



## Supporting children, families and schools

### Choose your battles

All humans resist feeling controlled by someone else, and kids are no different. The more they feel 'pushed around' the more they rebel. That's a good thing! Training a child to be obedient means you always have to be there to give orders, and as they grow up, they may find it more difficult to stand up for themselves. Instead, teaching a child self-discipline raises a child who can think for themselves, stand up for what's right, and isn't likely to be taken advantage of.

#### *How can parents help?*

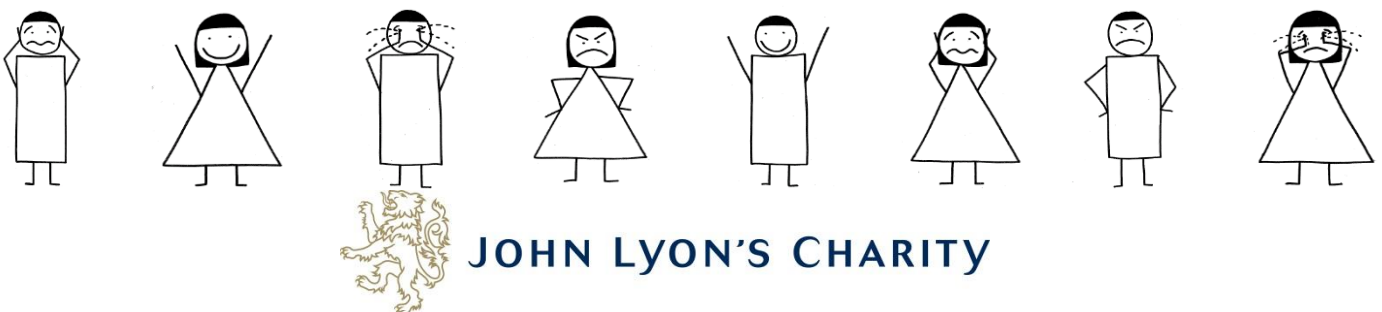
Choose your battles. Make sure your child knows you're on his/her side and that they have some choices. When you feel you are entering a power struggle, offer them two choices that you feel OK with e.g., *what would you like to do first: reading or math?* You can also formulate a question, so the child feels that he/she decides e.g., ask a child - *what do we usually do after breakfast?* Allow the child to answer - *brush teeth/ go to school.* By giving you the answer, the child does not feel he/she is being told what to do. This will allow them to feel they have some control, while you also continue to hold your boundaries. Coach your child rather than trying to control him/her.

If you would like to meet for a confidential and non-judgmental talk about you or your child or any other worries, I am available on Wednesday 9-10 a.m. To book an appointment, you can call/text me on 07833 460683 or e-mail: [gurbonaviciute1.307@lgflmail.org](mailto:gurbonaviciute1.307@lgflmail.org)

With best wishes,

Greta

Therapeutic Lead in Schools



JOHN LYON'S CHARITY