

Parenting Series

3 SECRETS TO TALKING 2 YOUR KIDS & HAVE THEM LISTEN



• www.littleleadersassociation.com • littleleadersassociation@gmail.com

LITTLE LEADERS ASSOCIATION

OBJECTIVE:

During the course of this seminar we will explore 5 secrets that will help you communicate more effectively with your child and significantly reduce the tension in your home.

Here are the 3 Secrets we will cover:

1. Check yourself first
2. Connect before you direct.
3. State your expectations

Secret # 1.



Check yourself first.

1. Before you open your mouth to speak _____, Ask yourself some relevant questions such as,
 - a. "Am I _____?"
 - b. Is my child being defiant or just _____ his desires?
 - c. Is what I am asking or expecting _____ for his age and ability?
 - d. What am I _____ right now?
 - e. How can I _____ my message without attacking his character?

Secret # 2.



Connect Before You Direct.

1. Before giving directions make sure you have their _____ . Of course this means you need to give them yours.
2. Call them by their _____. Depending on the nature of your request, it is usually best to use their _____ rather than a nick name. This allows them to know that your request is serious and that you expect them to comply.
3. Make _____ Squat to their eye level and say something like this. "(Their name), I need your eyes to look at me, (or your ears to listen to me).
4. *R* _____ such as TV, Video games etc.
5. State your request in a _____ manner.
6. Use a _____ and attach _____ in your request.
7. Get their _____. This is especially important with children with short attention spans.
8. *C* _____ them for understanding your words. *A* _____ what has been completed.

Secret # 3.



State Your Expectations

1. The best way to reduce the need to troubleshoot is to keep your child _____ of what is happening. In other words let her in on the agenda.
2. Give a very _____ of what will be happening in the next short while.
3. State clearly _____ will be and exactly what your _____ of her will be.
4. Maintain a _____ demeanor and use a _____ tone.
5. Use terms such as _____ in your sentence.
6. For example: "Suzie, in five minutes we will be leaving and _____ to have your coat and shoes on."

A Word Of Encouragement

1. Dealing with children can sometimes be challenging. You **will** make mistakes as you begin to implement any new technique so don't be too hard on yourself. When you mess up do the following:
 - 🚩 Admit you messed up
 - 🚩 Apologize if necessary

🧑🏻‍🦱 Make amends

🧑🏻‍🦱 Move forward

This is what I call leading by example. Sometimes there is more value in correcting the mess up than in what you were trying to accomplish in the first place.

2. Different techniques work better with one child than with another. In other words you will need to try out the different techniques and determine which ones work best with what child.

Don't give up too easily. If you try a technique and you see no immediate result refrain from thinking that this technique doesn't work. Depending on the child you may need to try it as many as 7 times or more before you see the desired result.