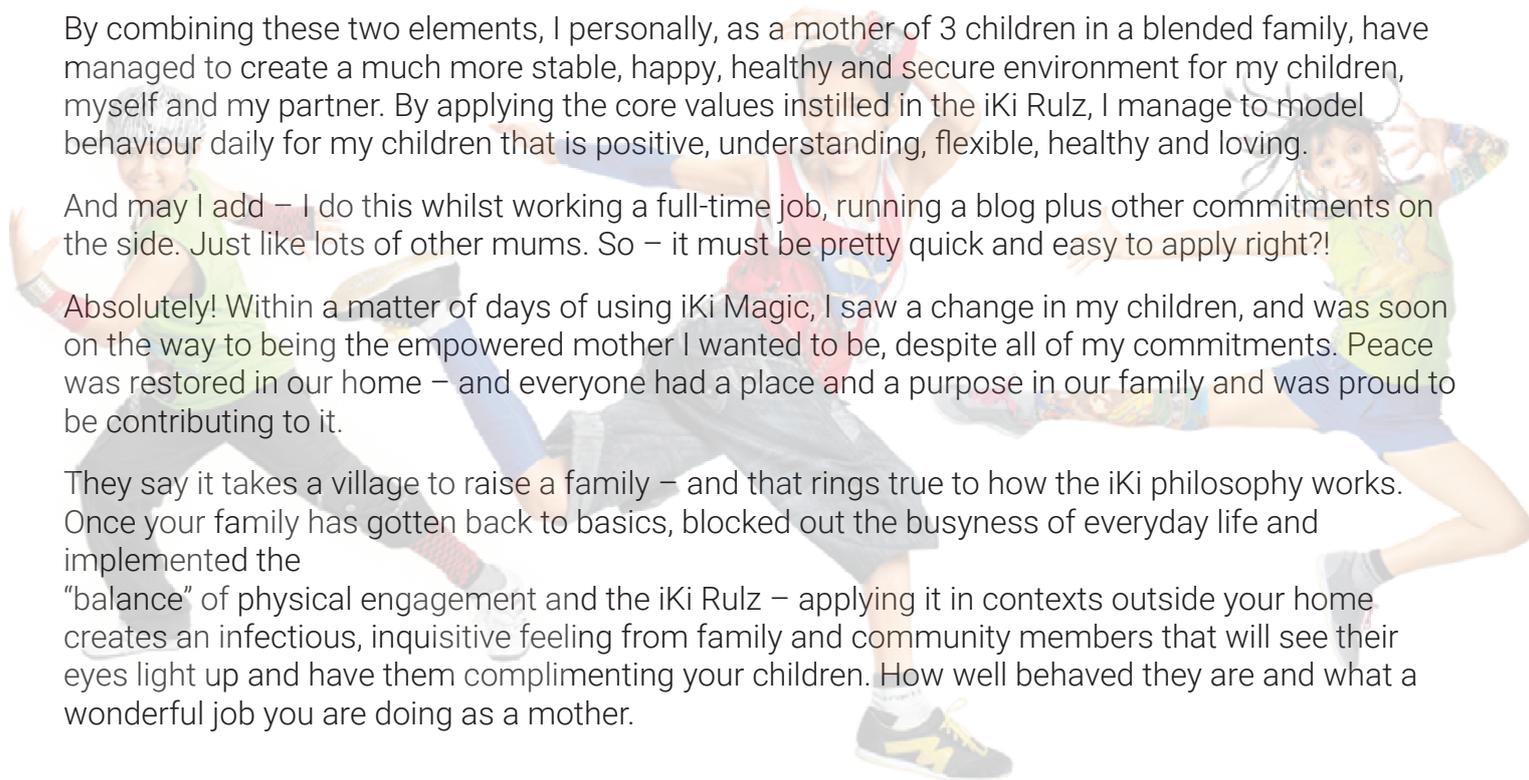
The second element is about introducing – or reinstating – core values into our homes and using them in all areas of family or community life. They help us and our children to feel safe and secure, no matter where they are or whether you are with them, or not. The iKi Rulz enable them to be models of positive behaviours, to thrive in a multitude of contexts – and grow into the wonderful, contributing members of society we dream they will become.

By combining these two elements, I personally, as a mother of 3 children in a blended family, have managed to create a much more stable, happy, healthy and secure environment for my children, myself and my partner. By applying the core values instilled in the iKi Rulz, I manage to model behaviour daily for my children that is positive, understanding, flexible, healthy and loving.

And may I add – I do this whilst working a full-time job, running a blog plus other commitments on the side. Just like lots of other mums. So – it must be pretty quick and easy to apply right?!

