

INDEPENDENCE....me do it

There are few people out there who love taking orders from others. We want to be our own boss, making our own decisions. Kids are no different. Our task as a parent is to help them grow up so they are respectful and responsible, so they don't need us. I had a mom say to me once "I am his boss until his 18th birthday, then he is in charge of himself." When does he get to practice decision making and experience the consequences of bad ones? I guess at 18.

Encourage them doing for themselves, what they are able to do. Praise them for their efforts even if they are not successful. Give choices: "Do you want eggs, cereal or breakfast bar?" rather than "what do you want for breakfast?" The first gives choices within the range of options you choose. The second gives limitless options, e.g., steak, candy, ice cream....all of which now lead to a "No, you can't have that." It is a set up for conflict which could have been avoided by offering a range of choices.