Help kids cooperate by telling them what you want



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"Interest of the properties of

touch that cactus or you'll get hurt."

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In less than a minute, he was holding a throbbing finger while crying out in pain, "It hurts! It thurts!"

He later told me that he never even considered touching the cactus until I mentioned it. Then, he became so curious. He just couldn't help himself. He had to touch it. If instead of telling him what I didn't wont, If coused on what I did want, his thoughts would have formed a completely different picture. What could I have said? How about, "Stay at least three steps away from the prickly cactus." Those words would have formed a completely different picture for him.

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him.

Kids often get trapped into playing negative roles. Parents reinforce those roles by focusing on the negative. Saying, 'Don't forget to call me, 'implies that you expect your child to be forgetful. 'Remember to call me,' implies a more positive expectation.

Replace, "Don't be late again," with, "Be on time." Replace,

Hills Senior Centercelebrates summer

The Farmington Hills Senior Center, located in the Costick Activities Center, is celebrating summer with two popular events for Farmington Hills area vesidents aged 50 and better.

**Med. White & Blue-It's a Party, will be held at noon Thursday, July 25 at the Costick Center. Travol through musical time with Singastion, a song and dance troupe from Oakland County Parks. Enjoy lunch, entertainment, games, prizes and rod, white and blue fee cream sundaes. Tickets are \$5 per person and must be purchased by July 19.

**Med. The Senior Center will heat its 25th annual Intergenerational Picnic 10 a.m.-2 p.m. Tupsday, Aug. 6 at the Center. Bring children, grandchildren forongs, games, stories, balloons and our new moonwalk. The Farmington Hills Polles and Fire Departments, and the Farmington Community Library, will join in to make this a membrable event for all ages. Tickets are \$4 per person and must be purchased by Aug. 1.

"Don't be sloppy," with, "Clean up after yourself." Kids see themselves more positively when our expectations are stated in the positive. By focusing on their capabilities we help our kids see themselves differently.
Focusing on what you don't want, can be confusing. It leaves kids unsure about what you really want from them. Suppose you say, "Don't misbehave at the restaurant." Is your child likely to behave? Without a clear understanding of what you want, she probably won't succeed. She may try to please you by singing with gusto.

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restaurant, she gets shushed. By specifically telling her what she can do to meet your expectations, she is more likely to achieve positive attention for herself. Sot her up to succeed by telling her what she can do, "At this restaurant, you can talk softly, play with the little toys we brought, and draw pictures white we wait for our food."

When you want to stop a negative behavior, replace it with a positive behavior, replace it with a positive behavior, replace it with a positive behavior, relling your kids, "Don't interrupt me when I'm taking on the telephone," leaves them in a void. While you're on the phone, all they can

picture themselves doing is interrupting you. By pointing out positive behavior options, they are less likely to interrupt

they are less likely to interrupt you.

Some suggestions might be, "When I'm on the phone, you can, play with your building toys.

draw me a picture . . . write me a note . . hug me while you wait quietly . . . give me a hand signal when you have something important to ask me." Focusing on positive behaviors helps kids to meet your expectations and feel good about themselves.

When telling your children what you want them to do, be

specific and break down large, tasks into manageable sized tasks. Replace, "Don't leave that mess in your room," with, "Be sure to put your toys back in the toy box and your dirty clothes in the hamper." By clearly and specifically stating your expectations in the positive, kids are empowered to do what needs to be done.

—Marilyn Suttle brings personal and professional growth seminars to corporate and educational settings. Email her at MsSuttle@aol.com or visit her, use site: http://members.aol.com/MsSuttle



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