



MBES

Counselor's Corner

Welcome to Medlock Bridge's Counselor Newsletter!

I came across an article on www.kidcounselor.com written by Breanna Hicks, LMHC. It was titled "10 Things NOT to say to your kids". I thought I would share a few of the tips it listed...

- 1. No (running, hitting, yelling, etc.)!** - Kids hear the word "no" frequently. Try to make the sentence a positive instead of a negative. You could say, "Please walk." instead of "No running!".
- 2. Good Job!** – Be specific in your praise. For example, "I am proud of you for working/studying hard." or "You figured out a very hard problem!". Starting the sentence with the word "**you**" gives your child credit for what he/she accomplished.
- 3. Don't argue with me.** – We are working with your children on questioning, analyzing, and wondering about situations/problems in school. Their responses can sometimes present in a argumentative manner, but it is actually a normal part of their development. Try saying, "I know you want my answer to be different, but it will not change." or "I just told you my answer. Do you have a question about it?". This will allow your child to discuss their opinion with you and help them feel validated, without an argument (hopefully!).



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4. Wait until your Dad/Mom/Other person finds out about this!

Saying this does 2 things. First, it causes the child to be fearful and/or anxious. The second thing it does is cause you to ignore your responsibility to deal with the situation and it passes it off to someone else. Most children feel guilty when they get in trouble for something. Threatening to tell someone else rubs salt in the wound. Try “Do you choose to tell _____ what happened or choose for me to tell with you there to make sure I explain it correctly?”

5. If you do that one more time... - This phrase is highly ineffective. You are threatening the child, which will make them fearful of you. The threat is also not usually something feasible to do (leave the store, go home early, you are going straight to bed). What we say in frustration can be forgettable and then this will contradict our credibility. Try saying “If you choose to continue (behavior), you choose to (receive whatever consequence).”

Click below for the rest of the article.

[Kid Counselor](#)

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