

Awesome athletes get coaching, why shouldn't awesome parents!! Want to be an awesome parent?

You can't believe everything you read!

by Lisa McKimm



Last week a friend phoned me to ask if I had seen a parenting book review in the Waikato Times. It was called "Because I said SoOK!". My friend was intrigued as to my opinion, and guessed that I may have a few thoughts that disagreed with such a concept (she knows me well!).

The book, written by John Rosemond, says that children do not need to know the reason behind your requests, and that most kids are simply wanting to argue the point. My own experience would tell me Rosemond's piece of advice could set the cat amongst the pigeons - Big Time!

Here's a parallel to consider. Imagine if you had just started a new job, and you either didn't understand the thinking behind a practice - or you strongly disagreed with it. Wouldn't you want the freedom to ask about it? Isn't that the only way that you will effectively learn how to handle that part of your new job the best?

If you're thinking right now, 'Yup, but I wouldn't start arguing with the boss over it' that's good! But what would you like your boss to say if s/he could see that you were struggling internally to accept their direction? How about - "I can explain that for you again if you feel a little unsure?" This offer of explanation would seem a lot more respectful, supportive and educational than Rosemond's suggestion of "Because I Said So...OK!"

Rosemond also suggested that we can say to kids "You don't have to agree, but you do have to accept it. And you have to accept it for no other reason than because I said so". How would this feel if you were on the receiving end of it!! You can draw your own conclusions - but to me it feels disrespectful and a controlling wield of power over another person.

If we want our kids to learn the tools of relating respectfully to others then the best way is for parents to role model them. Part of this is also to use the tools of self-respect. So if the kids are being difficult or ignoring your requests, you do not "let them walk all over you because hitting them is no longer allowed" (as I hear parents say all the time). If you are attached to the idea that kids need to suffer a bit to really learn something, then you could be labouring under a misapprehension that will make effective discipline hard to achieve. There are many ways to handle those moments successfully.

One key is to implement the 3 R's. (No, not riting, reading and rithmetic!) The 3 R's of Logical Consequences means doing something Related, Reasonable and Respectful. When you utilise these principles, you will find that your kids learn from their mistakes - rather than suffer for them. Your relationship with them is also far more likely to stay peaceful and respectful.

If you would like to learn more about this technique contact ParentingWorx to find out about classes near you!

© Lisa McKimm, 2000

More articles for parents online at: <http://www.parentingworx.co.nz/fantastic-reading/>