

OBEDIENCE: IT'S A CONSTANT PARENTING BATTLE: HERE ARE 6 WAYS TO GET KIDS TO LISTEN

Heather Johnson
KSL Studio 5 Interview
April 28, 2021



Do you feel like your kids listen to you?

Sometimes kids act out because they want more attention or it's from a place of wanting power.

HAVE THEIR ATTENTION

If we're distracted while they're talking to us, that is how we've taught them to listen to us. Be good listener role models, ask them to look at you when you talk.

GET TO THE POINT

We use way too many words & our conversations go on way too long. Keep it short & sweet.

DON'T SAY "DON'T"

It gives them 2 difficult things to solve: What they're not suppose to do & what they are suppose to be doing. Just tell them what you want them to do instead.

DON'T REPEAT YOURSELF

They know we're going to say it 12 times, so they don't have to listen yet.

LEAD THEM

"Thanks for doing this..." (before they've done it)

BE CONSIDERATE

Be positive, they're people too!

reflections:

Do you feel like your kids are listening to you?

Do you get their attention before you speak?

Do you get to the point when communicating with them?

Do you say "Don't do this" or "Do this..."?

Do you repeat yourself over & over when talking to your kids?

Do you lead them positively before they've done something?

Are you considerate & remember they are people too?

What is one improvement you can make today?

Notes:

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