

Mrs. PB's Advice for promoting Exceptional Behavior at Home.

When you ask your child to do something, make sure the request is realistic for their age and maturity level. (Be ready to follow through with a positive/negative consequence, depending on the child's action).

When you set a boundary/rule, be ready to implement a consequence every time it is broken. (This is the most important thing you can do to help your child mature and prepare for the real world. Every action has an equal and opposite reaction)

Avoid condescension and shaming, use sympathy and kindness. (When your child makes a negative choice and receives a consequence, try not to shame them. Instead sympathize and encourage ("I am sorry you made that choice, I am sure you will do better next time.")

Do not argue with your children. (You are the authority in your home. Authority is not shared with your child. At a latter time, they may express their feelings and opinions. A phrase I use is: "I don't argue with children.")

Homework must be done before playing or watching TV. (This will help them learn to organize their time and teach them to avoid procrastination.)

Minimize screen time, especially non-TV screen time. (I recommend that computer/ipad screen time be limited to weekends only).

Do not tolerate disrespect. (If your child is disrespectful to you, they will be disrespectful to others.)

Children should do their part to tidy and clean the house. (Chores teach perseverance and help children feel invested in the family. If someone else cleans up after them, it builds entitlement)

Growing Children need sleep, make sure they get 8-9 hours of sleep a night. (Shoot for a bedtime of 8:30-9:00 pm)

If your child feels like they have failed do not coddle them or try to make up for it. Let them feel their emotions and encourage them to try again. ("You never fail until you stop trying" – Albert Einstein)

***Hug your child and tell them you love them everyday!**