Absolutely! Within a matter of days of using iKi Magic, I saw a change in my children, and was soon on the way to being the empowered mother I wanted to be, despite all of my commitments. Peace was restored in our home – and everyone had a place and a purpose in our family and was proud to be contributing to it.

They say it takes a village to raise a family – and that rings true to how the iKi philosophy works. Once your family has gotten back to basics, blocked out the busyness of everyday life and implemented the "balance" of physical engagement and the iKi Rulz – applying it in contexts outside your home creates an infectious, inquisitive feeling from family and community members that will see their eyes light up and have them complimenting your children. How well behaved they are and what a wonderful job you are doing as a mother.



Trust me, in fact, just recently I received a random text message from my children's school lollipop lady, just wanting to tell me how beautiful my children are and what an amazing job I am doing raising them. JOY!

Then, when I had conferences with my children's teachers we spent the whole time discussing their achievements in the classroom and how I could stretch them further at home if I wanted to and what a delight they both are to teach.

It's not perfect all the time, believe me, and I'm not here to tell you that I – or iKi Magic – have all the answers. BUT! It has certainly got us to a place I never thought possible and that is why I am so passionate about sharing my story and the iKi Magic product with you.

There are many books, apps, blogs, programs out there that have their own ideas about how to raise children or how to manage teenagers, and from all those I have researched they all agree on one thing: children need boundaries, children need rules, children need to learn about consequences.

It's easy to then bring out the butchers paper and draw up a long list of rules, and this can be helpful to visualise. But will they be useful outside of your home, or will your little person be left to question the boundaries and be confused about the rules when you step outside of the home, when they are at school or in someone else's care? Are they age appropriate for everyone in your family?

The unique thing about iKi Magic is that just 4 simple life principles, the "iKi Rulz" can be applied in all contexts and emulate what is expected of us in adulthood. The expectations, boundaries and fact there are consequences are clear from the offset. This enables our young people to feel confident in learning their limitations, to feel safe – and for us, as parents/carers, teachers, educators to be on the same page.

People always say "you're not given a manual when you have children, you just have to wing it and hope you're doing the right thing". Well I'd have to say, if there were to be a manual, a quick step-by-step guide, a one-stop solution – iKi Magic would be it.

But don't take my word for it. Jump on to the website for access to all the iKiFit Energisers, that "iKi Rulz" song your child keeps singing in the car on the way home, activity books, colouring in sheets, and most importantly, keep reading this guide to implementing the program at home.



What We Want for Our Children

We all want the best for our children – we want them to be Happy, Healthy and Strong. We want them to be the best they can be and to become their own unique self. But most of all we want them to 'fit in' as positive, contributing members of society, doing something they love.

To help our children achieve this, a great place to start is to think of our family the way we think about a sporting team; they are both made up of quite different people with various skills and talents, all of whom work together to achieve a goal.

Good teams have people with a variety of skills and personalities – but two things all members share are an understanding of their own role combined with a respect for the talents (roles or jobs) of the others. The different jobs in a team are all equally important – but for the team to be successful each member has to **understand and perform their own role, while respecting and supporting all other team members.**



Understanding Family Roles

Have you ever had a conversation with your child about the various roles of the members of your family? Do they understand what their own role is? Children can sometimes grow up thinking they exist as a privilege to their parents and feeling that they don't need to contribute in any way to the family unit! But to become healthy functional adults, children need to know that just as you are the caregiver, the provider, the referee, the cleaner and the cook, they too have responsibilities in the family.

So ask them, do they know what their role on the family team is? The answer you want them to be able to make eventually is, *"to become a responsible, fair, contributing member of our family team"*. You may want to start with, "someone who is helpful and caring", or "a person who learns to be a useful member of the family".

Work through this together, talk about what it means – that they **learn to contribute what and where they can (based on their age and skills)**. Then hold them accountable to it. Whenever they stray from their responsibilities or aren't respecting the contributions of others, ask them "Are you doing your job?" "Are you contributing fairly to our family?" using whatever language you feel is appropriate for the age of your child.

Once the roles of each family member are clear, you will be in a position to sit together as a family and work through the iKiMagic practice.

iKiMagic in Practice

If your child loves Thomas the Tank Engine you can relate family roles to Thomas wanting to be a "useful engine".

Or you can explain that your own role is to work to pay bills, to teach the children to grow happy, healthy and strong, to cook, play with them, clean and so on. Then ask, "What is your job?" You will want them to understand that it is to help with chores, to pick up after themselves and to be 'nice' (respectful and fair) to siblings, friends and others.

