

Weekly Parenting Skills

1. Sleep
Unlike adults, many children get hyper when they're tired.
2. Downtime
Too many activities create stressed families. Stressed families create kids who act out to relieve their stress.
3. Limits
When kids lack solid limits, they tend to act out to get them. Be sure to set limits by describing what you are willing to do or allow...rather than telling them how they should act. An example: *You are welcome to stay in the same room with us as long as your voice is quiet and you aren't running around.*
4. Predictable routines
Kids thrive when these and other routines are more or less routine: Getting ready each morning, dinnertime, bedtime, family reading time, homework time, playtime, etc.
5. Practice
Some parents experiment with "sitting practice." They have fun with their child and challenge them to remain seated and quiet for a small amount of time. They set the timer and make a big deal out of their child meeting a specific goal. They gradually increase the goal as time goes by.
6. Good food
Junk food tends to create junky behavior.
7. Exercise
Exercise calms the brain. My mother must have known this when she'd say, "Oh...looks like you need to run around the yard and burn off some of that steam." Any reluctance to do as she asked, automatically created a long list of chores that served as another form of exercise.
8. Very limited screen time
The more kids interact with screens the more difficulty they have with self-regulation.
9. A good marriage
Kids tend to act out any anxiety or tension present in the home.