

Pay attention to how you say no to your child

Kids who understand that they can't always get their way have a much easier time in school. Help your child learn how to deal with disappointment by paying attention to how you say no. For example:

- Pause before saying anything. Say, "Let me think about this for a minute." This will help your child see that you are listening.
- Think out loud. Children need to see how adults make decisions. "If I let you go to Mason's house to play, we won't have time to eat dinner together."
- Acknowledge your child's feelings. Sometimes, just saying, "I know you're disappointed" can help.
- Give a "fantasy" OK. If your child wants an expensive toy and you can't afford it, say, "I wish I could get that for you. But it is not in our budget." This may lead to a plan to save money for the toy.

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