

Stop putting Band-Aids on your relationship with your kids! Here are 3 tips to heal it for real.

Don't make your kids' behavior mean something about you

People's behavior is about them and what's happening inside their brain. It's never about anything else. When we make it about us, it's impossible for us to show up as the best version of ourselves-

Your high schooler failing a class? Doesn't mean you're failing as a parent.

Your elementary aged child kicking someone on the playground? Not about you.

Your middle schooler saying unkind things to other girls? Only about what's happening in her thoughts.

Listen with more curiosity and less judgment

What would change if you listened from curiosity instead of judgement?

When your child tells you about something you think of as 'bad behavior' or 'immature' how do you respond?

-When you want to ask-

'What is she thinking?! This is going to be a disaster' or 'How many times have I told him this is unacceptable in our family?'

-Try instead-

'How might fear be affecting his behavior?' or 'I wonder what's really behind her speaking to me this way.'

'Things work out just as they are supposed to. How could this be true here?'

Asking questions like this will open your mind to possibilities you've never imagined.

Allow your kids their own experiences

Being a human, even a human child, means sometimes she's having positive experiences, and sometimes she's having negative experiences and emotions. That's exactly how life is supposed to be.

Let her have a full range of experiences.

She doesn't need to be talked out of negative emotions. (Here's a secret- this doesn't work anyway!)

Some days he's grumpy and short with you. (My guess is sometimes you're grumpy and short with him too!)

We can't shield anyone from negative experiences. And really, do we want to? How else do we learn and grow?

Allowing your kids the space to feel their emotions, process them and learn from their experiences in a safe, healthy and loving space at home is HUGE.

Remember. You don't need anything to change about your kids to have an AMAZING relationship with them. This is possible. I know because I'm doing it every day. Book a free call to see how I can help. It's worth it. You've got this!