

Parenting the Powerful Child:

Tips for Reducing Complaining, Whining,
and Arguing

Presented by: Rachael Urban

Normal and Natural



Why do Kids Misbehave?

All behavior has a purpose.

1. Attention
2. Power
3. Revenge
4. Display of Inadequacy

Why do kids misbehave?

- * 99% of misbehavior falls into attention and power stages.
- * Kids only misbehave when they have a reason and their behavior works!

Attention

- * If your child doesn't get attention they will go to the next stage... Power.
- * Redirect the child's attention. Guide their behavior in a positive way.
- * Flip the behavior to good.
- * Don't up the ante - it is like throwing gas on a fire.
- * Rules without relationship lead to rebellion.
- * Seek your kid's opinions, win their cooperation, and allow them to contribute.

Power that Serves a Purpose

- * Whether the attention is positive or negative, it's still attention.
- * Think of yourself as a circuit breaker.



Power Comes in Different Packages

- * Loud & Aggressive
- * Curveball
- * Quiet & Shy
- * Sensitive
- * Stubborn
- * Procrastinator

All kids are attention-getters

Trigger Points

Is it....

- * Real or perceived needs
- * Growing verbal skills
- * Tired
- * Hungry
- * An expression of the heart



Take note when you see meltdowns occurring.

Identify influences



Questions to ask....

1. Do they consistently lose it at _____? What or where are trigger points?
2. Do they have problems after school?
3. When you are at the store?
4. Do the attitudes or complaining happen if they don't get their way?
5. Certain people?
6. After television or video games?

Identify Emotions

State what you see:

(e.g. You seem _____ but you need to talk to me in a respectful way)



Honor



- * Starting point
- * Coat of arms for your family
- * The importance of words
- * Present example

Point out the Attitude

- Give the why
- Show the attitude in others
- Don't let the attitude pull you in or down



Challenge the Attitudes

- * You are their mirror.
- * Gently and loving.
- * Offer motivation to help produce the change.
- * Be firm. Set limits.
- * Car ride story.

Teach Responses

- * Model or practice what you want to happen at a neutral time. You can talk through it or act it out.
- * Use the phrases like “Obey first and then we will talk”.
- * Teach them to say “Please and Thank You”



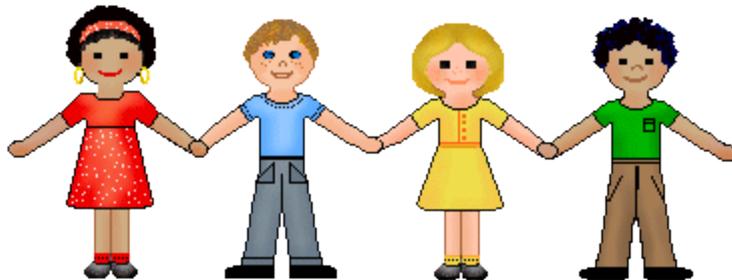
Affirm Progress

- * Look for ways to encourage them when you see them do the right thing.
- * Get down to their level.
- * Redirect with laughter.
- * Don't give up.
- * Write notes.



End goal

- * Develop life-long skills for them to be in healthy relationships with others
- * Relationships require grace
- * When challenges and difficulties arise they will know how to navigate them in a healthy way





Write it on your heart that
the ones you love are life's
most precious gifts.