



# **C12 The Power Struggle is Real: Mending the Relationship and Eliminating the Argument to Teach our Kids the Power of Choice**

Wednesday. June 13, 2018 3:30 - 5:00 p.m.

*Matthew Boughton*

**Salon 1**

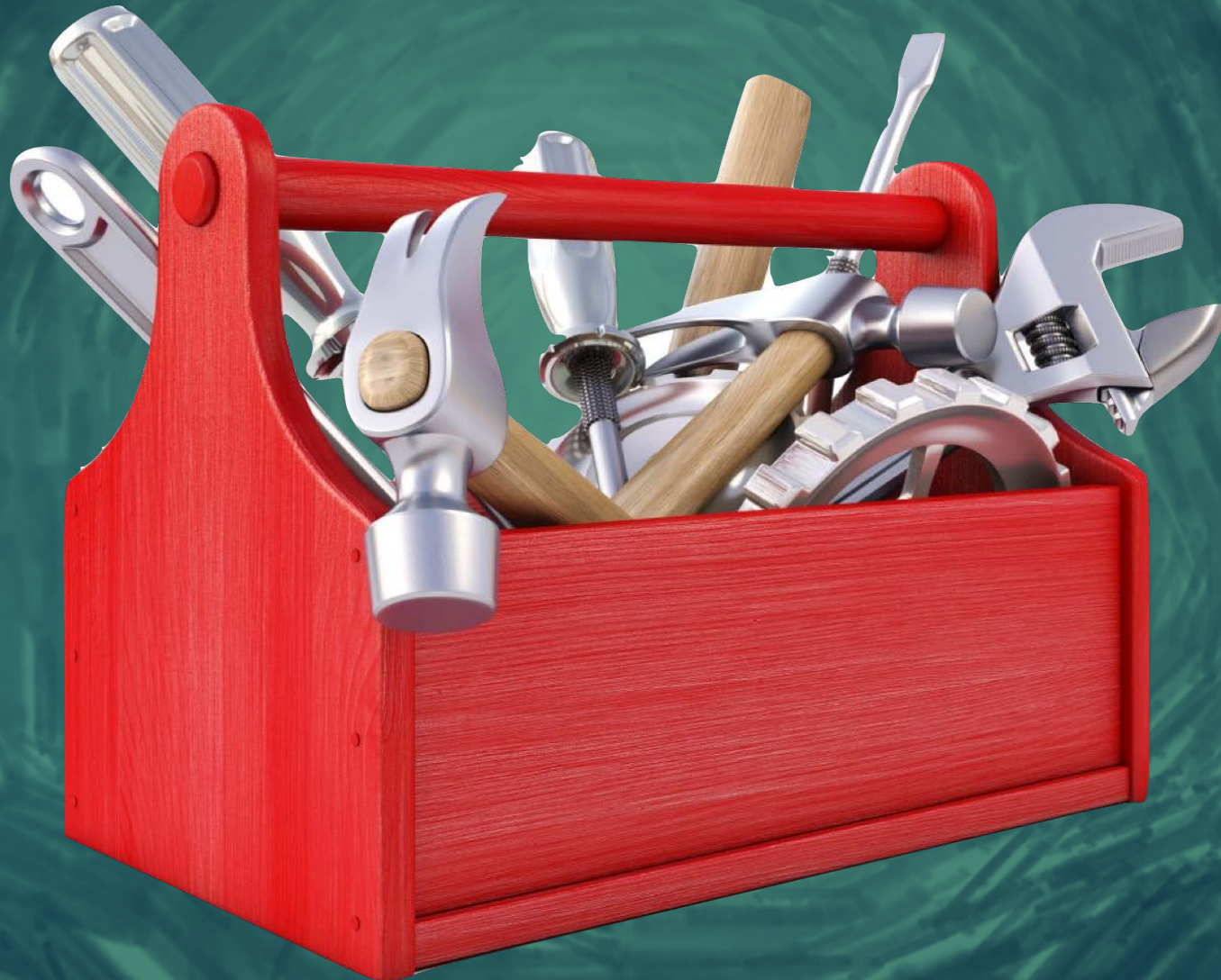
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Mending the Relationship and Eliminating the  
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# Storage



# Our Goal for Today



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- ▶ Improved connection with your families and the families you serve

