

RAISING YOUR SPIRITED CHILD

Lesson #3 Persistence

Introduction

<p>Introduce Topic</p>	<p>Life with a persistent child is not easy. These kids are extremely determined to get what they want.</p> <ul style="list-style-type: none"> ▪ Telling them NO is to risk their wrath ▪ Advice to ignore them is fruitless ▪ They are prepared for battle if they don't get their way ▪ They don't give up ▪ They don't forget ▪ They love to negotiate <p>Spirited kids need us to help them to understand their persistence. It is our job as parents or caretakers to encourage their persistence in positive ways while teaching them to respect others and us.</p>						
<p>Activity: Ask participants to write answers on a note card. Collect and record answers on flipchart or whiteboard.</p> <p>(See page 118 of Raising Your Spirited Child Workbook for more examples.)</p>	<p>Describe what your persistent kids do that can drive you crazy.</p> <p>Choose 2 or 3 and ask participants to identify a potential strength (positive label) behind the behavior.</p> <p>Next, have them complete the following statement for each behavior, "Someday this skill will be important when my child needs to..."</p> <p>Example:</p> <table border="1" data-bbox="511 1165 1388 1360"> <thead> <tr> <th>Persistent behavior</th> <th>Positive Label</th> <th>Someday this skill will be important when my child needs to...</th> </tr> </thead> <tbody> <tr> <td>Has to do it her way</td> <td>Independent</td> <td>Stand up to a peer group</td> </tr> </tbody> </table>	Persistent behavior	Positive Label	Someday this skill will be important when my child needs to...	Has to do it her way	Independent	Stand up to a peer group
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Has to do it her way	Independent	Stand up to a peer group					
<p>Discuss</p>	<ul style="list-style-type: none"> ▪ Persistence really is a valuable trait. It is a key factor in a child's academic success. ▪ Persistent kids don't argue just to irritate us. ▪ Most power struggles happen when we are in a hurry and not allowing time for them to unlock ▪ Listen for understanding not for weaknesses: "I am trying to understand what you need." ▪ Life with a persistent child can be exhausting. Therefore, it is imperative that you understand that behind that persistence lays the potential for a strong, independent, and successful individual. 						

<p>Note: Children will not be able to negotiate during the heat of the battle. Plan a time when both parent and child are calm to initiate the process.</p>	<p>4. CONSENSUS – What potential solutions would meet the interests of everyone involved?</p> <ul style="list-style-type: none"> ▪ Let your child start to offer potential solutions. ▪ Keep brainstorming until everyone has offered all his or her suggestions. Don't criticize any ideas. ▪ Write them down on paper. ▪ Choose a solution that is most acceptable to everyone. <p>5. EVALUATE – What adjustments need to be made?</p> <ul style="list-style-type: none"> ▪ Set a date to evaluate your solution (i.e. 1 week, 1 month) ▪ If the solution isn't working, review it, figure out why and change it. ▪ A scheduled evaluation time allows you and your child to express your concern and come up with a more acceptable solution. ▪ Successful negotiation helps spirited kids realize that they can be good problem solvers.
<p>Activity</p>	<p>Give a realistic scenario where a child "locks in" to a position. Work through the PIECE negotiating technique to help work out a solution that might be agreeable to all parties involved. (ie. homework, piano practice, chores, clothing, bedtime, eating vegetables, cleaning their room)</p>

Rules and Limits

<p>Discuss</p>	<p>Rules describe what behavior you expect. You will feel more confident and comfortable if you are clear about what rules you have and why you have them.</p> <ul style="list-style-type: none"> ▪ Make rules clear and precise. <ul style="list-style-type: none"> - i.e. "The rule is that TV watching is limited. (Too general)" "The rule is one hour of TV watching per day." (More precise) ▪ Be consistent. They need to hear the message over & over. ▪ Use a firm voice. <ul style="list-style-type: none"> - The tone lets your child know you are committed to enforcing the rule. ▪ Don't be afraid to stop them. <ul style="list-style-type: none"> - Spirited kids test us more than other kids making it harder to enforce our rules. It's easier just to give in. - It must be very clear to our spirited children that when they break the rules we will stop them – every time. - "Stop" is more effective than "No". ▪ If we constantly tell our children NO and ignore their interests, they will stop asking us and sneak around us instead.
<p>Summarize</p>	<p>Persistence plays a major role in power struggles. But we don't have to fight over everything. We can teach our persistent kids to channel their persistence to work with us in a positive, respectful way.</p>