

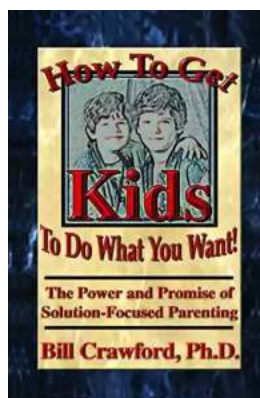
Discover the Secret to Getting Kids to Do What You Want Every Time!

As parents, we all face challenges when it comes to getting our kids to do what we want. Whether it's getting them to eat their vegetables, do their homework, or follow household rules, it can sometimes feel like an uphill battle. But fear not! In this article, we'll share some proven strategies and tips to help you navigate the tricky world of parenting and get your kids to listen and cooperate.

1. Set Clear Expectations

One of the first steps in getting kids to do what you want is to set clear expectations. Children need structure and guidance, so it's important to communicate your rules and expectations clearly. For example, if you want your child to clean up their toys after playing, make sure they understand that this is a non-negotiable expectation.

Additionally, it's crucial to explain the reasons behind the rules. When children understand the purpose or benefit of certain tasks, they are more inclined to comply willingly.



How to Get Kids to do What You Want: The Power and Promise of Solution-Focused Parenting

by Bill Crawford (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 2760 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 120 pages



Avoid being overly authoritative, as this can lead to rebellion and resistance. Instead, try to strike a balance between firmness and flexibility, allowing room for negotiation and compromise when appropriate.

2. Lead by Example

Kids are notorious for imitating their parents' behavior. If you want your children to exhibit certain habits or actions, make sure you are modeling them yourself. For instance, if you want your child to eat healthy foods, make a conscious effort to incorporate nutritious options into your own meals.

When children see their parents practicing what they preach, they are more likely to follow suit. This powerful form of influence helps shape their behavior and encourages positive actions.

3. Use Positive Reinforcement

Positive reinforcement is a highly effective technique for encouraging desired behaviors. When your child does something you want them to, make sure to acknowledge and praise their efforts. This positive feedback reinforces their behavior and motivates them to repeat it in the future.

For example, if your child completes their homework without being reminded, encourage them by saying, "Great job! I'm proud of how responsible you are." This empowers them and fosters a sense of accomplishment.

Keep in mind that the rewards don't always have to be material. Simple gestures like verbal praise, high-fives, or extra playtime can go a long way in reinforcing positive actions.

4. Create a Reward System

In addition to verbal praise, implementing a reward system can help build motivation and encourage your child to cooperate. This system can involve earning points, stickers, or privileges for completing agreed-upon tasks or demonstrating positive behavior.

For instance, you could create a chart with different tasks listed, such as making the bed, finishing homework, or helping with household chores. Each time your child completes a task, they earn a sticker or checkmark. Once they reach a predetermined number, they can redeem their stickers for a small reward or treat.

This system not only establishes a sense of accomplishment and progression but also gives your child something tangible to work towards.

5. Offer Choices and Incentives

Children are more likely to cooperate when they feel they have some control over their actions. By offering choices, you empower your child while still maintaining authority.

For example, if you want your child to eat their vegetables, ask them which vegetable they would prefer to have with their meal. By giving them options, they feel more involved in the decision-making process and are more likely to comply with the overall task.

Incentives can also be effective in motivating children to do what you want. For instance, you can tell your child that if they finish their homework early, they can

have extra screen time or go out for ice cream. The promise of a desirable reward encourages them to complete the task efficiently.

6. Make Tasks Fun and Engaging

No one wants to do something if it feels like a chore. To make tasks more enjoyable and engaging for your child, try to incorporate elements of fun.

For example, turn cleaning up into a game by setting a timer and challenging your child to complete the task before the timer goes off. Use colorful charts or stickers to create a visual representation of their progress and achievements.

Introducing creativity and elements of playfulness not only make tasks more appealing but also cultivates a positive attitude towards responsibilities.

7. Foster Open Communication

Children are more likely to cooperate when they feel heard and understood. Create an open and safe space for your child to express their thoughts and emotions without fear of judgment or punishment.

When conflicts or disagreements arise, encourage your child to voice their concerns and opinions. By listening empathetically and involving them in problem-solving, you teach them essential skills and foster their cooperation.

Remember, effective communication involves active listening, patience, and validating your child's feelings. This approach builds trust and strengthens the parent-child bond.

8. Be Consistent

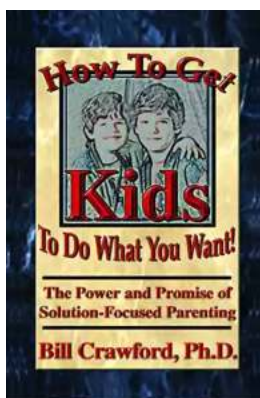
Consistency is key when it comes to parenting. Stick to the rules and expectations you have set, and ensure that consequences for not following them

are consistent as well.

When children know what to expect, they are more likely to comply with your requests. Inconsistency can confuse and frustrate children, leading to resistance and defiance.

By being consistent, you establish a stable and predictable environment that promotes a sense of security and encourages cooperation.

Getting kids to do what you want may seem like an endless struggle, but with the right strategies and approaches, it can be achieved more effectively. Set clear expectations, lead by example, and use positive reinforcement to motivate your child. Implement reward systems, offer choices and incentives, and make tasks fun and engaging. Foster open communication and be consistent in your parenting. With these tips, you'll be on your way to getting kids to do what you want, creating a happier and harmonious family dynamic.



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What is ‘solution-focused’ parenting, and how can it help you get your kids to do what you want? In other words, why should you read this book? The purpose of this book is simply to help you become more powerful and influential in the life of your child. Sound appealing? The approach is designed to help you focus your time and energy on teaching your kids what you want them to learn. In addition to helping you conserve and best utilize your time and energy, the solution-focused approach is also designed to minimize your child’s resistance to hearing and learning from what you have to say. This book isn’t about a miracle cure or magic potion that will turn your kids into little beings that hang on your every word, and live to do your bidding. It is simply a model for interacting with them in a way that: Keeps you from getting caught in a power struggle that puts you at odds with children; Shows you how to tap into your children’s internal motivation to hear what you have to say as valuable; Reinforces the values and qualities that you want them to have as adults. This book goes a long way to establishing the sort of relationship where children actually hear what their parents are saying, and even look to them for help and guidance!

How to Get Kids to Do What You Want is funny, practical, and hopeful. It is as valuable to teachers as well as to parents.



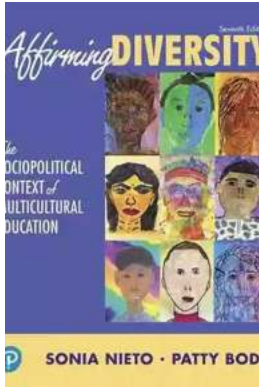
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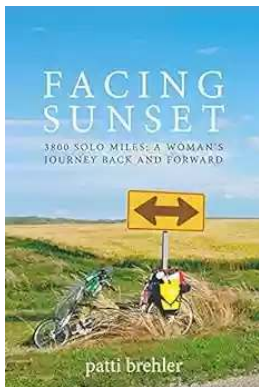
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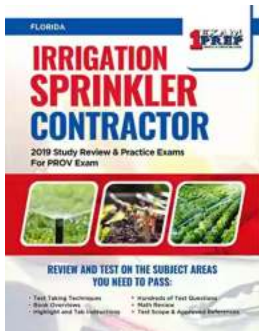
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