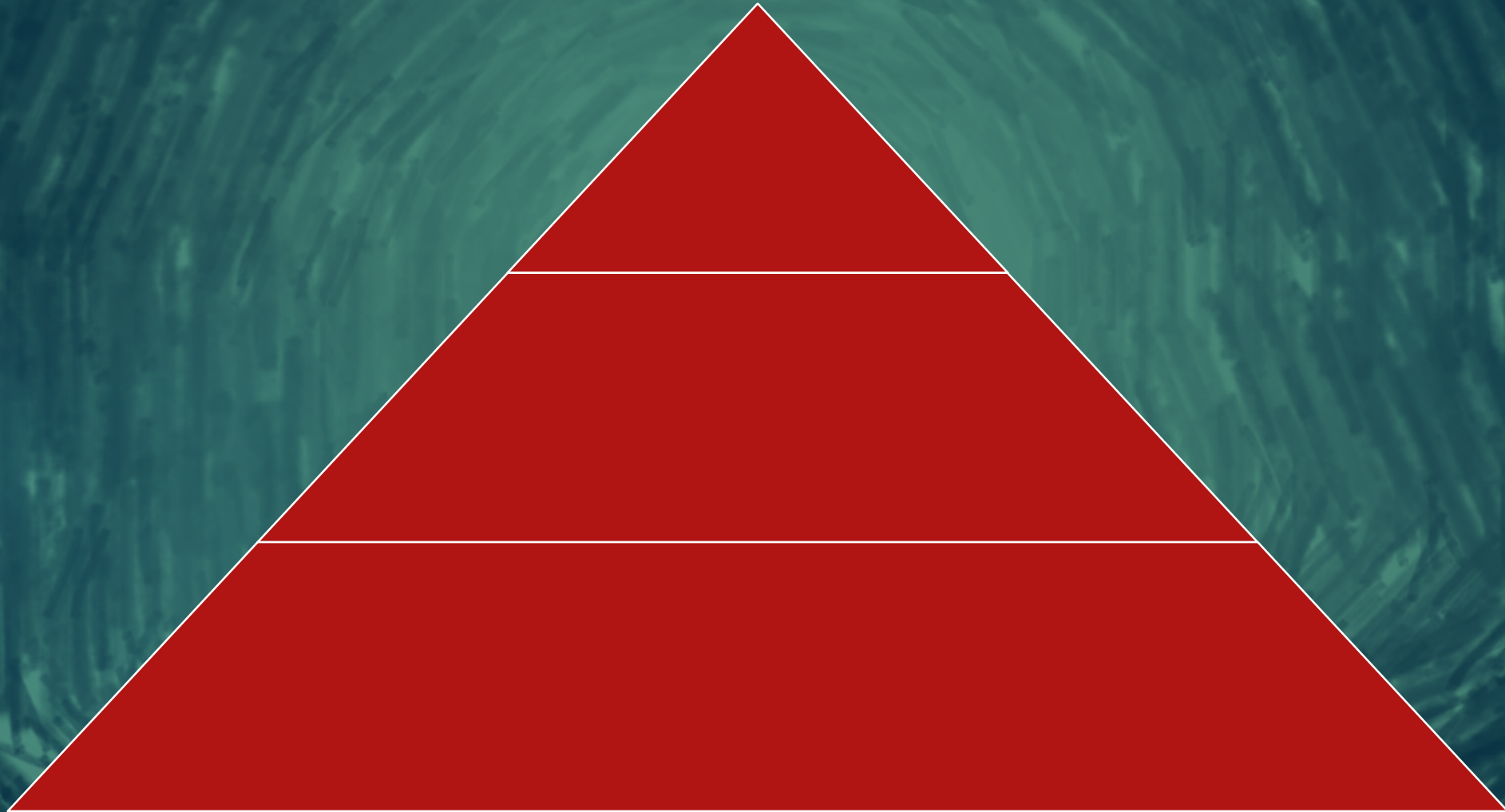
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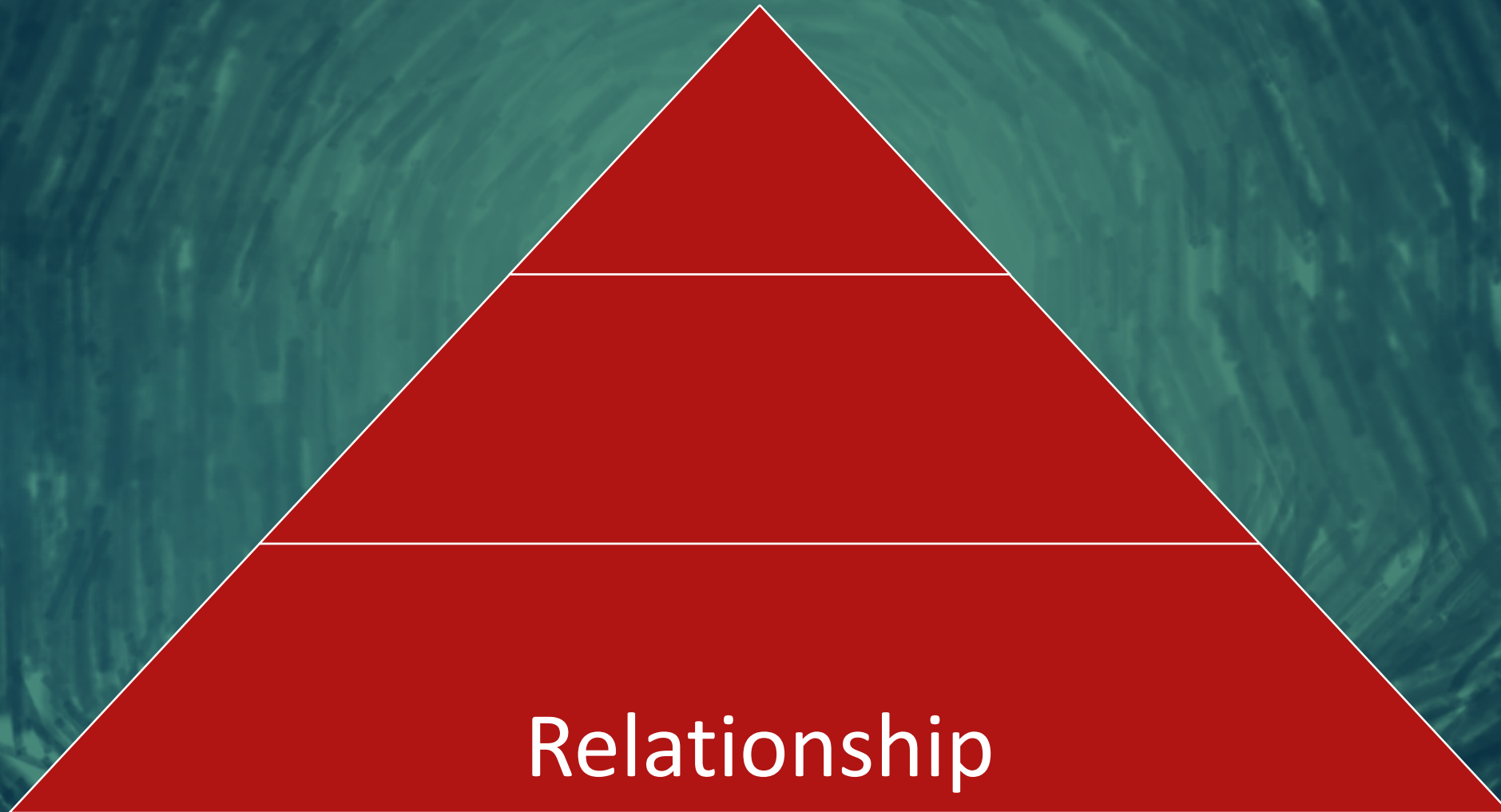
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- ▶ Improved connection with your families and the families you serve
- ▶ Better strategies on how to address resistance and defiance
- ▶ Learning to RELAAAAAAX

# 3 Focus Points



# 3 Focus Points



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- ▶ The way in which two or more concepts, objects or people are connected, or the state of being connected

# Relationship



# Relationship

► Trust



# Relationship

- ▶ Trust

- ▶ Communication

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  - ▶ What does Engagement look like without communication?
  - ▶ How far can we get in Planning without trust?
  - ▶ What could go wrong if we're trying to Implement without connection?

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  - ▶ Joking, playing, supporting, acknowledging

