

## 10 Parenting Strategies

*MAIN MESSAGE TO KIDS: YOU ARE AMAZING AND LOVED. YOU ARE NOT YOUR MISTAKES. MISBEHAVIOR IS NORMAL! BAD BEHAVIOR IS JUST BENEATH A GREAT KID LIKE YOU.*

- 1. Stay positive:** Sprinkle their world with the goals of the positive behavior you want, not the negative behavior you don't.
  1. NEVER label your kids with a negative behavior eg, "You are a slob." "You are so lazy!"
  2. Try not to even say "You are being sloppy, You are being lazy." Still highlighting negative.
  3. Instead, Say the word you want them to do/be. "Let's make this neat, you're always good at that when you try." "Come on, where's that energetic kid who's so much fun?!"
- 2. Give true compliments.** *Never* lie. Find something you can compliment. If it comes from your heart it will go to theirs.
  1. Don't say, "That picture is so beautiful!" if you don't believe that.
  2. Find something to compliment that's TRUE FOR YOU, "I love the colors you used!" Did you use real paint and brushes?!" "I love this - Where should we put it?"
  3. Kids believe what you tell them. Label their behavior for the positive. Eg, you shared with your sister, you're so GENEROUS. Label the positive so they know what they did right and so they have concrete positive self image. If its based on what they actually DID they can't dismiss your compliment as, "You're my mom, you have to say that."
- 3. Don't give too many directives. Rephrase.** No one likes to be ordered around. eg, instead of, "come eat dinner," say "Dinner's ready!" Instead of "put your backpack away," say, "Your backpack is on the table?" Smile. No sarcasm.
- 4. Catch them being good.** "you were ready to quickly and easily today. Good job." Be specific so they can do it again. Story of boy who needed to straighten his posture.
- 5. Don't repeat yourself.** You only have to say it 10 times because you say it 10 times. Start saying it ONE time. Below is plan to train them. WARNING: ONLY DO THIS WHEN YOU HAVE NO PLANS THAT NIGHT AND YOU FEEL PATIENT. You might have to do this a few times over a few weeks. That okay.
  1. Say it once when you mean it. Eg, "Dinner!" - when dinner is actually ready and you have time to teach them without getting angry.  
*The goal tonite isn't "dinner on time." The goal tonite is, "I have time to teach them "first time listening." THERE IS NO ANGER. You're teaching them something they need to know. That's your job as a parent, right?? Nothing to get angry about, they need to learn this and that's your job. DO YOUR JOB. And be nice about it.*
  2. If they don't respond, go find them.
  3. Look in their eyes and say, "Hey, here you are!! I said something, sweetie. Did you hear me?"
  4. *Wait for their answer.*
  5. If not, say, "oh, okay, Would you like me to say it again? *Wait for their answer.*
  6. "I said, Dinner's ready! Can you come now or do you need a minute to finish up what you're doing?"
  7. If they say "can I come in a minute", that's ok. "I'm not hungry" - up to you if they have to come or not. What we're going for is you say things once and everyone takes that seriously (especially you!)
- 6. Give choices wherever possible.** Kids want to do things themselves. If you give them choices you are not the enemy to be defeated so that they can self actualize. You become the coach who continually GIVES THEM OPPORTUNITIES to self actualize. Now you're all on the same team.  
Some Cooperation Techniques.
  - Shower now or in 5 minutes?
  - Clean up Blue pieces or red? Lets race! Or not, schmooze and relax while you clean up. Depends on the kid and the vibe.
  - Story, "Do you want to be first now?" "Do you want to skip?"

- When you start thinking this way, you get creative.

7. Remember **“THiS”**: **Tired Hungry Sick** - not a teaching moment. Take care of them, don't discipline them. You're also not such a doll when you're tired, hungry or sick.

8. **Go under the radar/Subliminal**. What does this kid need to work on? Don't talk about it, just introduce that theme all over their lives. Eg, sharing: Every bedtime story, every movie, the dinner table conversation about how your day was, tell a story about how you shared and felt good. Have them give out dessert so they experience the gratitude and pleasure of sharing.

9. **Role Model**: “Don't worry that your kids aren't listening to you. Worry that they're watching you.” Talk about your own struggle. Be a role model. Eg, you drop something, say, “See! Even Mommies make mistakes.”

10. **Apologizing** - be careful. Eg, doctor who gives wrong prescription repeatedly. Big difference between a confident parent who apologizes occasionally and an apologetic parent. Don't be the weak substitute teacher in your own home! **BE SELF-CONFIDENT** - you got this. G-d Chose You.