



THE STRONG WILLED CHILD

- 1 LEARNS to force others to give in to her demands by causing them emotional pain and discomfort
- 2 We give them what they want so they will stop doing those things that bother us, this rewards their bad behavior and teaches them to do it again
- 3 Please always consider your child's age before you expect them to do or not do certain things

HELP FOR PARENTS

- 1 Failing to reward good behavior (ex. Your child wants to show you his good report card- you tell him wait until I finish doing X)
- 2 "Accidentally" punishing good behavior (Your child does his chore and points it out to you, you tell them, "its about time.")
- 3 "Accidentally" rewarding bad behavior (giving in to whining, tantrums, manipulation)
- 4 Failing to punish bad behavior (using "kids will be kids" thinking when your child is inappropriate, hitting, yelling, etc.)
- 5 Empty threats- never say anything you don't intend on following through on

SKILLS FOR YOUR CHILD

- 1 Have a family meeting and make up the house rules together, ask the children if there are any rules they think YOU should follow (you would be amazed at what they might say).
- 2 Explain the reason behind your rule choices and offer another suggestion when you have to say no, this helps them feel more control over their environment
- 3 Forewarn your child so they expect for things to happen (naps, leaving for school, dinner, bedtime)

Be careful not to fall into the trap of dealing with your child in a frustrated manner regularly- expect buttons to be pushed. Find reasons to laugh with them and praise them. When you react in a negative way often, the child learns to play the power struggle game. They also lose self esteem which leads them to stop trying to do better.

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