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RAISING A GREAT CHILD WITHOUT **LOSING** YOUR MIND

19 POWERFUL **SUGGESTIONS** FOR PARENTS





1 Don't Lose Your Mind; They Need You to Have It!

Raising a child can be challenging from before they say their first word. Remember that children are still learning- Children don't come knowing it all. This is their trial-and-error time. All Children need adults who understand the challenge and accept the importance of being responsible parents.



2 Provide Them With A Good Example

One of the best gifts you can give to your child is the gift of a positive role model. Much of what they see you do will be modeled by them.



3 Don't Just Talk to Your Child; Talk With Them

The way we interact with them helps shape how they respond to us and to other people in their lives. Balance the amount of time you are talking with the amount of time you are listening.



4 Begin With Empathy

Childhood emotions are strong and can make a lasting impression on how they view themselves. If your child tells you that they fell in front of the class or lost a friend, be empathetic. Remember what it was like to be their age.



5 Tell Them What You Want Them to Do

We frequently tell children what we don't want them to do without giving them clear instructions on what they should do. Don't run in the house, changes to walk only in the house. Don't stay on your phone all night changes to bring your phones to my room at 8 pm.



6 Reframe Their Negative Behavior Into More Positive Ones

Reframing behavior lets us see that the stubborn child is determined, the talkative child is social and friendly, the bossy child has leadership potential, and the manipulative child is resourceful. Then assist them in positively applying these skills. This will allow us to reframe challenging behavior and deal with it in a proactive and positive manner.



7 Avoid “Bad Questions”

Rhetorical questions like “what are you thinking” or “how many times do I have to tell you to clean your room” stimulate the emotional reactive portion of the brain and do not produce positive results.



8 Use Proper Praise

Look for ways to praise kids for improving in an area or because they worked hard at something. When you encourage effort or determination, you are helping them build confidence and a strong work ethic.



9 Serve as Their “Surrogate Frontal Lobe”

Being a surrogate frontal lobe means you help your child learn and practice the skills they need to gain independence and be successful. Give them systems for time management, goal setting and decision making.



10 Help Them to Create Goals

Being goal oriented is like having a sense of direction in life. Teaching children how to set and achieve goals helps them learn the values of reflection and self-improvement.





11 Stop Answering All of Their Questions (Allow Them to Practice Finding the Answers)



Teach them to research their random questions such as, “why does foil catch fire in the microwave or “do fish have ears?” This teaches them to remain curious and inquisitive.

12 Breathe

Model self-management techniques such as prayer, mindfulness, deep breathing, family circles, and positive self-talk.



13 QTIP-Quit Taking it Personally



When a power struggle occurs, remember not to take their behavior and/or comments personally. Statements like “I hate you” or “I can’t wait until I can move out” can be hurtful, but we must remember it’s not personal.

14 Stop All The Questions

Rather than being the inquisitor, asking questions like, “What did you learn in school today?” (which usually results in the response “nothing”), say, “It’s good to see you. I’m glad you’re home. Later, invite them to share a few things that happened in school. Or ask positive questions like “what are you grateful for today?” “What’s the funniest thing that happened in school today.”



15 Why Ask Why?

Often, parents ask their children why they did something wrong. There really is no way to explain why an 8-year boy would jump off the table or why your 12-year daughter would forge the parent's permission slip to go on the field trip. Determine if knowing why is important or if it’s more important to create a consequence and or plan for ensuring that it doesn’t happen again. Other times why is important. “Why did you skip English class or why are you using my makeup” can lead to a conversation about academic struggles or peer pressure.”



16 Forget "Pick your battles"



It's not about picking battles but we must decide what limits are best for our children and enforce them calmly and lovingly, despite a child's displeasure.

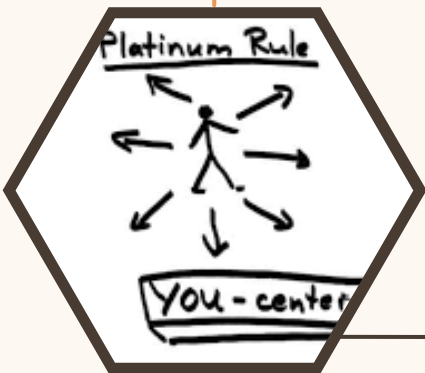
17 Remember The Golden Rule.

The Golden Rule is our foundational tool for empathy. Treat others, including your children, how you want to be treated. Yelling, humiliation, and embarrassment have never served as tools of growth.



18 Also Teach The Platinum Rule.

The platinum rule encourages us to treat others the way they want to be treated. This is an excellent rule to follow when teaching children how to respect the stated wishes of others that may differ from their own.



19 Commit to Laugh More.

Children laugh significantly more than adults. Laughter is an excellent means of communication. Tell jokes, even if they are corny. If both parents and children can find something humorous to do, relationships will improve. Laughter is beneficial to both the mind and the heart.



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