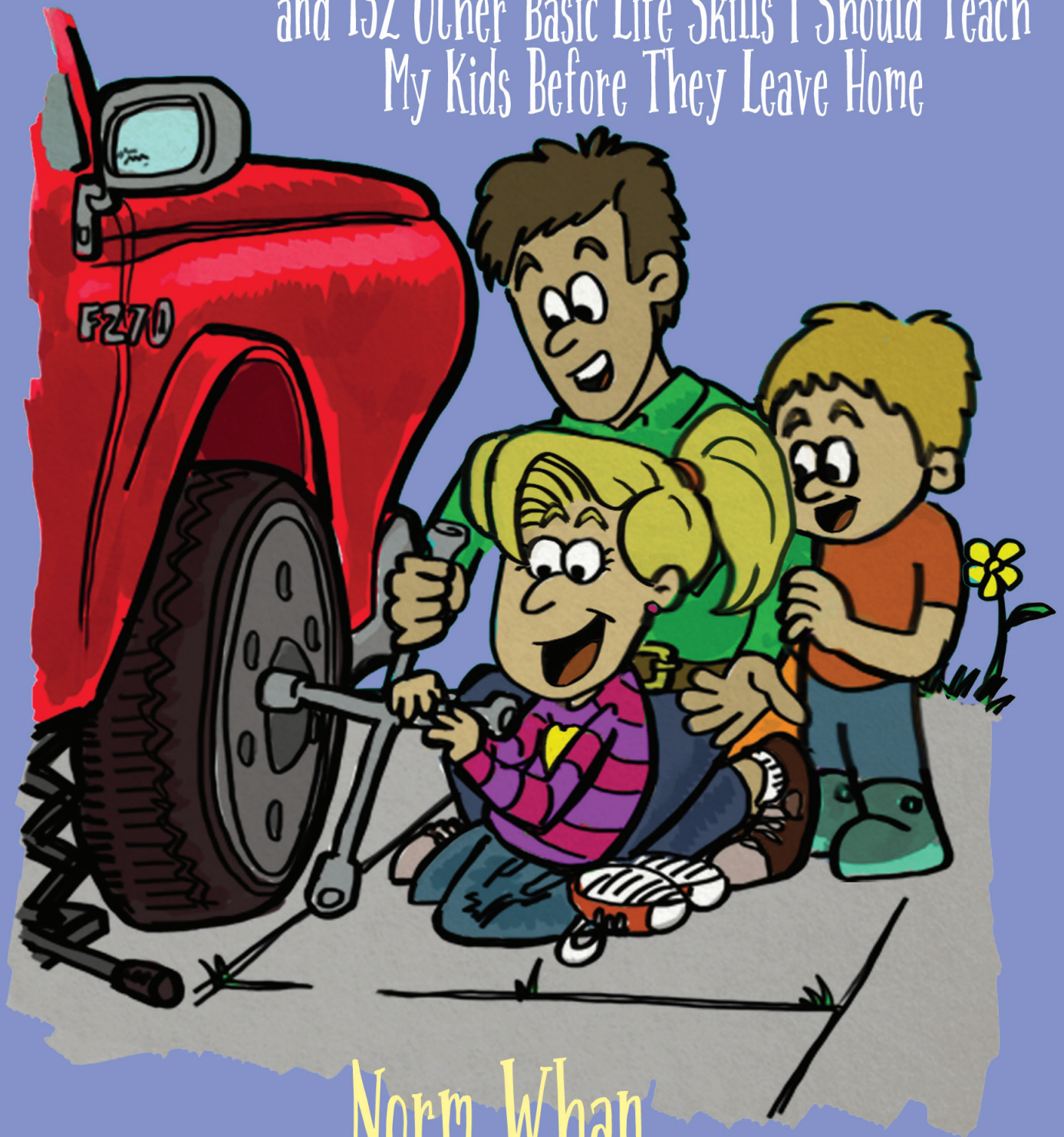


How To Change A Tire

and 132 Other Basic Life Skills I Should Teach
My Kids Before They Leave Home



Norm Whan

(A guy who raised 4 kids and lived to tell about it)

A Guide to Your Guide

This is not a reading book. It's a guide...an interactive journal filled with "checklists" that track your progress as you teach your kids these basic, everyday skills that prepare them for life as an adult.



Your guide starts with a **"Dedication Page."** This is an opportunity for you to share with your child what your thoughts were when you chose to start this journey with them. Because the book is personalized, you have one for each of your children.

You're now on to the **"Checklists"** (like the SAMPLE page to the right) that make up the vast majority of this guide. There are 23 categories from Auto and House Cleaning to Baking and Banking, from Cooking and Grocery Shopping to Laundry and Pet Care, Chores, and Time Management. The 23 categories have a total of 133 basic life skills.

