

THE TOP 5 PHRASES

Proven to Help Gain Excellent Cooperation with Kids - Every Time

“What should you be doing right now?”

When your kids are doing something you don't like, rather than ask them what they're doing in an angry tone, ask them, “What should you be doing right now?” nicely, and then praise their brilliantly smart answer with hugs!

“I would love for you to have that, be that or do that, that's called a goal!”

Be mindful to do nothing and give nothing to your child that he/she doesn't ask for. Giving something to someone when not asked for will hurt their self-esteem. They'll feel like you don't trust them to do it on their own. When your child asks for something always answer with this phrase, “I would love for you to have; be; do that. That's called a goal. How can I help you make that happen?” The key here is to allow your child to earn their own privileges. When they do, they feel accomplished, useful and responsible. They like themselves more and their self-image will be higher.

“I will focus and pay attention to you when you do this.”

When your child is following you around whining, crying, or screaming, don't respond in a dictatorial, angry way as a form of punishment. Respond with a very clear statement of what you do want to see from them. “I will talk to you when you are calm.” “I will pay attention to you when you are quiet.”

“What does a smart little boy wear to be warm when it's cold outside? Do you want this jacket, this sweater or this raincoat?”

When you want your child to do something, disguise your dictation with a question. It's more empowering for your child. They will feel valued, loved and connected. For instance if you want them to eat a vegetable offer them three parent approved decisions. “Hey little Timmy, would you like to have peas, corn or carrots for dinner tonight?” When you ask your child this question, he/she will feel as if they have some say and control over their own life.
It breeds independence.

“I know you don't know the answer, but if you had to guess, what would you guess?”

It's up to you to teach your child to be an independent thinker! To do this, your child must have many opportunities to think on their own. Your child can't understand abstract questions like, “Why did you do that?” Even if they do understand, they don't have the capacity to articulate their words into sentences. This can cause much frustration for both you and your child. When you ask questions you know that they know the answer to like “What should we be doing right now?” and they answer you with “I don't know.” say this phrase. “I know you don't know, but if you had to guess what the answer was, what would you guess?”