Get kids to accept 'no' without major battles

No.

Why can't II You never let me have any fun! We already made plans. Tommy's parents are nice.
They already said I could sleep over. You're being mean.

Pleeessel I'll do anything you say, just let me go. Why can't you be like other parents? You don't even care about me!
It is possible to get children to accept 'no" without a major bat (lo. There are ways to peacefully handle children's requests. Here

Parents typically fall into the trop of giving an instant "no" to kids' requests. Children quickly learn that they can change ain instant "no" to a 'yes' by whining, begging, anger, tears or tantrums. Parents also spend far too much energy investigat-

ing, questioning, and probing for details to make a decision. Make it the child's job to present the details needed to make an informed decision. The following process is for parents who strugged with kids demands.

Invite your child to give you all the reasons, ask if there is anything else the child wants to add before you make your decision. This gives children a final chance to express additional thoughts or ideas to consider.

If fell the child. Til get back to you in X amount of time, after I've given it some thought. The answer will be no, if I am asked before the set time.

You decide the amount of time. Choose 10 minutes, after dinner, comprove or whatever feels appropriate to you. Even if you are certain immediately, after hearing the request that you are certain immediately, after hearing the request that you absolutely say 'nor if your child feel like his request is worthy of your consideration. The key to success is that you absolutely say 'nor if your child research you or an answer before the set time. Be firm here, and soon this now way of communicating will replace the constant hassles.

ms Consider the request and make your decision. Many times parents immediately say no to requests that they later agree to. By giving yourself time, you can clearly decide if a "yos" will work for you. Maybe a sleep over at Ryan's house will give you time to read a good book. You may be surprised at how many times you end up asying "yes" without the whining and begging. If after consideration the answer is no, then confidently say so. Saying no is an important part of setting limits and structure. Children find it easier to cooperate with your decision if their feelings have been heard.

This approach gives the child an opportunity to do the thinking. Be sure to really listen to what your child is saying. Don't just listen with your ears. Listen with your eyes. Children feel more connected to you when they are given your full attention.

Let's look at a real world example. Last September my son came to me with a big request. He said, "Mom. is this a good time to talk with you?" Hmmm, I know something was up right then, (step 1) so I sat down and gave him my full attention.

"I want a PlayStation 2 video game machine as a combination birthday and Christmas gift." He brought this request to me a month before his October birthday, quite far from Christmas. He tells me all the benofits of having one, and the hours of entertainment it would provide. He tells me that In a way it would be a "family gift" because it plays DVDs and the whole family would get to enjoy it. He mutioned that the price of the units when the same as ctack for the units in line derone, so he and his friends would be willing to wait in line derone he would be sold. (There is no way I would let him stay outside of a store all night, but there was no need for me to mention this.)

me to mention this.)

I listen attentively until he finishes all his reasons for wanting me to buy this machine. Then I gave him an opportunity to add any final thoughts. (step 2) I



asked him if there was anything else he wanted me to know in order to make my decision. After a moment of thinking, he began assuring me that he wouldn't-leave the controllers sitting in he middle of the family room floor because he knows I like the house to look neat.

I told him (step 3) I would make my decision once he found out the price and availability of the unit. That was the end of our conversation. From past experience he know not to bug me for an answer beforehand or the naswer would definitely be no.

A few days later: I realed that he had really done quite a though the presenting that the had really done quite a though the state of thought into how you maked me for that game machine? He responded with; "Me and my friends spent all Friday night figuring out how to get our parents to buy us one!"

By giving myself time to consider his request, without being hassled, I was able to make a decision I felt good about. I realized that while he would love to get the video machine on his birthday, by Christmas the thrill would be gone. I had my doubts that it would even be possible to find this popular item in stores. There were several other things he wanted that I would rather buy him. Things he would cripy and benefit from much more than a video game machine. Also, I strongly believe that children should help pay for expensive liems. They take better care of the belongings they worked for money, and is now saving up to buy the PlayStation 2. He was disappointed but accepted it. Quickly he focused on the other hings he would like for his birthday. When family members asked my son what they could give him for Christmas, he asked for money, and is now saving up to buy the PlayStation 2. He was disappointed but accepted it. Shows kids that their thoughten when the first head of the money and sender with the require use, your children reap the times a few and a children who

begging and tantrums. With regular use, your children reap the richest rewards. Children who become accustomed to this approach, think and prepare before they ever approach you. Children soon stop bringing outrageous requests to you because they we already done their mental homework and realize the request will not be granted. They gain life skills. They learn how to effectively approach someone in a logical way to present their requests. They will use these skills in many ways throughout their life with teachers, job interviews, neighbors and clients. By consistently using this approach, we empower our children and ourselves to handle requests effectively. Maxilyn Suttle teaches education classes for Farmington Youth Assistance. Her email: MaSuttle@aol.com.

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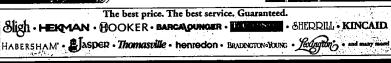
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