With older children you might use the sporting team analogy; that different people play different 'positions' on the team as they progress.

When Does the Magic Begin?

While the content of the iKi Magic program is aimed at parents with preschool or early school age children, it is important to note that this program is proven to work with children as young as six months old and as old as sixteen. Obviously, the language you use will vary, depending on your child's age and development, and you as a parent can best determine how to apply the following practices, but the concept is the same. See **iKiMagic in Practice**.

All children need rules and boundaries to grow, to feel safe, and to have room to explore and discover themselves.

All the "tricky teens" books I've read echo the same sentiment. You can't be your young person's "friend", you need to be calm, clear, consistent and confident in your conviction and keep it simple. A sixteen-month-old can benefit from hearing "Oh, no, we don't do that bubba, that's not safe", just as much as a six-year-old can benefit from hearing "When we play, we play by the rules, that way it is fair for everyone and people don't get hurt. If you don't want to play by the rules, that's ok, but you will need to move away (sit out) while we finish playing the game".

A sixteen-year-old will thrive in an environment where they are 'accountable' (have to take responsibility) for their role in the family and for the respect they show to themselves and others. They benefit when their parents are fair but firm in their stance on teenage topics and who make the consequences clear, despite what other young people's families might do.

Having said that, it is important to bring the young person back to the principle or the **iKi RULZ** that your decision relates to – i.e. "We have these rules because they make it safe, fair and fun for everyone". Or, "you won't be going to that party, because the way you treated your brother today was very disrespectful. How would you feel if he did that to you? You would want him to have a consequence for treating you that way".

I'm not saying there won't still be kicking, screaming and door slamming, but this level of communication and commitment across the family unit will certainly reduce the risk of isolation, anxiety, depression and other mental health issues in our children, AND they will be better equipped to survive in a world that is full of relationships, rules and consequences!

iKiMagic in Practice

- The key to using the **iKiRULZ** is to keep the language simple and consistent and to be fair but firm with consequences. With practise you'll find that the words 'appropriate', 'respect', 'fairness', 'safety' and 'responsibility' cover almost all situations or behaviours.
- An example of simple language might be asking your child to use their 'inside' instead of 'outside' voice.
- Whether you're playing inside with toys or games, having a meal together, watching a movie, doing chores, playing a sport or whatever the Rulz are always about respect, responsibility, fairness and safety.



Explaining the iKi Rulz

The iKi Magic program is built on the foundation of 4 simple life principles or values: the **iKi Rulz**.

Each rule can be applied to any context and will serve our little people right through into adulthood helping to build resilience, fairness and integrity, as well as assisting them to engage in learning and make healthy life choices.

- 1. Look, Listen & Learn** – When you look and listen you will learn and allow others to learn

Everybody has the right to learn. If you do not wish to learn at this moment, that is your choice but you must respect other people's right to learn.

- 2. I'm Ok, You're Ok** – Treat each other the way you want to be treated

How do we like to be treated? With fairness, respect, honesty, kindness and so on. Asking our little people how they like to be treated, how this makes them feel and why, helps them to develop empathy and to understand when they have mistreated others.

- 3. No Play, No Play (move away)** – If we can't play by the rules than we will have to sit out or move away. Why do we have rules? To be safe, fair & fun.

As with team sports, road rules, and many other examples in life, there are very clear rules designed to keep people safe and to make things fair. If we break these rules there is a clear consequence – a yellow card, a trip to the sin bin, a speeding fine, right on up to losing your job or going to jail.

- 4. Eat Well, Live Well** – Eating a balanced diet and getting regular exercise helps us to become and stay happy, healthy, strong!

This illustrates the importance and consequences of making good choices.



Rewarding Positive Behaviour

Unlike many other reward systems, iKi Magic keeps it simple. The iKi Rulz lay the foundation for our expectations and guide us with the language and accountability we want to hold our children to, making behaviour management easier.

If you haven't already, download the iKi Rulz posters and put them up somewhere in your home. Take the time to go through these with your children and discuss what they mean. Watch the Look Listen Learn video clip (<http://ikifit.com.au/Engage/ikisrl-at-home>) together and practise with your children. Answer any questions they have, and if there are any you can't answer, email us at admin@ikimagic.com.au and we will help you!

Once you've been through the iKi Rulz you can bring out the reward chart and discuss the iKi Tokens and Warnings. If you feel your child will respond better to stickers (e.g. dinosaurs, stars, smiley faces) please feel free to use your own 'tokens'. Don't forget you'll need to a way to demonstrate that your child is in the 'warning zone'. The tokens included in your pack are simply a suggestion, please feel free to use what works best for you and your child. And if you find things that work really well and want to share them with others, please email admin@ikimagic.com.au or jump onto the iKi Magic Facebook page and share your story and successes.

