

Dealing with Defiance!!!

☺ “Love and Logic” to the Rescue ☺

Dear Eastside Families,

How many times do we find ourselves caught up in the un-winnable power-struggles over behavioral defiance and battles with our kids? Energy-draining, time-wasting, frustrating, and too often—a lose-lose situation for all involved. Believe it or not... there's some good news ☺ to be found! With some practical tips, we can enjoy cooperative kids, while keeping the peace within ourselves and with our kids.

What do we do... when we hear our kids say: *"I'M NOT DOING THAT... YOU CAN'T MAKE ME!!!"*

#1. STAY CALM and Model Self-Control.

In a calm, matter-of-fact, non-threatening tone-of-voice, you can say: *"No problem. I care about you too much to fight with you about this. If it doesn't get done, I'll take care of it."* Then walk away.

#2. Take Time to Think.

After you walk away, your goal at this point is to give yourself—and your child—some time to think about next steps. Get some helpful ideas from trusted friends, family, colleagues, or other professionals who can offer ideas and support.

*Remember: DON'T remind, nag, beg, bribe, or threaten your child. The FEWER words you use, the better. Remember that every mistake or misbehavior is a wonderful opportunity for your child to LEARN life's most valuable lessons. The mistakes made—and lessons learned—at this age are far less expensive... than the ones our children will experience later on in their lives.

#3. Let Empathy and Consequences Do the Teaching.

When your child makes a poor choice, be genuinely sad for them. Using EMPATHY—rather than anger—dramatically increases the odds that they'll actually feel bad about what they did. When we use sincere empathy with our kids, there is a much greater likelihood that they will learn and show respect for authority... rather than build resentment and greater rebelliousness.

At the same time, natural and logical CONSEQUENCES must be enforced, because defiance is damaging to everyone. It drains our energy, and it hurts our children—by leading them to believe that nasty, disrespectful behavior is okay. Kids will never enjoy peaceful and productive lives if they fail to develop proper respect for authority.

#4. Separate the Behavior from the Person.

Remember to love your child even when it's impossible to love their behavior. This is tough... but that's why it's so powerful. Hope is provided—when kids know that nothing can separate them from our love.

Thanks for Reading!!! ☺

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☺ For more practical parenting ideas, check out www.loveandlogic.com

