

Family Feedback ü Tips for Success

Ideas to explore your children's requests:

1. AVOID "Why?" It puts people on the defensive.
2. Dig for understanding:
 - a. Remember the optical illusion
"What is your view of what is going on (telephone/computer use, chores, room cleanliness...)"
 - b. Help them go beyond what they don't want to what they would like.
"If you had a magic wand, what would happen with (homework schedule, having friends over, family outings...)"
"What is your plan for....?"
 - c. Make friends with silence.
"Hummm" "Ok" "Yes"
3. Enable the kids to discover for themselves what is really (!) reasonable. They'll accept it better when they learn it by thinking through questions than by being told!
 - a. *"How does this change (help you/make your life lovely/make you happier...)"*
 - b. *"How does it make my life? And therefore how will that impact your life?!"*
 - c. *"What might be some benefits if you (wore clean clothes, went to bed earlier...)"*
 - d. *"What might be some of the problems if you (don't do your homework, drink alcohol, not eat your veggies, playing computer all afternoon...)"*
 - e. *"Tell me more. Then what?"* and again, *"Then what?"*
 - f. Remember, silence and a smile are your friends.
4. Share your love.
 - a. Who is the real opponent? Probably the issue. NOT your child!
 - b. Smile...maybe even during the tough discussion.
 - c. Tell them. *"Darling, I love you. How will this change help you know my deep love for you?"*
 - d. *"It won't Mom or Dad."* Hummmmm.
5. Help them see a hope-filled future.
Challenging characteristics might be positive traits waiting to be strengthened.
 - a. The spouse who dissolves conflict with humor has a touch of mischief
 - b. A person who lives by his values shows some stubbornness
 - c. Vibrant leaders have lots of energy
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