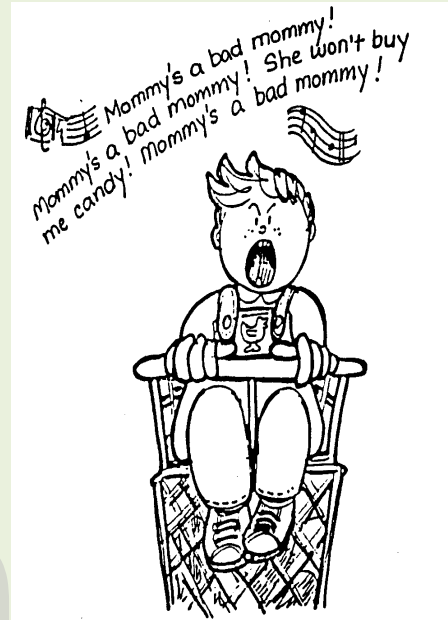


Taking it Personally? Cut it Out!

Allison Rees – lifseminars.com

When kids are struggling for independence they will often get frustrated with your control. They will argue and resist requests, react negatively about anything that comes out of your mouth and even call you a “Butt Head” or scream, “I don’t have to and you can’t make me!” If you are taking this personally, you really need to CUT IT OUT! It is hard and it hurts but when healthy kids are in touch with their need for independence and autonomy this means you have done something right! Their behaviour is teaching you to treat them differently. Young children will want to do things for themselves and get angry when you take over. Older children will criticize how you breathe and would rather die than be seen with you in public. How could somebody you have loved and cared for so deeply treat you this way? Would you notice their need for independence if they didn’t?



What to do:

Tell yourself that this is a stage and it will pass.

Stay calm and try to have a sense of humour.

Examine your strong feelings of rejection or sadness, could it be that your child is triggering something else in you?

Avoid the guilt trips, you don't want them putting their needs aside to nurture you.

Limit the rules and stick the ones that really matter.

Keep your cool as you tell them how you would like to be treated rather than acting like them.