

For a child to get rid of a problem...

For a child to get rid of a problem, if the problem can be solved by the child, it must bother the child more than it bothers you. Quite often, that means that you must let it bother you less, since it doesn't seem to be bothering the child very much.

Ask the Dr. Phil question, "How's that working for you?" to your child and yourself. If what you are doing isn't working, why are you still doing it?



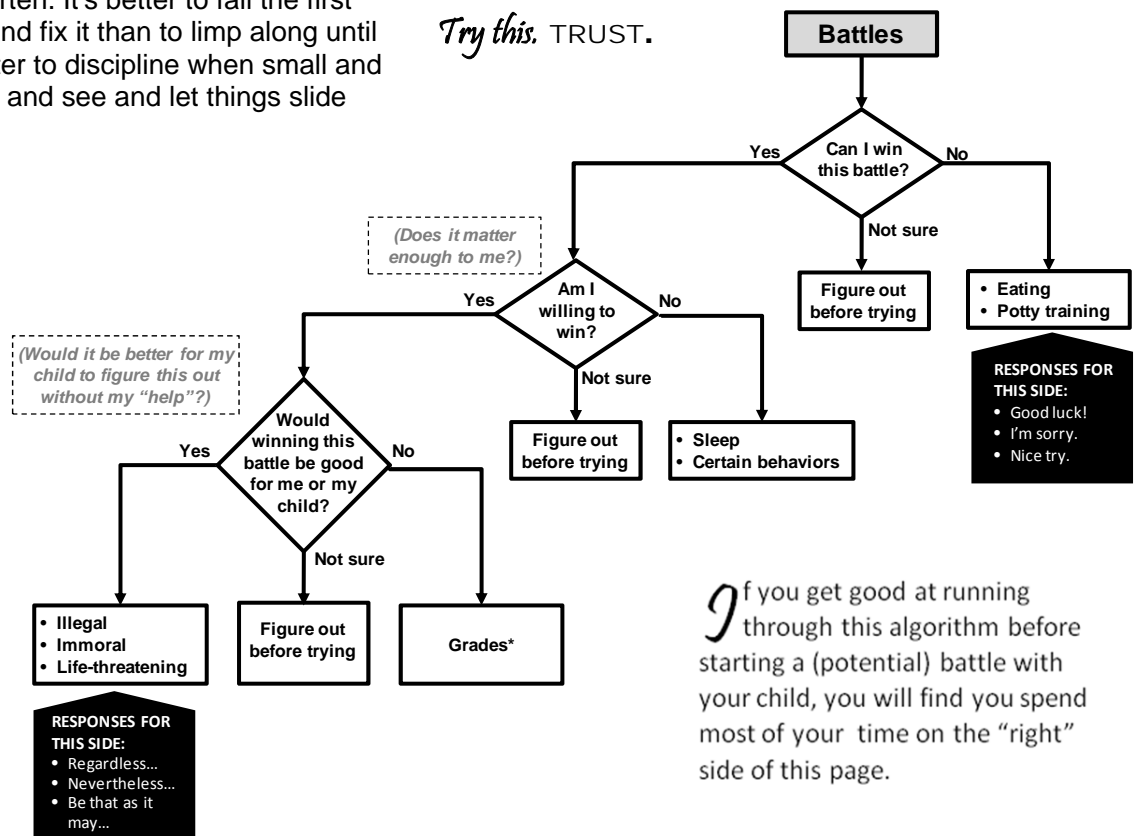
Your child will not starve if you don't take charge of their eating. Take the "cafeteria lady" philosophy: this is what's on the menu and when it will be served, feel free to eat as much or as little as you like. If hungry later, say "I bet you are hungry, you didn't eat lunch" vs. "if you'd eaten lunch you wouldn't be hungry".

Try this. TRUST.

- Problems that fall in this category are many, but some are:**
- Thumb-sucking
 - Potty training
 - Bad grades
 - Bad behaviors of any sort
 - Not getting along with siblings
 - Not participating in family events
 - Sleep problems
 - Eating problems, too much or too little

It is our reluctance as parents to allow our children to bear the consequences of their behavior that keeps the behaviors alive.

Your child won't suck his thumb in college. He won't wear diapers in kindergarten. It's better to fail the first grade and find out why and fix it than to limp along until college and give up. Better to discipline when small and behave later than to wait and see and let things slide until too big to manage.



If you get good at running through this algorithm before starting a (potential) battle with your child, you will find you spend most of your time on the "right" side of this page.