

Guiding Your Strong-Willed Child

By Mark Jones



Strong-willed kids test _____ and more _____ than other children. Resist longer, protest louder, use more drama and carry things farther than most of us would think or imagine.

Do you question if your child's behavior is normal?

Maybe you are worried you've done something to cause your child to act like this.

- The problem in most cases is not _____. Most are doing the best they can with the discipline tools they have.
- The problem is not the _____ either. Most strong-willed children are just being themselves.
- The real problem is a bad match between the _____ temperament and the _____ discipline methods. The parent's tools are not well suited for the job and the result is conflict and power struggles.
- You are not the problem but you are a big part of the _____.

1. Discover you child's temperament so you can decide the best responses.

2. Consider some new parenting tools and avoid some power struggle triggers.

What We Do is What We Teach

- The methods we use, _____ a lesson of communication and problem solving.
- **Negative Approach** vs. **Positive Approach**

Teaching Skills Work Best

- You can _____ behavior with **natural consequences** but that alone will not teach the skills needed to behave appropriately.
- If you want to get off the discipline hamster wheel, you need to teach _____.
- Teach social skills (Table etiquette, greetings, manners, serving others).
- Strong-willed children may need to repeat the skill more often and practice more before using it. Often requires more research and testing.
- Parents must stay the course and not _____.
- All children need our _____ to obtain skills & our positive affirmation to continue them.

How to Be Clear

- Use clear words and actions to help learn _____.
- Why consequences are _____.
- What makes consequences effective?
- Don't negotiate.
 1. _____ - One warning then consequences
 2. _____ - Parents are clear and follow through
 3. Use **logical consequences** when _____ are broken.

Teach Responsibility Not Just Punishment

Proportional Consequences for the Wrong Behavior

Natural Consequences

- Avoid saying, "_____." Or rubbing their nose in it.
- Nature can teach hard lessons.

Logical Consequences

- It's about following the rules.
- Strong-willed kids continue to do more research and repeated offenses to find what's true.

Parents need to remember:

- Use your normal voice (no drama or loud voice)
 - Speak with a "_____"
 - Explain logical consequences when making a point.
- Use logical thinking- Examples:
 - Child dawdling- Use a timer when children are dawdling.
 - Fighting kids- Must play separated from one another.
 - Make a mess- They must clean it up.
 - Tricycle bumps car- No trike the rest of the day.
 - Kids aren't responsible for toys- Give 15 minutes to clean up or it goes in the Saturday basket or bag.
 - Kids won't take turns or share- Use a timer for each turn.
 - Destructive behavior- The child must fix or replace.
 - Misuse or abuse of privileges- Remove privileges.
 - Whining, fussing, fit throwing- Use a timer and time-out.
 - Argues and disrespectful- "Try again." (Trying to hook you into a dance.)
- Your child might be an aggressive _____ by repeating the same offense
- It's a hard way of learning and it takes time.
- The more they collect research and practice the skills the sooner they learn.

Time-Out

Effective for:

- Preventing misbehavior
- Gives time to think and learn
- Pausing before action
- Anger management
- Remember-*Time-out is not a jail sentence!*



Time-Out Tips:

- Time-outs are usually brief (5 to 20 minutes).
- Explain time-out so they know how it works.
- Use a timer- One minute for each year of the child's age.
- It is between the child and the timer.
- Leaving time-out early only results in the timer being reset.
- Select the appropriate place:
 - Child's room, Dining room, Bathroom
 - Any room away from traffic and entertainment
- Hitting and violent behavior-double the time.
- If fit throwing, they can't come out until the fit is over, even if the timer goes off.
- Use a calm and "matter of fact" voice. Invite the child back without lecturing her.

Strong willed children might need lots of time outs to learn.

When to use time out

- Extreme misbehavior
- Testing – Trying to wear down parents, set time and don't take any dance bait.
- Disrespectful behavior
- Defiant behavior-Refusing to obey
- Antagonistic or hurtful behavior (name calling)
- Violence or aggressive- Usually in a dispute.
- Tantrums- Drama and screaming



www.mrmarksclassroom.com

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