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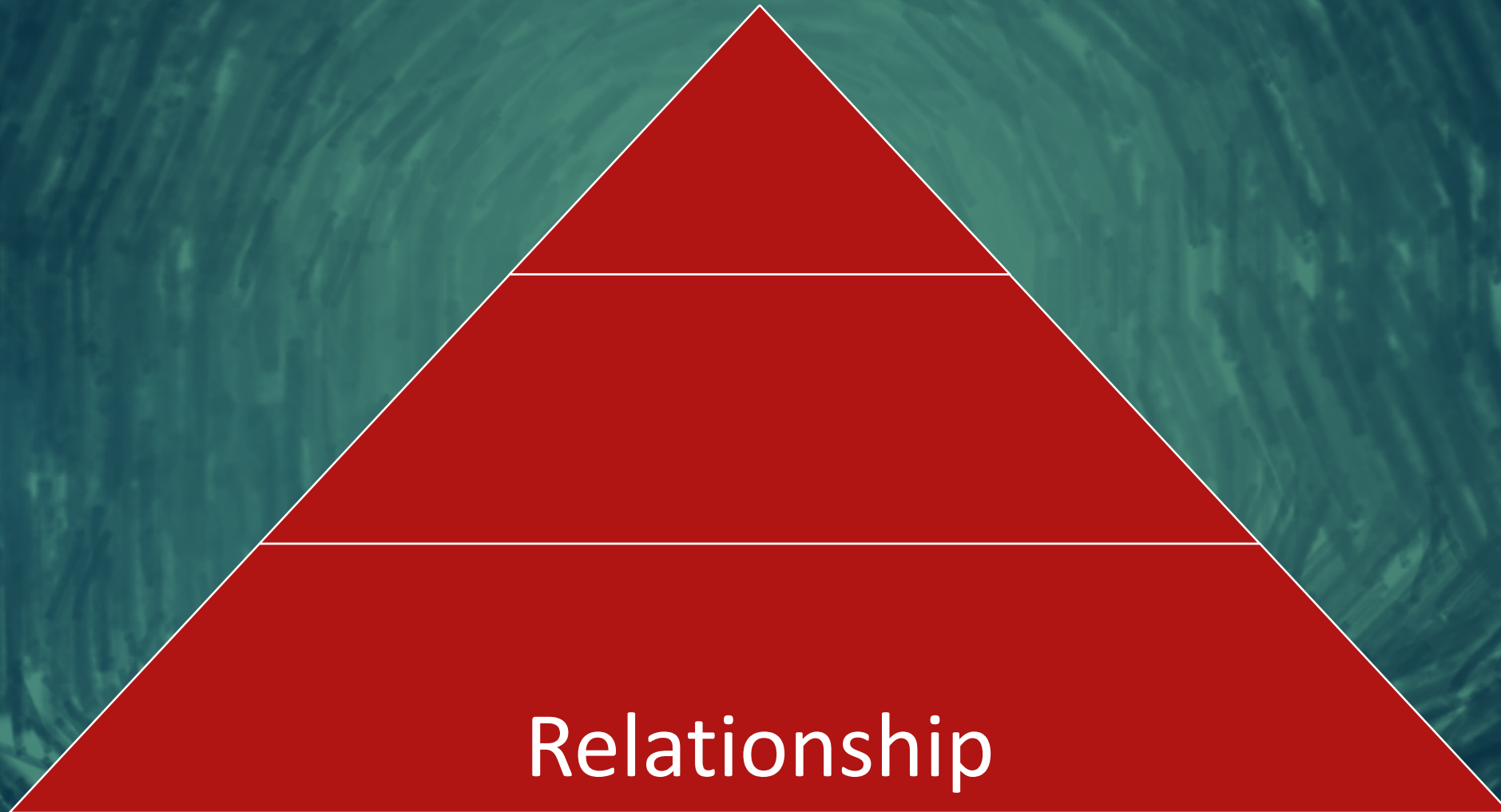
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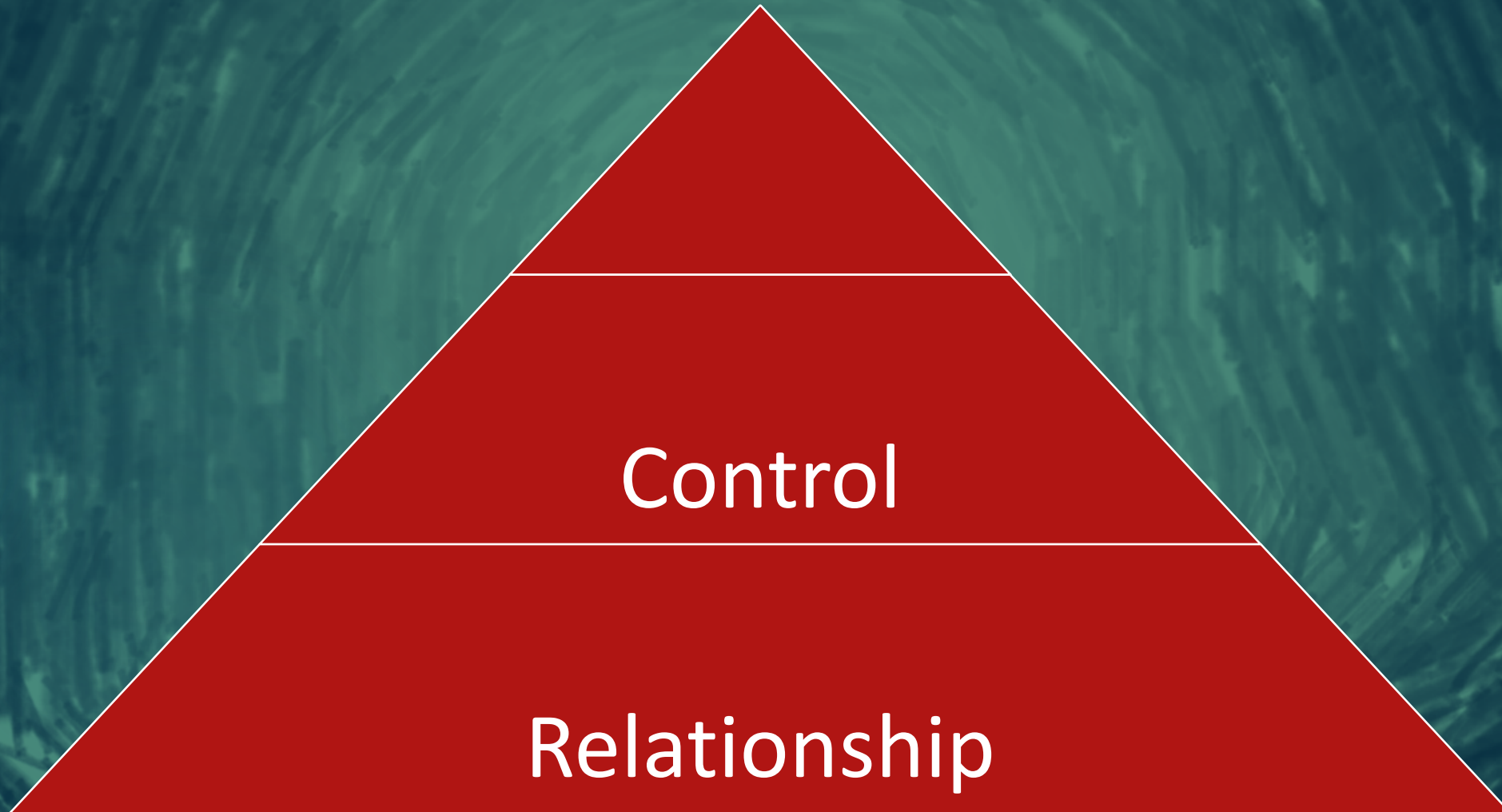
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  - ▶ Your response
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  - ▶ Your electricity....?