We keep the **EXPECTATIONS** clear and the consequences consistent and fair.

How to Administer the iKi Tokens

iKi Tokens should only be awarded when your child is displaying behaviours that are positive and show their understanding of the iKi Rulz. iKi Tokens are not for rewarding chores done as a part of their role as a member of the family – although of course encouragement is always helpful! The best rewards are smiles, saying thank you and hugs. Simple praise, such as 'good job' and 'that's nice' are rewards in themselves.

You may have a pocket money or separate reward system that is relevant to household chores, but this should be separate to the iKi Magic practice.

The idea is that your child receives an iKi Token for at least one iKi Rulz area on the chart per day.

As they become familiar with the rules and engaged in the practice, they will become motivated by the reward and consistency of the expectations, 'til they get to a point where they are earning a token for each rule, each day! You need to decide how often you want to reward them and what the reward should be. We recommend that you steer away from monetary items like toys, games, etc, and instead use activities – perhaps that you can do as a family.

Examples of iKi Token Earnings

Look, Listen & Learn – If you are giving instructions or working with your child on homework and they are looking and listening and showing great effort in their work, then this can be rewarded as part of the first rule.

I'm Ok, You're Ok – If your child shows initiative in thinking about someone else in the family, or a friend or stranger, then this should be rewarded with a token for treating others with kindness and being selfless or thoughtful.

No Play, No Play – If your children are playing together and you can hear they are following the game rules and being considerate of one another, it is good to encourage this. Identify the positive behaviours and reward them with an iKi Token. This enables you to cement in your child's mind why it is important to play by the rules. So that it is safe, fair and fun for everyone – AND good consequences follow!

Eat Well, Live Well – When your child makes a healthy food choice over a 'sometime' food choice or when they choose an outside activity, reading, or a hobby/learning activity over time on their device – these should be acknowledged and encouraged with a Token.

These are just a few examples, but you can see that by keeping it simple and consistent, the boundaries are set, the security is there for your children and it takes the guess work out of managing and responding to behaviours.





How to Administer Warnings & Reflection

Just as the iKi Tokens are awarded when your child is displaying positive behaviours, iKi Warnings are there to help you and your child identify when they are NOT abiding by the rules, whether by being disrespectful, unsafe, unfair or just not contributing to your family team.

- » The iKi Warnings work much like a yellow and red card system in sport. Your child gets two warnings and then on the third is sent into Reflection (aka The Sin Bin). This is the 'consequence'.
- » When issuing the warning in the early stages, be sure to explain why your child is getting a warning, that what they are doing that isn't safe, fair or respectful. It can be helpful to use language like, "what you are doing is not safe, we walk around the pool when we are playing, not run. That is your first warning".
- » It is perfectly normal for your child to test the boundaries and you might find you are handing out warnings more than tokens in the early days. Don't worry, be consistent and stick to it, your child will ultimately feel more secure and settle into routines more quickly when they understand the expectations.
- » Following the third warning your child should be sent to Reflection which is to be spent in a safe place away from the family activity, where they cannot be distracted and have time to reflect on their poor behaviour or choice. **It is important that while your child is in Reflection you remain with them and assist them in calming down.** If you feel you yourself are not calm and ready to speak rationally with your child about their behaviour, take a few moments for yourself if need be. Sit with your child and take some deep breaths. Modelling this self-regulation in front of your child will also help them to calm down.
- » When you and your child are ready, gently talk through why they were sent to Reflection. It is important that we use language that is appropriate for their age and keep it short and sweet, but make sure you are confident they understand why the consequence was actioned. It is also important to identify any emotions or feelings your child may have been displaying in the lead up to this moment, e.g. "You must be really angry with your brother for taking your toy, but we can't throw things at him when we are angry, that isn't safe or respectful". Then follow on with what your expectation is so they can understand and correct their behaviour. "Next time your brother takes your toy, instead of getting angry you need to ask him to give it back to you, and if he doesn't you need to tell Mummy straight away, okay?"

- » The longer you use the iKi Rulz and the older your child gets, they should be able to 'identify' or describe for you what parts of their behaviour were inappropriate and how they should have handled the situation – and you can start moving into more of a mediator, consultancy role and allow them to own their behaviour and consequence more. This ultimately enables them to be better equipped to do the same outside the home context.

