

## Be Firm Don't Dominate – CUT IT OUT!

Dad, I'm having a little trouble understanding the subclause B in paragraph 26 in your Behavior Expectation statement.



When we dominate we take over a child's problems and responsibilities. We tell them what to do while dismissing their feelings, needs and thoughts. We talk too much, preach too much, nag too much and give long winded explanations. When we dominate, we don't back down, like to be right and make sure we get our way. If you are resorting to this on a regular basis, you really need to CUT IT OUT!

It's really hard to see our own behaviour and certainly not a lot of fun to admit we play a part in power struggles yet the admission of ineffective habits is also liberating. Turn your power into having

authority over yourself. Being a calm, firm parent takes practice and self-discipline but the outcome is worth all the effort.

- Firm parents learn to stop talking when words only create warfare during conflict.
- Firm parents don't lose it - they keep it together.
- Firm parents can express empathy when a child is frustrated without caving in.
- Firm parents can be supportive without feeling sorry for a child.
- Firm parents can withdraw lovingly and ignore misbehavior without rejecting the child himself.
- Firm parents uphold agreements that were previously made as a family.
- Firm parents understand children's limitations while holding up reasonable expectations.
- Firm parents hold children accountable and aren't their child's best friend.
- Firm parents win cooperation and respect, and have multiple opportunities to express love in a meaningful way. So be firm, your child is counting on it.