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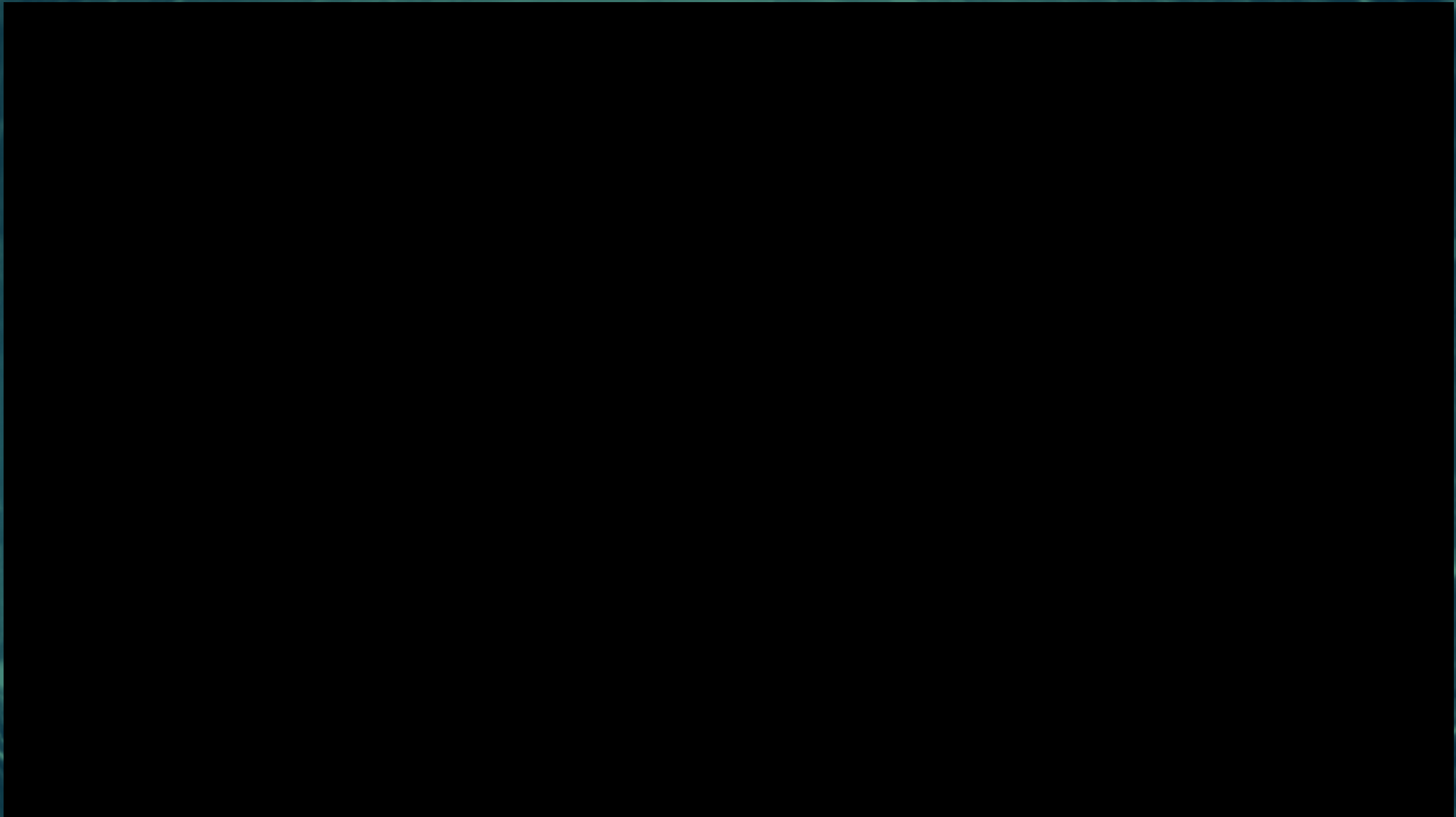
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▶ Antonio

