

## Cut it Out – Acceptance is not Approval Allison Rees



When you accept children's behaviour it doesn't mean you approve of it. Of course we don't want our toddlers to hit or our children to be messy and we'd love it if our teens could be a little more polite .... but these behaviours are normal and if you can't accept that, you might want to CUT IT OUT!!! There are no healthy parenting strategies that should make your kids act like adults. This doesn't mean that we approve of all of these behaviours. We set limits, state our feelings and take some action to minimize the behaviours but at the end of the day we just need to say:

### Normal children:

- Make messes, spill things, drop things and don't clean up after themselves.
- Forget instructions. Loose track of time and dawdle.
- Seldom do as they are asked right away.
- Children misbehave when parents are having bad days.
- They get into danger, climb on counters and table tops, even when we tell them not to.
- They waste things like toothpaste, shampoo and food.....
- They often use curse words or don't use any words when we ask them a question and they scream and yell at siblings.
- Make too much noise when we are on the phone or trying to work and their favourite time to talk is when we are busy.
- They just act like a bunch of KIDS!!!