

# **5 Mistakes Parents Make that Could be Damaging your Relationship with your Child: I Bet you did Number 2 this Morning**



## **Parenting can be one of the most frustrating things you've ever done. We can totally relate.**

You want to be a better parent but change is difficult and figuring out what to do is overwhelming in and of itself. Don't you just wish you had a parent manual for your specific child? We do too, but while we can't provide that, we can give you skills that work and a guide that helps take the guesswork out of parenting.

### **5 MISTAKES PARENTS MAKE**

**1)**

**Their behavior is the problem.** If we could start seeing behavior as communication, rather than the problem, than we are already a step ahead in parenting. Oftentimes behavior is really about being tired, hungry, anxious, worried or just fear of the unknown. Start looking for the reasons behind the behavior and then see if you can do anything to make things better.

**2)**

**Too many words.** We know lecturing doesn't work, so why do we want to do it so badly? It fulfills a need in us to feel like we have a response. What if our response was shorter and more direct? What if we simply tried a re-direct-- have them do something different without the lecture. It's a win/win for both.

**3)**

**Too much emphasis on school.** In addition to our own fears about our kid's schooling and future, society in general places a huge emphasis on education. Just remember that relationships are more important than school. If homework is affecting your relationship with your child, you have my permission to just let it go. What's the worse thing that could happen? Grades may not be what you hope, but you preserve a relationship that will likely help you as they get older.

**4)**

**Not using a written daily schedule.** While it may not seem intuitive, a written, daily, white-board schedule for what is happening that day can make a big difference for an anxious child. Knowing what is coming and that food will be provided on a regular basis can be an easy way to keep your kids more relaxed. Just try it, take it away and then see how your kids react to not having it. (My kids would actually get mad at me when I would forget to do it!)

## 5)

**Making sure they are calm before explaining.** Regulation, the act of getting calm, is foundational. Too many times we try to reason with our child when they are not calm. You will get so much further with your child by having a mechanism to calm BEFORE moving forward. (Strong sit, Calm +5, etc.)

**Our Family First on-line parenting course puts you**

- **Back in control**
- **Gives you tools to know what to do**
- **Gives hope and greater confidence in your parenting**

### **REDUCE CHAOS**

- 1. Sign up for our online parenting course**
- 2. Find an in-home guide**
- 3. Experience personal help**

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