For more information about self-regulation, identifying and understanding emotions in yourself and your child – we recommend reading books such as 'Emotionally Intelligent Parenting' by Dr John Gottman and other leading psychologists – see Uselink Links and Resources in the Parent Resources page of our website for more details). And if you have an opportunity – participating in a Tuning into Kids™ workshop is also really beneficial. They also have one for teens!



Day by Day

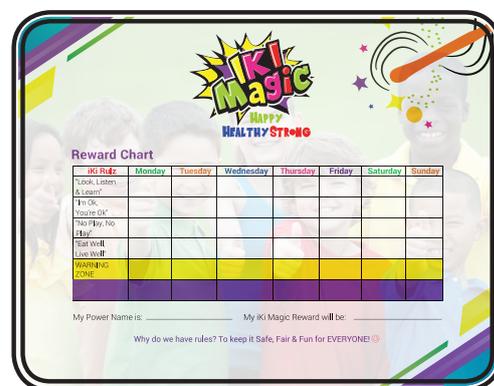
It is important to wipe the slate clean each day and allow your child an opportunity to regain your trust in their understanding of the rules, and your respect as a Safe Respectful Learner.

Don't be afraid to issue Warnings when you are out in public places. Let your child know when you get home they will be receiving a Warning on their chart. If they already have two warnings on the board for the day, make sure your child knows that they will be going into Reflection as soon as you get home!

At the start of the day, make a point of encouraging your child by removing any Warnings and highlighting the types of behaviour you are hoping to see from them on the new day.

Setting Up Your Child's iKi Magic Reward Chart

1. Print out one of the iKi Magic Reward Charts (in the Parent Resources section online) for each of your children. Printing A3 size works best, but A4 will work also.
2. Discuss and decide on **POWER NAMES** with your child. Then fill in this spot.
3. Decide each week on what your child is working towards as a reward. Place this on the line at the bottom of the chart titled "My iKi Magic reward will be".
4. Print off (or make) a set of tokens and warnings for each child and chart (also in the Parent Resources section online). You may like to laminate both the chart and the individual tokens for longevity. You can use blue-tac to stick the tokens onto the chart.



If you have any questions in relation to this document, please do not hesitate to contact us at admin@ikimagic.com.au.

Buddying Up With Your Educator – it Takes a Village!

If your child's day care, preschool or school is using the iKi Safe Respectful Learners program, make sure you talk with your child's educator or teacher about how they are getting on with their iKi Magic. If your child is working on a particular rule at home, perhaps you can have your child's educator encourage this during their time with them, as well as possibly reporting back and even issuing tokens on your behalf. This consistency between home and out-of-home care provides more security and helps decrease angst for your young ones, particularly if they struggle with separation anxiety, and tend to push boundaries as a result.

This buddy system can also work at the other end of the spectrum, where Warning Tokens can be issued during the day, and if need be you can follow up with the Reflection at home. If the 'move away' has already occurred because your little person was struggling with playing by the rules, it is important to follow up on this in the home context, backing your carer/teacher and reinforcing the rules and boundaries. Remember, consistency helps your child to feel safe and gives them the confidence to explore, discover and develop their unique personalities.

Want to Get the Most From Your iKi Magic Experience?

Once you have started using iKi Magic in your home you may like to connect and share with other parents on the same journey. Jump online and like the iKi Magic Facebook page and we will add you to the secret iKi Magic Parents group, so you can share your thoughts and stories. Also be sure to check out our blog "An iKi Kind of Life" for other great hints and tips on growing your happy, healthy, strong family.

For further assistance on implementing the iKi Magic program into your home and/or working with your day care centre or school, please contact admin@ikimagic.com.au and one of our staff will contact you to discuss your individual needs.

Parent Networking & Information Sessions can also be held at your day care centre or school by simply emailing your request to admin@ikimagic.com.au.

Good luck on your journey – remember to keep it simple, be clear & concise and leave the rest up to iKi Magic!



Glossary

EXPECTATIONS

Clearly communicated rules and responsibilities for your children and other family members. When setting expectations, also give examples of what other family members do and how they like to be treated.

iKi RULZ

1. Look, Listen & Learn
2. I'm Ok, You're Ok
3. No Play, No Play
4. Eat Well, Live Well

iKi TOKENS

Stickers, stars or other symbols your child likes, that show positive progress on their reward chart, or represent their understanding of iKi Rulz.

POWER NAMES

A name your child chooses for themselves that summarises a belief, goal, or method of living their life. e.g. Kim, who believes in giving what you would like to receive, is known as Karmic Kim.

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We acknowledge the Traditional Owners of country throughout Australia and on which iKiMagic and iKiFit is developed and practised. We recognise their sovereignty and continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.