

GETTING KIDS TO DO THINGS THEY DON'T WANT TO DO

- » **Be aware of emotions.** Tune in to your own feelings first! If you find it hard to see them upset or attach certain meanings to them crying or refusing, it can make discipline very difficult. As long as they feel safe and loved it is OK to get them to do things they don't want to do (like clean their room or put out the bins).
- » **Make sure your expectations are realistic.** Obviously a 4 year old can tidy their room at a different skill level than a 15 year old. Sometimes they need us to show them how – give a demonstration and help them where necessary until they get better at the task.
- » **Connect with your child.** Use emotional moments as opportunities to connect. "I know you don't like it when I make you take out the bins but we all have jobs we don't like – I hate cleaning the bathroom – so can you please put them out?"
- » **Be prepared for some push back.** (This is normal as they develop self discipline). If you aren't in the mood to handle the push back – leave the task until later! Do not ask and then end up doing it yourself.
- » **Listen to your child and wait for them to have their say.** Respect your child's feelings by taking time to listen carefully, even if you don't agree. (A good time to practice deep breathing to stay calm!)
- » **Name emotions.** "It sounds like you feel really annoyed with me and you wish I would disappear right now!"
- » **Show you understand.** "Yes, you feel like it is not fair, but it's part of my job as a Dad to get you to do it – and I love you."
- » **Find good solutions.** "How about we think of ways to make taking the bin out easier...?"
- » **Use praise genuinely.** "That was a struggle, but you did it – good work"

(This is hard work as a parent but it does pay off if we stay calm)

