

As we prepare for summer schedules, camps, playdates and free time parenting challenges may reach a new level. Here are a few suggestions to talk through some common problems.

What to do when your child has a reoccurring challenge that keeps coming up (like transitioning or interrupting).

Try this approach in a conversation:

“We all have hard parts in life. Saying good bye to the fun is a hard part for you. Mine is being polite when I’m hungry. Your brother’s hard part is getting off video games when we ask him to. Daddy’s is getting going in the morning. It’s ok for each of us to have parts of life that we are working on.”

When we can let our kids know that we struggle with things as well we make it less shameful for kids to talk about areas they are struggling with. This helps to build a culture in your family in which everyone is working on his or her out “hard parts” together. This really helps kids relax and feel less alone when there are hard parts of life to work on. Parents who talk openly about their areas of struggle make the environment much safe for kids to be imperfect.

What to do when you are taken by surprise by blatant misbehavior or defiance...

Try this approach:

“I’m going to need some time to think about how I will respond to this situation. This feels pretty important and I want to give some careful thought. I’ll let you know when I’m clear about what the next steps will be. In the meantime, maybe you can think of some ways to set this right.”

When you take your time to think about how to handle misbehavior, it reminds your child that you are not a fearful leader but a thoughtful one. Formulating your response base on thoughtfulness versus impulsive reactivity teaches kids to stop and think. Take your time – an hour or a day – to consider what consequences make the most sense. This will also give you a chance to come down from your own frustration about the situation and help you to think of more meaningful consequences. Learning and change occur when consequences are thoughtful, brief and include the opportunity for correction or a re-do. Mistakes are best when we learn from them.. The pathway to success is paved with mistakes.

Source: What can I say? A new kind of talk for parenting in tough moments. <https://www.thelabmethod.com/>