The checklists have the names of all 133 life skills. When your child reaches the appropriate age to learn one of them, there's a place to record it. There's a place for the date it was accomplished, a place to record the child's age at that time, and a place for your child and you to initial.

You can even customize your guide. There are three **"FILL-IN"** lines at the end of each category for you to add your own basic life skills like a favorite family recipe and there are four **"FILL-IN"** pages for you to add four new categories.

The **"Memories"** pages provide an opportunity for everyone involved in teaching the life skills to share their experience and record their favorite memories. In the long run, this section may be the most meaningful.

Your guide also includes a **"Certificate of Accomplishment"** that gets signed by everyone who taught these lessons over the years. When your child leaves home, this guide is given to them as a keepsake and reminds them of the village of people that helped take them from childhood to adulthood.

You'll never regret teaching these life skills to your child and they'll benefit from learning them for the rest of their lives.



House Cleaning

"Cleaning with kids in the house is like brushing your teeth while eating Oreos."

—Somecards



HOUSE CLEANING CHECKLIST

Vacuuming

Date 8/9/18 Age 5 Initial HW Initial SW

Dusting

Date 6/4/17 Age 4 Initial HW Initial RW

Mop Floors

Date 2/7/19 Age 6 Initial HW Initial BC

Wash Windows Inside and Outside

Date _____ Age _____ Initial _____ Initial _____

Clean Sinks, Showers and Tubs

Date _____ Age _____ Initial _____ Initial _____

Clean Mirrors

Date _____ Age _____ Initial _____ Initial _____

Clean Base Boards & Bannisters

Date _____ Age _____ Initial _____ Initial _____

Wipe Down Cupboard Doors

Date _____ Age _____ Initial _____ Initial _____

Date _____ Age _____ Initial _____ Initial _____

NOTES

Playing with water and soap bubbles is always fun for kids. Cleaning sinks and tubs and mopping floors lets them splash a little while they clean a little. Don't miss this opportunity to catch them having fun while they're learning.

A vacuum cleaner is a fascinating "monster" with all those hoses and gadgets and the noise that it makes. Let your kids put the "pieces" together and watch the "magic" of picking up a Cheerio with a wave of the wand.

If you're lucky and have enough dust, kids can have fun writing their name or drawing a picture or design before they wipe the surface clean. It's like having a free Etch-A-Sketch.

House Cleaning



MEMORIES

This image shows a single sheet of yellow paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Dedicated To



On this day of in the year of

Signatures

133 Basic Life Skills

REMEMBER

This is not a "HOW TO DO IT" book...this is a "YOU SHOULD DO IT" book.



1-Auto



2-Baking



3-Banking



4-Bathrooms



5-Build Something



6-Chores



7-Cooking



8-Electrical



9-Grocery Shopping



10-Hand Tools and Power Tools



11-House Cleaning



12-Kitchen



13-Knots



14-Laundry



15-Lawn and Landscaping



16-Maintenance



17-Painting



18-Pet Care



19-Plumbing



20-Safety



21-Sewing and Mending



22-Small Appliances

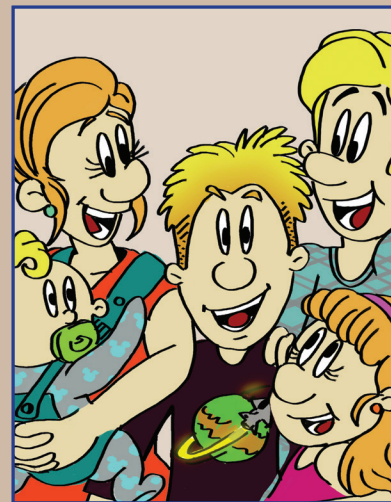


23-Time Management

Your journey is about to begin.

HAVE A GREAT TIME!

(You get to customize)



CHECKLIST

_____	Date _____	Age ____	Initial ____	Initial ____
_____	Date _____	Age ____	Initial ____	Initial ____
_____	Date _____	Age ____	Initial ____	Initial ____
_____	Date _____	Age ____	Initial ____	Initial ____
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_____	Date _____	Age ____	Initial ____	Initial ____
_____	Date _____	Age ____	Initial ____	Initial ____

NOTES

24

Certificate of Accomplishment

On this day of in the year of

Signatures





"Teach me and I'll Forget. Show me and I may remember. Involve me and I'll learn."

Benjamin Franklin

Finally! A Practical Guide To Help Kids Learn Basic Life Skills That Get Them Ready For The Real World

Here's Why Every Parent Should Read And Use This Book

"If a parent keeps doing something that a child is capable of doing for themselves, even if you do it out of love, you may be holding them back from growing into the best expression of themselves."

