

Proactive Parenting



*Today is a smooth white seashell, hold it close and listen to
the beauty of the hours.*

The top ten reactive things parents say...and what's wrong with that!

What you say... What it is... Why it isn't working...

1. How many times have I told you...?	Talking in conflict	Your actions aren't matching your words.
2. Put that down. Pick that up. Come here.	Communication at a distance	Because action in conflict teaches, not words.
3. Oh, no you don't...	The beginning of a power struggle	Encourages..."oh, yes I will".
4. If you do that again, I'll...	Threatening	Invites the misbehavior.
5. I'm taking away...	Consequences that often don't make sense to your child	Take-aways rarely match the offending misbehavior.
6. Go to time out!	Isolating, negative	Isn't teaching your child how to make a different choice in the future.
7. You're grounded!	Isolating, negative	Isn't teaching your child how to make a different choice in the future.
8. Why can't you ever...	Diminishing, critical	Because your child hasn't been taught the skills to do otherwise.
9. STOP IT...I said, STOP IT!!!!	Yelling	When you are out of control, it is impossible for your child to be in control.
10. I've had it!	A parent without a plan	Without a plan, you are reactive not proactive.

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To learn more about her work, visit www.LynneGriffin.com