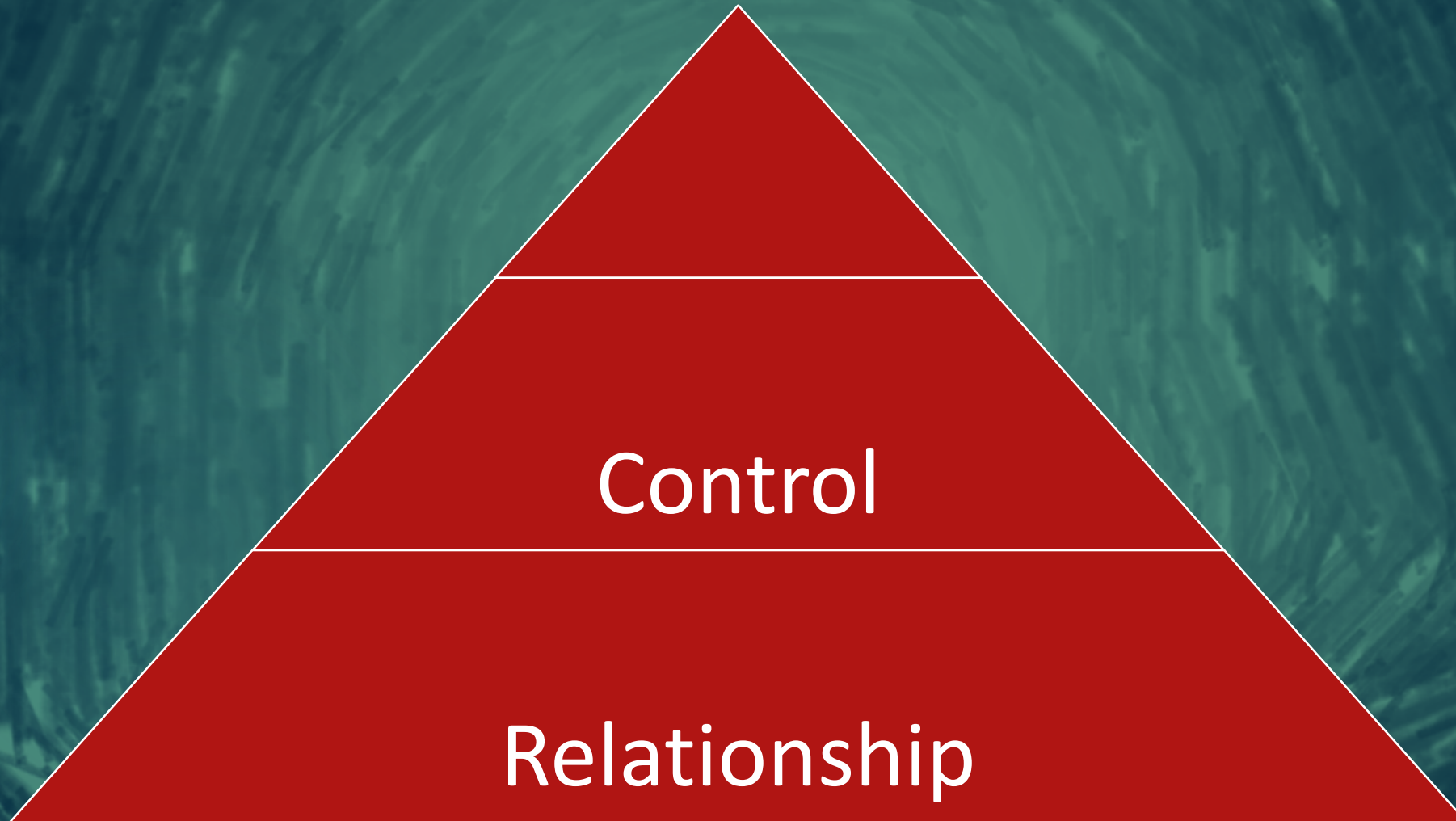
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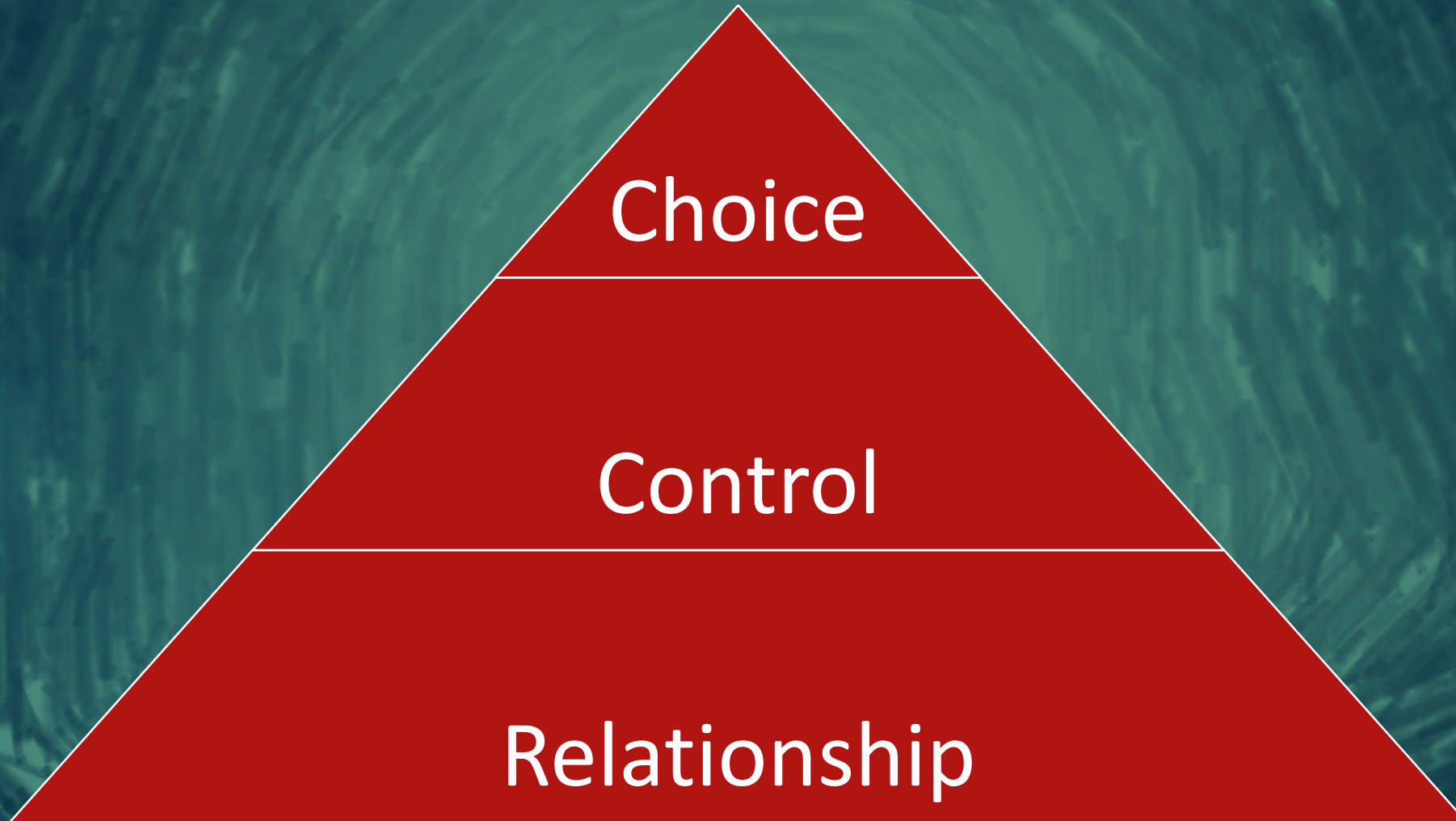
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# Choice

- ▶ What happens when we lend control to others as opposed to acting as though we are in control?
- ▶ Giving choices is empowering because it gives back a sense of control
- ▶ When you have a solid relationship and you don't try to control others, you'll start to see positive results in the choices made

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  - ▶ “Would you like help studying or can you bring the grade up by yourself by Monday? Ok, your call. If its not up by then, I think I may need you to put a hold on playing outside until it’s up, ok?”

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  - ▶ Naps
    - ▶ “I’d like you to take a nap today. If you don’t take a nap, that’s ok, but you’ll have to write your name 20 times when you get home, ok?”

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    - ▶ “If you don’t want to give me your hockey stick, that’s your choice, but if so, I think you might lose TV for 3 days.”

# Choice - Let's try this...

- ▶ Antonio

- ▶ How would you respond?

- ▶ Delilah

- ▶ How would you respond?

- ▶ Andrew

- ▶ How would you respond?

# Choice

- ▶ When our kids feel they can make choices on their own, they work to control themselves more appropriately since they're given that freedom
- ▶ When they are free, they trust
- ▶ With trust and connection, our relationships with them are stronger


# Choice

- ▶ Through this process, our goal is for our kids to make the right choices on their own rather than to do what they're told
- ▶ When those choices are born out of a solid relationship:
  - ▶ "I won't \_\_\_\_\_ because I'll get into trouble," becomes  
"I don't want to \_\_\_\_\_ because it would hurt my dad's heart,  
and that is important to me"
- ▶ Build the connection; avoid the struggle.



