

Parenting Partners

Workshop #4—Parent Trap: Arguing With Our Children

Overview

5 Reasons Kids & Teens Argue

1. To avoid or delay doing a task.
2. To wear out parents until they give up.
3. To distract parents from their instructions.
4. To have fun and be entertained.
5. To have the control and power.

“As long as we are arguing with our children, we are no longer leading our family. If we are not leading, they are not growing. Only when parents are leading can children and young people receive the support and guidance they need.”

Volcano

Arguments between parents and children can resemble a volcano. At the base, it begins with the child delaying or bargaining and proceeding on up the volcano into a possible temper tantrum. The parent begins with reasoning or bargaining and bubbles on up to threatening. It could ultimately explode into screaming, yelling, or throwing things from both parties involved.

Q-tip = deterrent for parent to avoid being drawn into an argument. Q-tip means *Quit Taking It Personal*.

The Shield

The shield sets a boundary and deflects the argument.

Nevertheless or *Regardless* = act like a shield for routine arguments.

Ex.:

Parent -- “Matt it’s time to go to bed now.”

Child – “But I went to bed early last night. My show is almost over.”

Parent – “Nevertheless, you need to go to bed now.”

Whatever the child argues with, you respond with, “nevertheless, you need to go to bed now.” **Do not add anything to your instruction.**

- Stand strong.
- Use few words.
- Don’t engage.
- Repeat like a broken record.