

Take Back Your Authority Without Punishment! Step Out of the Negotiation Generation And Step Back into Control

If a challenging behavior happens once, it's once; if it happens again, it's a theme.
Your child's predictable behavior deserves a proactive plan.

Children & teenagers accept limits and act in responsible ways when parents—

- ~ Avoid playing the blame game
- ~ Respect individuality
- ~ Predict behavior
- ~ Focus on the fence *and* the freedom
- ~ Use prevention strategies
- ~ Use positive active language
- ~ Prepare children for high risk situations
- ~ Say yes, and highlight what children can do
- ~ Provide opportunities to practice new ways of behaving
- ~ Role model problem-solving
- ~ Resist parent pressure

To start being proactive, begin by determining your limits—those that are non-negotiable, and those that *are* up for discussion. Anticipate situations in which your child has difficulty, and then prepare him or her for what you expect. Remember, your child is not a little adult. He or she needs you to be a coach and guide. Combine tell-me, show-me, and involve-me discipline, so you can maximize your child's success in learning more effective ways to behave.

Tell me, and I may forget. Show me, and I may remember.
Involve me, and I will understand.