

Positive Parenting

Behavior is not random- there is always a reason for it. Kids only continue the behaviors that work for them- this includes negative behaviors. Behaviors work to get our attention

All people, including children, needs to have *attention* and *power*

- If they are not getting these, children will use negative behaviors to get these
- Goal is to give it to them in positive ways

Power:

- The need for power is hard wired and children often feel that they do not have control over their lives. They need to have a sense of control over their own world.
- Children act out to feel control or power over their own lives
- They push buttons to try to win and to prove who is boss
- Tantrums, defiance, and talking back are all power behaviors
- Mealtime, bedtime and the potty are common times when children try to take control

People are born with free will. The decision to behave is always their choice.

- Counting to 3 and forcing a time out goes against free will

Punishment is a tactic that causes blame, shame, and pain. With punishment, you overpower the child with fear. Will not cause long term behavior change because it teaches the child to shut down and teaches the child to lie (to avoid the punishment).

Discipline is not about punishment. It teaches the children to make better choices in the future.

Misbehavior is never just a kid behavior. Our personalities play a role in the children's behaviors. It triggers them. What about your personality could be a trigger for your child?



5-STRATEGY SURVIVAL GUIDE

1 OWN YOUR ROLE.

Backtalk is almost always a two-way street, one in which parents also play a starring role. Be aware of your day-in and day-out communication with your kids. Watch your tone of voice and minimize the amount of ordering, correcting and directing you do. No one wants to be “bossed around” and the natural reaction is to fight back. Remember, it’s not about “winning” the battle. It’s about recognizing that your child needs more control over her life and helping her find ways to have positive power within your boundaries.

2 FILL THE ATTENTION BASKET.

Kids of all ages have an attention basket—plain and simple. If they don’t get sufficient positive attention, they will use negative behaviors to provoke us until they get our attention. From their perspective, negative attention is better than no attention at all. Make sure you’re giving your kids plenty of positive attention each day. This step is so crucial that we make it front-and-center in Session 1 of the Positive Parenting Solutions course and teach parents a change-your-life, rock-your-world tool to make this happen consistently...even for parents with an already way too busy schedule. It’s a game changer.

3 GIVE POWER TO YOUR PEOPLE.

Kids are fueled by power, so find ways to give your people the positive power they NEED. A good example? Provide more CHOICES (within your family boundaries) so they can have more control over their world. Let a toddler choose between a Batman and Spiderman toothbrush and let your teen pick the restaurant within a set budget. Choices are not the only way to give kids power. Many more strategies to give power to your people – and get the results you are looking for – are revealed in Sessions 3 and 4 of our online course.

4 DON'T GIVE THE SATISFACTION OF OVERREACTION.

The truth is kids talk back to get a reaction. When you get upset and respond with “you will NOT talk to me that way, young man,” they SCORE BIG with a power payoff. Instead, get eye-to-eye and very CALMLY say, “I feel hurt and disrespected when you speak to me that way. When I hear that tone of voice, I’m going to walk away. I’ll be happy to talk with you when we can speak to each other respectfully.” Then, here’s the key – DO IT. WALK AWAY! Next time it happens, there’s no need for even a warning—simply leave the room. You’re sending the message that you refuse to participate in a power struggle. And when there’s no one to fight with, there’s no fight! (How awesome is that?)

5 USE THE 5 R'S OF CONSEQUENCES FORMULA.

This is a big one. One we covered in detail in the webinar you attended. Why? It’s a foundation builder to teach personal responsibility and accountability. And a key to creating permanent, POSITIVE change in your home. Be VERY CLEAR about the rules in your house and be equally clear about the consequences if the rules are broken.

www.positiveparentingsolutions.com

