

They're Not Listening to Me!

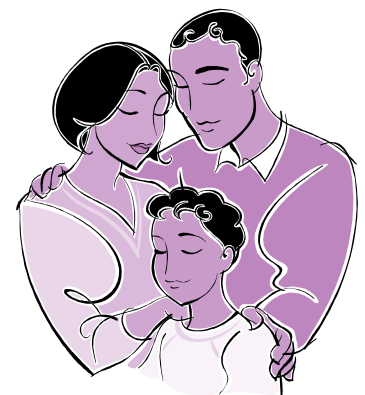
Teaching Respect on the Home Front

Developing a healthy relationship with anyone can be challenging. Doing so with your own children can be even more daunting with the stressors in today's world. It requires consistent, firm, loving that teaches responsibility and respect for the rights of others.

While theories abound and hundreds of books have been published regarding parenting approaches, here are some general guidelines that appear with regularity.

1. Keep in mind that your home is not a democracy with respect to the children. Parents are in charge.
2. Be clear with yourself and your children in communications. Verify their understanding of the rules by having them tell you what they are before they walk out the door.
3. Communicate love and respect by really listening to what your children are telling you. Whether they are talking constantly or being silent, they are still sending a message. It is your job to create an environment in which they feel heard.
4. Avoid judgmental comments. Name calling, indicating that a particular idea is "stupid" or other such approaches are ineffective and generate anger and a desire to be disrespectful in return.
5. Parents need to have an agreed upon approach to dealing with children's behavior. They need to apply it consistently and in a manner the children understand and can depend on.
6. Let your children know how you feel without doing violence to them intellectually, emotionally or physically.

Remember! Significant parts of parenting are modeling and consistency combined with the ability to keep in mind that children are "works in progress". They will make mistakes and so will we. *Above all we must show them our love.*



If you find yourself struggling with parenting or other issues please don't hesitate to contact us at:

Continuum EAP 1135 M Street, Suite 400, Lincoln, NE 68508
800-755-7636 or 402-476-0186
easpecialist@4continuum.com