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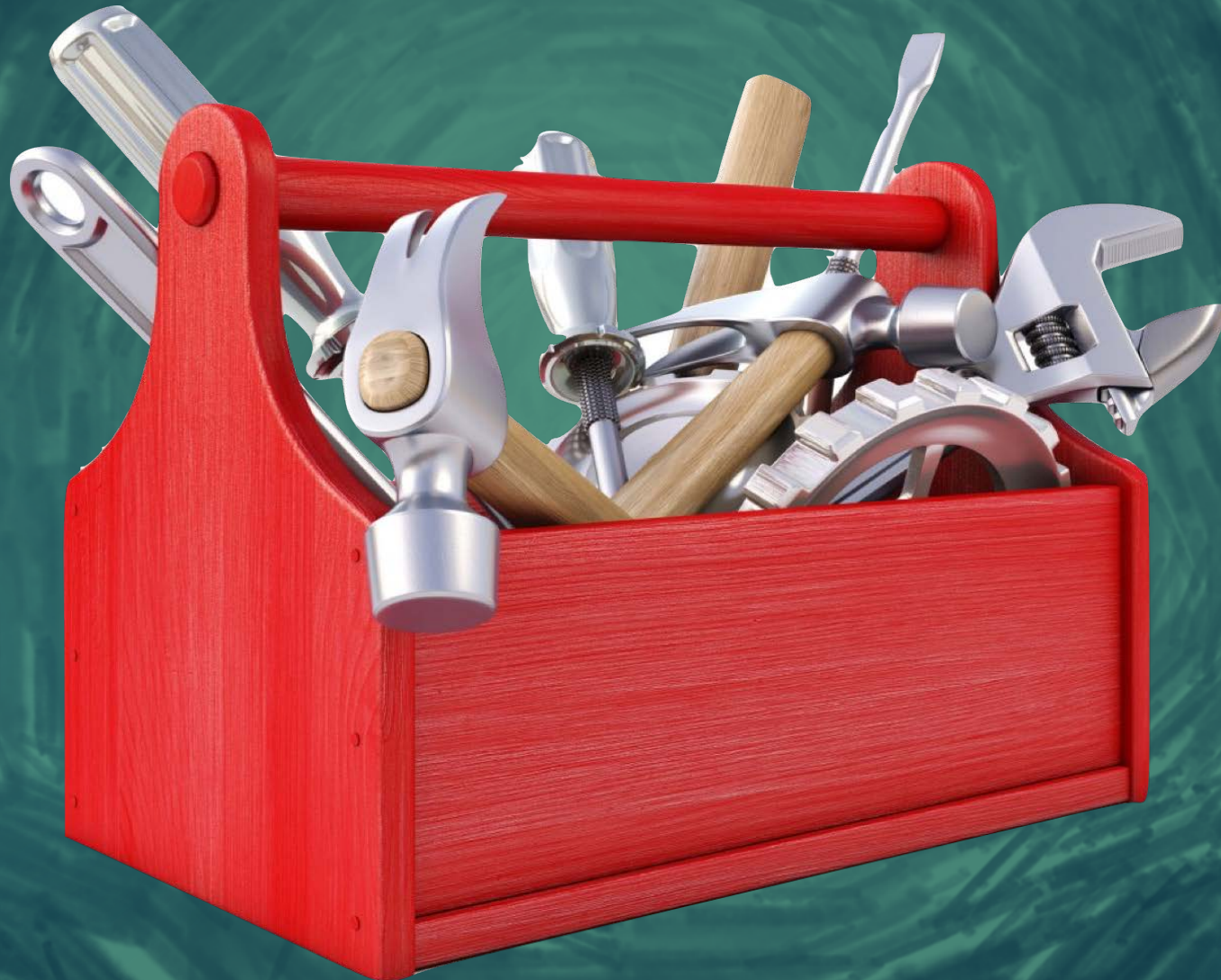
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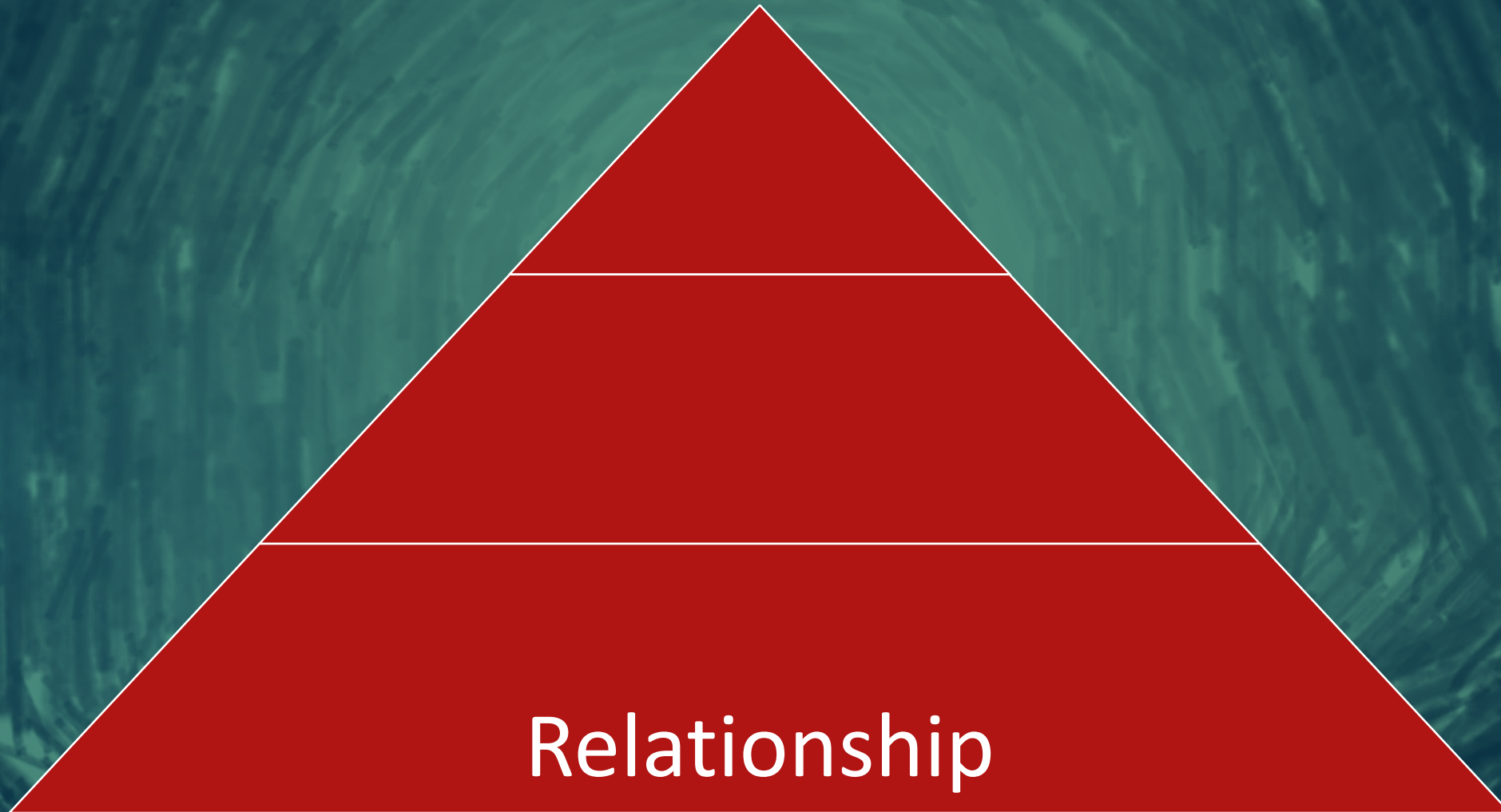
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