A More Subtle Avoidance Response

Frustration // Resistance Cycle:

The parent's cycle

- Frustration based
- Repeating
- Neg. tone
- Scolding
- Imposed consequences
- Other...
The Child’s Cycle

- Avoid = Resistance based
- Argue
- Disrespect
- Delay
- Oppositional cascade
- Other?

The oppositional cascade

- Ask why
- Denigrate request
- Denigrate YOU
- Threaten
- Fight / Flight / Freeze

The Family Stratagem and Resistance Cycle

What do you parents note?
When do they occur?

- AM routines
- PM routines
- Meal times
- Others?

What's the purpose of EMOTIONS?

Approach

Avoid

What to do??
Quieting the Frustration

Helping Children Hear their own Moral Structure

What to Do

- Reset Button
- POM
- Empathy
- Video Camera Statement

Slow the Spinning!

Parents should

A) Reduce expressions of frustration (nagging, scolding, arguing).

B) Increase expressions of nurturing (acceptance, empathy, curiosity).
Empathy

Empathy Statement: reflecting the emotional state of a child. This reduces negative emotions and promotes understanding.

Examples
- You seem... MAP SAP
- You sound..... HAPPY, NERVOUS
- You look.... FRUSTRATED
- I wonder if you are.... WORRIED

Helpful hints
- Do: Convey warmth
- Do: Keep it short
- Do: Let the child do the thinking
- Don’t: critique or advise

RESET button

1) Apologize for nagging (yelling, micro-managing)
2) Empathize with how the child must have felt.
3) Explain what you, the parent, are planning to do
4) Encourage and promote.
5) Allow consequences with empathy.

- "Honey, I am so sorry for nagging you to get up in the morning."
- "It must be very annoying and puts you in a bad mood; and I don’t want to do that. I love you."
- "From now on I’m working on not nagging. We’ll just get ready for school and wait for you in the car until you’re ready."
- "I’ll keep working on being a better dad. I sure am proud to have a son like you. We can do this."
- Child hops into car late and angry- "It’s ok if we are a little late. I’m proud that you made it." The child will handle being late with his teacher.

P.O.M. (parenting outside the moment)

address issues during calmer moments, when children & adults are more receptive... in the cool cucumber zone.

- Parent: Honey, remember yesterday when you called me a loser and threw the choo choo at me?
- Child: Yeah, that was funny, but not really funny: sorry mom.
- Parent: Yeah, not real funny. Let’s talk about consequences...
The "VIDEO STATEMENT"

A simple observational statement to a child about their current behavior. The statement is made with kindness & curiosity.

Example

A child is watching TV after their bedtime:

Dad walks into the living room, "I see you are Watching TV after bedtime. Hmmm, I wonder what that's about."

The theory: the statement strikes a moral chord with a child about what they are doing, right or wrong. The child is left to wrestle with their choices and the possibility of future consequences.