

# WISDOM LIST

## WHEN KIDS ARE CHALLENGING

Use this wisdom list in preparation for or when you find yourself in a challenging situation. While every situation is unique, we hope you can find these insights insightful and wise.

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### FOCUS ON YOUR RELATIONSHIP FIRST

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- Make time to connect with your child around something they enjoy (even if they are still not doing their work)
- Assess if your kids feel safe, seen and soothed by you which are necessary for them to feel secure with you

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### REFLECT

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- Consider what their behavior suggests about their struggles (Is your child frustrated? Lonely? Overwhelmed?)
- Check-in with yourself to assess which fears your child's behaviors trigger in you (Could you be over-reacting?) Your child benefits when you can remain calm

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### WHEN YOUR CHILD IS NOT FULFILLING A RESPONSIBILITY

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- Stay calm! Avoid lecturing, yelling or anger. Put off talking about the issue until you are calm
- Be genuinely curious about what went wrong
- Ask if your child would like some suggestions for what they might do differently. Honor their decision
- Do let them know what the consequence is for their actions ("I will take you to soccer *after* you have cleaned up your room." Or "You can get your phone back once I feel comfortable that you can put it down when you need to do your homework.")
- Express confidence that they will be able to figure it out. Continue to offer help and support

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### WHEN YOUR CHILD IS FULFILLING THEIR RESPONSIBILITIES

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- Recognize incremental improvements
- Express admiration and appreciation for their having overcome a challenge