



SEVEN "C'S" FOR HOLDING EXPECTATIONS

A GENTLE PARENT'S GUIDE TO GETTING THINGS DONE

Our kids don't deliberately say no just to push our buttons. When they do say no, it's because their feelings and emotions have overwhelmed their ability to think and cooperate. Saying "No!" is a signal that your attention on the subject is needed.

This approach gives you a seven-step route-map to begin working through your child's resistance in a supportive way.

Continuing process: When setting limits, adopt a long-term view. You are working on the reasons behind the no.

Choose: Decide which request you want to work on

Cultivate: Lay the groundwork with yourself and your child. Think through your reasons for your request, and the feelings you have about it. Up connection using Special Time and Playlistening.

Communicate: Set the expectation when things are calm

Confidence: Hold the expectation, gently and firmly.

Calm: Use calm responses when your child says no. Offer support while your child cries or rages. Reassert the limit when their response calms. If they still have feelings to work through, they will cry or rage some more.

Care: Respond with listening and care when your child still says no. If you are finding it hard to stay calm, take a break and continue later.

For more, go to www.handinhandparenting.org

