

Rudolph Dreikers
healthy reactions and re-directing for discouraged kids

When he or she wants something they can't have say:

"I wish I could"

Do overs. Excuse me may I please do that over and apologize first and then "Here is what I wish I had done or said"

If you ask you child to do something but get a reaction or push back in these four categories, then you can respond to their discouragement by the accompanying statement for each

1. When presenting themselves as too weak or pathetic:
You feel annoyed and like just doing it yourself

Say: "I really get it, but I want you to do it anyway"

2. When arguing as if to say "You can't make me"
You feel like pushing back and making them adhere with more power. Instead:

Say "**OK well when would you be willing to do it?**" and what do you think should happen if you don't live up to the time commitment?

3. When presenting himself as angry towards you
You feel hurt, then:

Say "**Have I done something to upset you? and What can I do so we can be friendly towards each other again**"

4. When trying to divert your attention with excessive attention, and distraction, and stalling from what you asked of him to do"

Just point and say nothing, Do not engage