

## HOW TO TAME YOUR CHILDREN

### CHOICE AND TRUST

If we give everyone we come in contact with the freedom to choose an outcome and encourage them to be aware of their responsibilities, they will learn to make better choices.

### REWARD AND CONGRATULATION

Parents whose relationship with their children is based on reward and congratulation for something well done will maximise their chances of raising a well-adjusted adult.

### EARN TRUST

Violence and confrontation are never the answer. Children will resist force and domination, which includes verbal as well as physical punishment.

### SELF - MOTIVATION

There is no such thing as teaching - only learning. Fear based methods are not as effective as intrinsic, self motivated learning. Give them a reason to want to do something rather than tell them they have to.

### CONTRACTS

An effective way to deal with behaviour and bypass parent as administrator, discipline or punishment is to use two boards/paper with parent and child's name. One headed positive, one negative. Put down the reward i.e. No kicking for 2 days = visit grandma (or tailored to the child). The negative one - Any kicking in next 2 days = clean the floor. Both sign and shake hands.

### IMPLEMENT

The parent should not get involved with encouraging a positive decision or discouraging a negative one. The child's decision is important. At the end of the designated time and the contract is successfully completed the parent should shake the child's hand and hug her (feel loved and accepted).

If the contract is not successful the negative consequence should begin as soon as possible. Parents should appear sorrowful but never angry.

*From Horse Sense for People by Monty Roberts*