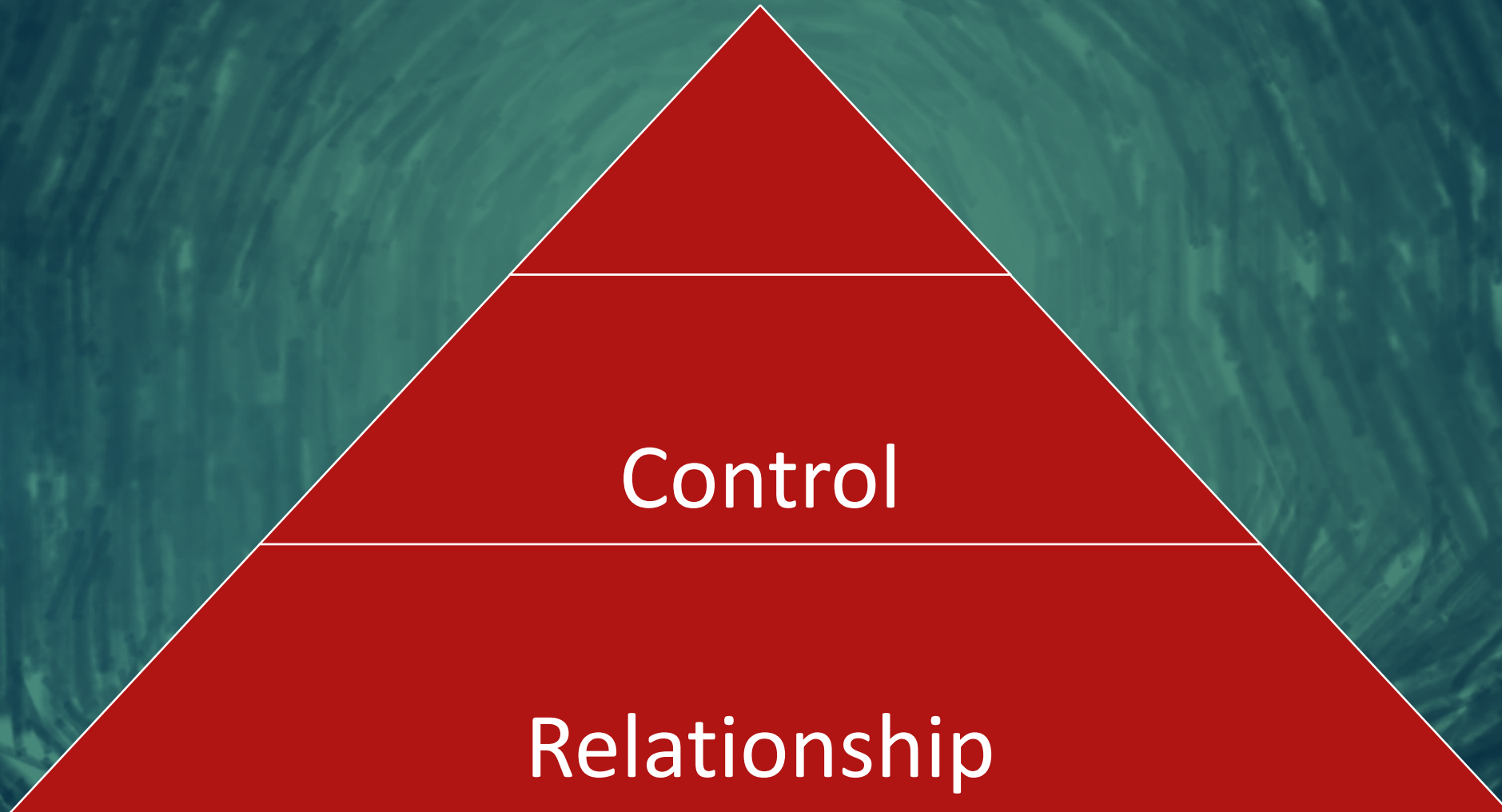
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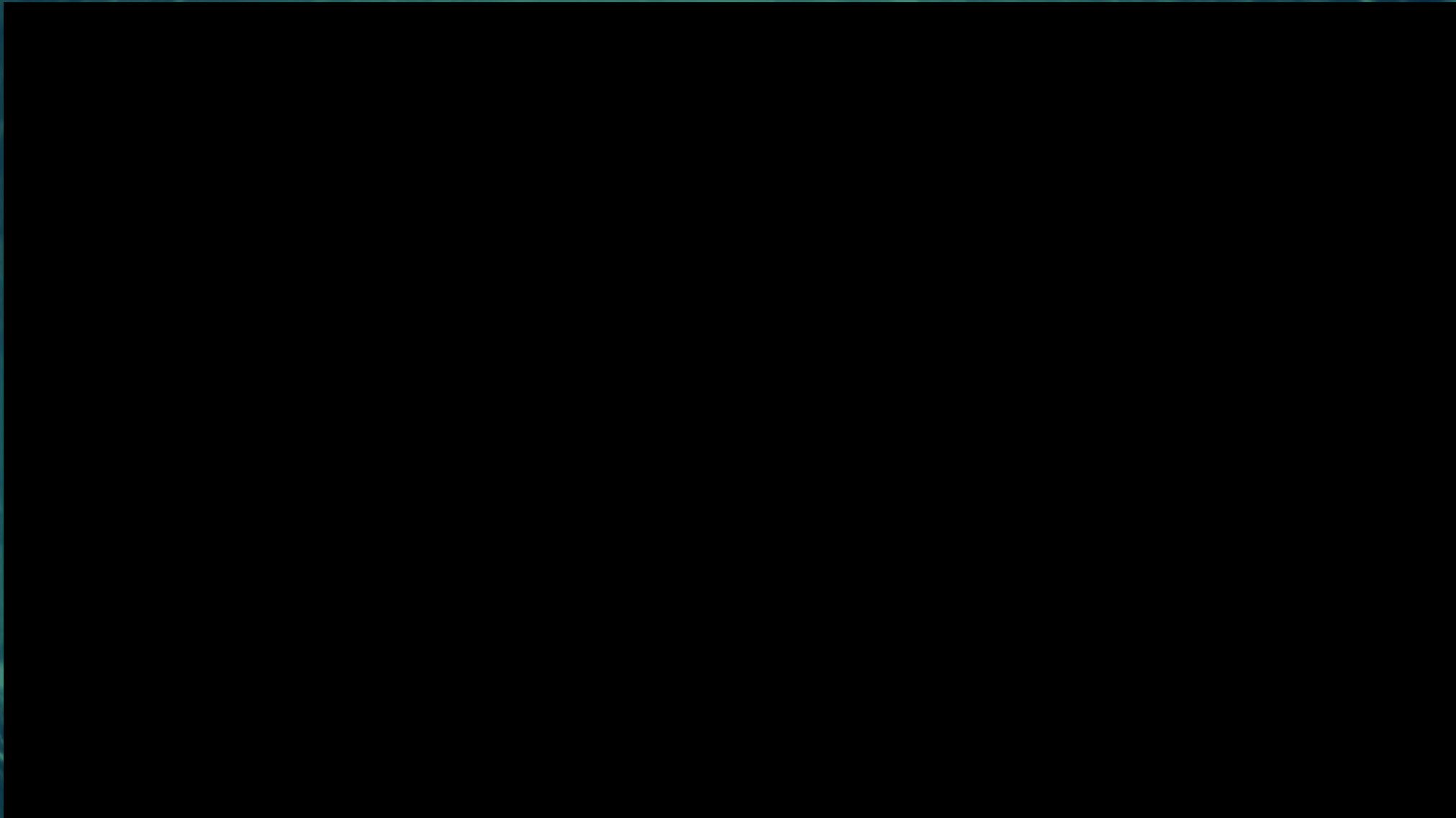
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# Control...but Why?

