

Check Your Attitude at the Door

General themes of the lessons leading up to Thursday: You need to be in healthy authority over your kids. You need to do the things that parents need to do. You need to do them consistently. And if you do that and you have positive expectations for your kids, again, they are going to, in fact, live up to those expectations that you give them.

If you want to achieve attitude success, you need an action plan.

Leman's Suggestions

- Stay on the lookout for **healthy** attitudes. Children are drawn to approval and encouragement deep down in. *They want to please you.*
- Try to understand that *negative attitudes indicate something's probably bothering your child*. It might have something to do with your parenting style. It might be that there's things going on at home or school with friends, with pressures that you know nothing about. Be open and available to your child so they know they can talk to you when they are ready.
- Watch for patterns as to the *type and timing* of the attitudes that can pull a child down. Maybe your child was around a certain relative or friend. They may need to recover from spending time with someone. Be careful about crowding and let your child process.
- Keep your kids *occupied* creatively, but be careful of the activity monster. Many parents have their children involved in everything. We run our children from one activity to the next and this can be both physically and mentally exhausting. Too many activities are not good for children. Some activities are good for children but *don't overdo it*.
- When your child misbehaves ask yourself, "what's really going on here?" This goes into attention getting, power driven, revengeful kids. Every kid who misbehaves, does it *for a reason*.