Maggie Dent - Author and Parenting Educator

"It is slightly alarming how many students leave the nest without the basic knowledge of a day-to-day life because they've always relied on parents to take care of things."

Elizabeth Hoyt - Author New York Times

"Life skills are essential for your child to learn how to be independent and become self-sufficient."

Lindsay Hutton - Editor of FamilyEducation.com

"What is America going to do without skilled workers who can build and fix things?"

Tara Tiger Brown – Author, "From the Death of Shop Class and America's Skilled Workforce"

"We basically are trying so hard to make sure our child excels in school, that many times we forget the importance of teaching them these life skills."

Mary Jo Rapini - Psychotherapist

"You don't raise successful human beings by doing everything for them. You raise them by teaching them how to do it for themselves."

Steve Wentworth.Co.UK

"The biggest crime happening in America today is the fact that they've pulled all these shop classes out of schools. Kids today, their dream isn't to build something, it is to buy something."

Chip Foose - American Auto Designer, Actor

"By involving children in tasks, parents teach their children a sense of responsibility, competence, self-reliance, and self-worth that stays with them throughout their lives."

Marty Rossman - Associate Professor, University of Minnesota



A Message From the Author



So, I thought you might like to know why I wrote this book.

Since the beginning of time, parents have felt a responsibility to teach their children how to survive in a world filled with never-ending challenges.

Fast forward to today and for most of us, from the moment we become a parent, our intention is to teach our kids the basic skills of life. However, all too often there's a huge gap between intention and reality. I've written this book to help fill that gap.

It's not a book that teaches the details of each of the skills. That's what the internet and YouTube are for. One of my favorite things about this book is if you don't know how to do one of the skills, you get to explore the "how to" with your child and they get to see you as a "learner" and a "teacher" and great joy comes from accomplishing the skill together.

It's not about hugging or loving your kids, or about providing for their everyday needs of food, shelter, and clothing and it's not about having that talk about the "birds and the bees" when the time is right.

It's not about teaching your kids how to tie their shoelaces or putting a Band Aid on a boo-boo... Nope! It's about things like sewing on a button, cooking a chicken, and unclogging a drain.

This guide is about passing on common, basic knowledge from one generation to the next. It's about you sharing your experiences and wisdom that have been honed by years of trial and error.

I've never written a book like this. But, I have raised two boys and two girls and lived to tell about it. Everything I'm sharing comes from that experience and my battles from the "school of hard knocks". I've lost some, won some, and at other times gotten beat up so badly that all I wanted to do was throw in the towel.

Before any of my kids were born, I intended to be the best dad this world's ever seen. That didn't work out exactly the way I'd drawn it up in my mind. I wasn't a terrible dad. I just wasn't as good as I could've been when it came to teaching my kids these simple, basic life skills.

Patience wasn't my long suit so my kids ended up getting the fuzzy end of the sucker. The fact is, it's just a lot easier to get things done if you don't include your kids, right?

I mean, you can bake a batch of peanut butter cookies and be done in twenty minutes. But, mix in a five year old and it can take you three hours just to clean up the mess they've made. The problem is, they never learned how to bake a cookie. I hope you caught that! Understanding that cookie thing is a really big deal.

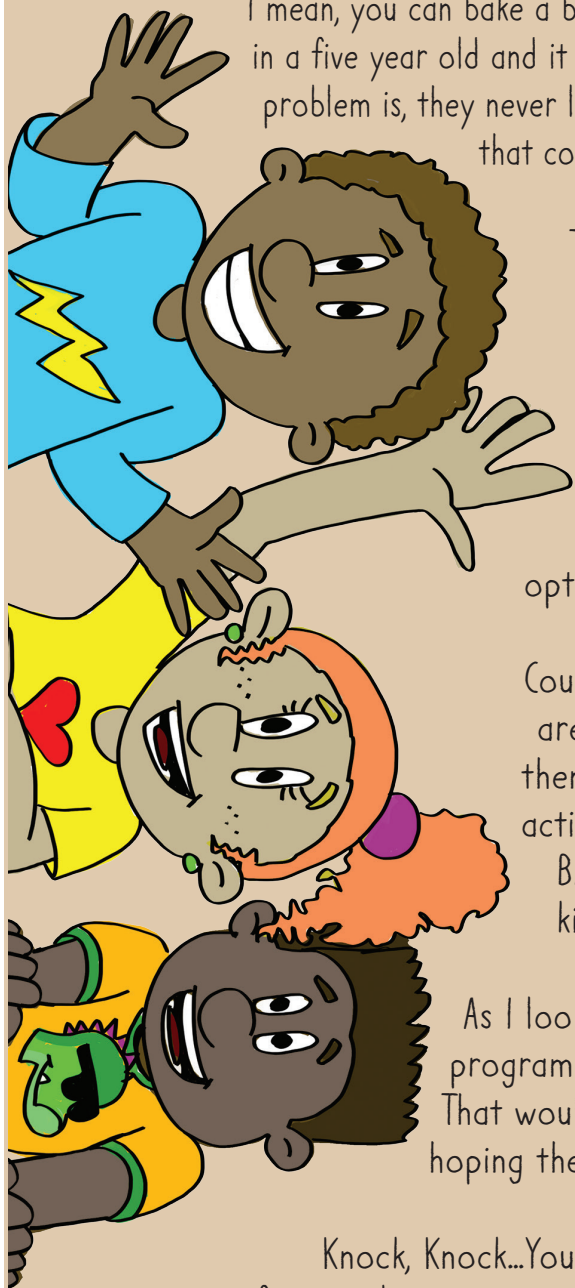
To make things worse, here's what's happened: Somewhere along the line, we lost a bunch of electives in our school system and it just sort of snuck up on us. All of a sudden, classes like home-ec, auto shop, cooking, woodworking, driver's-ed, and a number of other life skill instructions just disappeared. We woke up one day and found ourselves with a giant hole in the "equipping our kids for the future" options that were always a part of general education.

