

BACK TALK (AGE APPROPRIATE)

PARENTING CHALLENGES ★ PAGE 1 OF 1

Telling a child to stop saying something becomes a power struggle that more often than not, the child wins. Remember, your ally is BOREDOM. Initially, I would ignore the comment.

Behavior that is rewarded continues, behavior that is not rewarded stops.

If that doesn't work, use boredom: Sit down with the child and in the most oatmeal tone of voice you can muster, take off on a spiel, "You think that saying those words to me will bother me. I ate my calm cereal today, so it isn't going to work. " (THIS IS THE BORING PART).

"You are angry you can't have your way. That's ok. (THIS IS THE TEACHING PART). Calling me a name or talking back to me will earn you this same talk over and if you continue it, a stint in the Penalty Box because this behavior is disrespectful. Go for it."