

3 Positive Parenting Solutions For Out Of Control Children And Teenagers



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Parents, children will adapt to any environment you create for them. If your child or teenager is out of control, then wishing, hoping, and praying will not fix things automatically. Things will not get better unless and until you, the parent, are ready to make some significant changes. Most of the time when parents approach us about an issue they are having with their child or teenager, they will ask, "Can you fix my kid?"

What if it is not the child or teenager who needs to be fixed, but the parent who needs to be fixed. I know, you don't want to hear that. But if you are really looking for parenting solutions for your out of control child or teenager, you must face the facts. You have created an environment which has produced an out of control child!

As a parent it is not easy to admit that you need help or that you realize you have made a mistake. I had a very hard time with this when I first met Thomas, but when I really saw the environment I had created for my children it all made so much sense. Now I know that once I create the correct environment my children always rise up. I encourage you to read on as Thomas shares 3 parenting solutions you can use today to begin creating a winning environment for your child or teenager and for yourself.

1. Create a winning environment.

Choose everything you wish to have accomplished and the exact behavior you choose to see from your child and put it in writing. Find out exactly what is important to your child by asking him/her questions and listening to what they ask you for; put this all in writing. Make a decision that your job as a parent is not to make them happy, overcompensate, and control your child; it is to create a game plan with your child and to teach your child life skills so they will have the best chance to be successful in their future relationships, careers and family.

Explain to your child that your responsibility is to provide food, shelter and clothes, and that everything else you have in your lives is earned, and, from now on, will be earned by you together as a team. This means that if your child chooses to have friends over, watch the television, or have a cell phone, these will all be earned by them complying with what is important to you. Once you set the correct environment, everything will just fall right into

place and your child or teenager will rise to the occasion. Creating and sticking to this agreement is called guiding your child's behavior instead of taking things away from them, which is punishment. The difference is they have nothing unless it has been earned by them. No punishment, no yelling, and no nagging!

2. Begin asking questions and stop dictating.

What is the first thing you say when you walk into a room and find your children doing things you don't particularly prefer, like fighting or creating a mess? Right. It's usually something like, "What the hell is going on in here?" Try using, "Hey, you guys, what should you be doing right now?" Then, they can give you their correct answer. "We should be doing our chores." You can praise them with, "Look at you, you are so smart! That's what I love about you, you always know the correct answer." Your child or teenager will move right into action to do what they should be doing, every time!

Dictating and barking orders is also very destructive for a child. First of all, he/she cannot think abstractly yet, meaning that half of the time when you communicate they do not understand what you are saying or even why you are yelling. If they need a jacket instead of dictating, "Go get your jacket," ask them a question. "Timmy, it is supposed to get cold later. What is it a good idea to have if it gets cold outside?" Timmy will answer, "A jacket, Mom." "Perfect, you are so smart, little Timmy!"

3. Use a technique called question and quantify.

As I mentioned earlier, a huge percentage of the time your child or teenager does not understand why you are yelling or why you are frustrated with them. I am sure there has been a discussion at some point when you came home and saw that your child did not clean his/her room the way you want it clean. You say, "Why didn't you clean your room?" And your child gets angry, "I did clean my room!" You look at the room again and say, "No, you didn't" and it becomes a huge power struggle. Next time

ask, "Honey, what were you supposed to do when you got home from school?" "I was supposed to clean my room, Mom, and I did." "You did clean your room?" and then quantify it with, "Come, show me what you did, okay?" Your child will show you that they did do a couple things and, to them, that is huge and they need to be recognized for that.

Positive Parenting