Couple that with dual-income households where both parents are at work, increased homework loads for the student, then add in sports, social commitments, and dozens of other activities and obligations screaming out for our attention and... BAM...there's hardly the time or energy left to replace what our kids lost in school.

As I look back, I believe I would have done better if I'd had a plan...a program or system, a collection of checklists like this to work with. That would have helped me teach my kids these basic life skills instead of hoping they'd somehow get "taught or caught" by accident.

Knock, Knock...You've got to listen to me here...I'm trying to help you. I'm trying to save you from waking up some night in a cold sweat realizing that the first time your kids try to change a light switch it could be a life or death experience because you never taught them the difference between the white wire, the black wire, and the green wire.

Now, I wasn't always the only problem. For years, my wife insisted I cut the kid's meat for them because she was terrified at what might happen if they touched a sharp knife. As a result, our oldest daughter grew up actually having to ask her dates to cut her steak for her. To this day she still suffers from the embarrassment.



Because of my wife's fears, we overprotected our kids. Our youngest son believed that if he ever pulled the trigger on a circular saw he'd be dismembered and left to bleed out in our garage. He still has a nervous reaction when he hears the sound of a power tool and he thinks Home Depot is a haunted house.

Our youngest daughter has no idea that a "jack" is used to change a tire or that a "phillips" is a screwdriver. To her, they're just a couple of boy's names.

Here's the trickle-down effect. Our oldest son got a call from one of his daughters the first time she went to fill her car with gas. When she called she was in a panic because the nozzle wouldn't fit into the gas tank. Needless to say, this happened because her dad never took the time to teach her that basic life skill about the "green hose."

So, here's how this works.

At an appropriate age, when you're getting ready to tackle one of the items on these "checklists"...include your child...simple as that! Let them watch, let them participate, and let them learn.

Tell them stories of how you learned to do what you're doing, who taught you, where the recipe came from, and what the house smelled like when grandma made that special holiday meal. Make sure they get to pound some nails, change the vacuum cleaner bag, mix the cake batter...and make real sure they get to lick the spoon.

So, there you have it. I've written this book with the hope that it'll help you be better at all this than I was. I've written it with the hope that it'll make it easier for you than it was for me. My hope is that your children will benefit from it and become better adults (and better parents too, if they choose to one day have children of their own).

Disclosure...I've also written it for my own selfish benefit...believing that if, during my lifetime, I help one person do it better than I did it'll somehow give meaning to my own failures and make me feel better before I die.

Full disclosure...I've also written this in the hope that I can sell enough of them to offset the enormous costs of helping put eight grandchildren through college.

One of my favorite things about this guide is that some lessons will be learned by BOTH you and your child. Let's face it, sometimes, one of the reasons we don't teach our kids something is because we don't have a clue about how to do it ourselves.



There's no particular order that the life lessons must be completed and there are no time limits. There are no grades and no "pass" or "fail". Every child will benefit from these lessons at *their* own pace and at *their* age appropriate time. This guide is about the journey and it's a journey that'll be years in the making.

Very few kids, if any, will complete every life skill in this guide before they leave home. That doesn't mean you've failed...not by a long shot. But, there's a real good chance that you'll have taught your kids more using this guide than you would have without it.

It serves as a future reminder of where you started, how far you've come, and how much you accomplished.

And finally, keep this in mind...the better your kids do in life...the better they can take care of you in the future.

Enjoy the journey and have fun!

Norm Whan

