

Nagging -Negative Attention Giving

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The average parent nags her child 55 times a day. If you have two children that is 110 and if you have a partner, double it! If you are a constant “nagger”, you really need to cut it out. Why? Nagging interferes with a person’s ability to think for himself. When we nag, we are taking over responsibility that belongs to the other person.

Nagging is doing your child’s thinking for him. You aren’t giving him a chance to take his own initiative. Furthermore, when something goes wrong, he’ll blame you! How can you get out of the nagging trap? Parents who nag direct their kids all day long from the time they get up in the morning until they go to bed. The nagging parents mantra is, “If I weren’t here to remind you, you’d never get anything done.” Nagging is a draining experience for both parent and child.

Tips to stop nagging:

- start to notice the number of time you direct or remind your child and see if you can cut it in half
- use one word reminders only after giving your child enough time to think for himself “shoes” or “homework”
- if the child is old enough to take the responsibility on then let go and allow natural consequences to take over; forgetting homework could be a life lesson that leads to responsibility
- give kids a chance to take their own initiative
- pick neutral times when you are relaxed and invite kids to problem solve around issues where you would normally nag
- give specific praise when your child takes on a new responsibility without your help. It might sound like , “I notice you picked your glass up from the table and put it in the sink. Thanks.”
- Learn to let go of control and see the value in parenting less in areas where your kids need to take responsibility.

Now take a step back, breathe and relax. Your kids aren’t fools, just give them some room to grow and they might surprise you.