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- ▶ Imagine how desperately they may be grasping for some kind of power in scenarios where they feel powerless
  - ▶ Kaylie and her feet....yeah man

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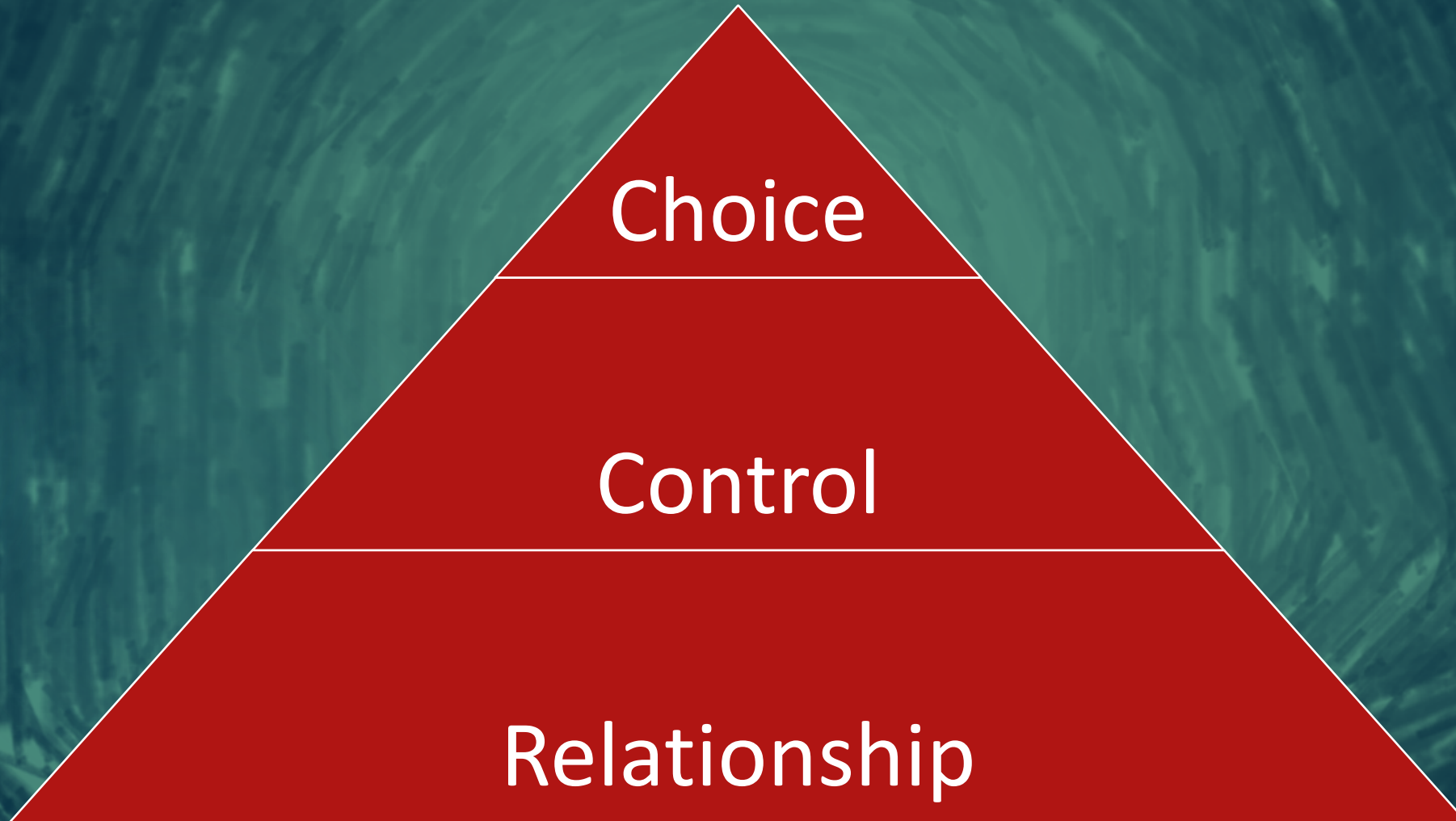
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- ▶ My son knows the responses to the choices he may make
  - ▶ Crying
    - ▶ “you can cry if you’re upset, but you’ll need to cry in your room. Would you like to stop crying and stay out here or do you want to go cry in your room? Ok, come out whenever you’re ready.”
  - ▶ Naps
    - ▶ “I’d like you to take a nap today. If you don’t take a nap, that’s ok, but you’ll have to write your name 20 times when you get home, ok?”

# Choice

- ▶ My son knows the responses to the choices he may make
  - ▶ Hockey stick
    - ▶ “you can play hockey all you want but if you slam your stick on the tile, I’m going to take it away for one day”
    - ▶ He forgets...a lot...and then he doesn’t give it up...because it was an accident...aka not his fault...ya
    - ▶ “if you don’t want to give me your hockey stick, that’s your choice, but if so, I think you might lose TV for 3 days.”

# Choice - Let's try this...

- ▶ Antonio

- ▶ How would you respond?

- ▶ Delilah

- ▶ How would you respond?

- ▶ Andrew


- ▶ How would you respond?

# Choice

- ▶ When our kids feel they can make choices on their own, they work to control themselves more appropriately since they're given that freedom
- ▶ When they are free, they trust
- ▶ With trust and connection, our relationships with them are stronger

# Choice

- ▶ Through this process, our goal is for our kids to choose the right choices on their own rather than to do what they're told
- ▶ When those choices are born out of a solid relationship:
  - ▶ "I won't \_\_\_\_\_ because I'll get into trouble," becomes  
"I don't want to \_\_\_\_\_ because it would hurt my dad's heart, and that is important to me"
- ▶ Build the connection, avoid the struggle



# The Power Struggle is Real

Mending the Relationship and Eliminating the  
Argument to Teach Our Kids the Power of Choice

### Scenario 1

Your 17 year old son Josiah usually plays basketball afterschool with friends. You've asked how his grades are and he's maintained that they're good. You get an automated call that he missed his 3<sup>rd</sup> period class today and so you check the parent portal to see that he's failing 2 classes.

### Scenario 2

Your 3 year old daughter Delilah comes home from daycare and throws wild tantrums when she doesn't take a nap. She usually argues with her sitter about taking them and the sitter usually loses but it ruins evenings since she's overly emotional and easily throws herself into crying fits.

### Scenario 3

Your 14 year old son Andre ran up his phone bill and you received the letter with his \$60 balance. You questioned Andre and he refused to answer. You took his PS4 and he got angry and kicked a hole in the bathroom wall.