

Here are my *"5 Tips To Help Teach Your Kids That When You Say "NO"...You Mean Business (But Will Always Love & Respect Them)"*

1. Establish Authority Early. Remember, you are the boss!...Not your children...You! Stop the "over-negotiating" & "over explaining." No "college thesis-explanations."
2. Make sure to deal effectively with over-stimulated kids. Remove over-stimulated kids from the situation to decrease the stimulation. Use the car as a quiet place if necessary.
3. Don't let them turn you around. End the discussion firmly and move on. If you give power to turn you around today and to challenge your authority...they'll do it forever, including in their future relationships.
4. Script it out. In setting new rules have a plan, a back-up plan & prepare. Be clear about changes and consequences. Use alternative ways of communicating: writing, email, texting etc..
5. Set one limit at a time. Implement one new rule at a time. You mustn't bombard them with multiple rules at one time. Change takes time & consistency.

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