


## TALK TO YOUR KIDS, BUT MORE IMPORTANTLY, LISTEN TO WHAT THEY HAVE TO SAY.



- **Communicate.** You can't expect kids to do everything simply because you, as a parent, "say so". They want and deserve explanations as much as adults do.
- **Take time to explain.** Kids will begin to wonder about our values and motives and whether they have any basis. So do take the time out to explain why you say what you do.
- **Reason with your kid.** Parents who reason with their kids allow them to understand and learn in a nonjudgmental way. Make your expectations clear. If there is a problem, describe it, express your feelings, and invite your child to work on a solution with you. Be sure to include consequences.
- **Negotiate.** Make suggestions and offer choices. Be open to your child's suggestions as well. Kids who participate in decisions are more motivated to carry them out.