

Cheat Sheet

To Avoid Arguments

1. Give your child choices – This works at most ages!
 - "You must wear socks, but you can pick red or blue."
 - Be sure you use choices you can live with when they pick.
2. Tell your child what to expect.
 - "We are going to two stores, but not the toy store today."
 - "We will have to go in 5 more minutes."
3. Make a schedule.
 - Homework is done before TV comes on.
4. Model the behavior you'd like to see.
 - Do not argue with your child.
 - Remain calm, do not yell.
5. Remember that making good decisions and reasoning takes years of practice and young children need much help to learn how to make good choices.
6. Make sure the rules are clear and consistent.
7. Praise them for good choices.
8. Explain your reasons, but don't expect children to understand.



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