

I've Had It!

Creating Peace at Home Through

Proactive vs. Reactive Parenting

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“I’ve Had It!”

What happens next?

Proactive

- Intentional
- Planful
- Routines
- Rewards direction vs. outcome
- Accepts and learns from mistakes (self and child)
- Consistency

First step to Proactive Parenting is **self-awareness!**



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I've Had It! Parenting

Thoughts

Feelings

Actions

“I’ve Had It!” begins with Thoughts

‘How many times do I have to tell him?’

‘She is doing this intentionally to annoy me.’

‘If they do that one more time, I’m going to...’

And results in **Feelings**

- Fear
- Frustration
- Anger
- Sadness
- Worry
- Self-loathing

And then **Actions**

- Yelling
- Name calling
- Abandonment
- Punishments
- You have to be a complete idiot!



Why are ADHD kids so
challenging to parent?



Challenges for the ADHD child (and, by proxy, YOU)

- ❖ Heightened Emotional Picture and Reactivity
- ❖ Insensitivity to Feedback Cues
- ❖ Impulsivity
- ❖ Difficulty Learning from Experience
- ❖ Difficulty Replaying $A + B = C$

Reverse the Negative to **Positive Ratio**

Why “Going Negative” is Attractive

- ❖ Feels so good
- ❖ So much easier
- ❖ Let sleeping dogs lie
- ❖ Bad behavior demands attention
- ❖ Your kids have you trained

Prepare in Advance

1

- Anticipate Challenging Behavior

2

- Set up Guidelines

3

- Role Play

Parent Traps

-Ineffective Directives

- ❖ String
- ❖ Repeated
- ❖ Interrupted
- ❖ Vague
- ❖ Question
- ❖ Let' s
- ❖ Psycho-twisters



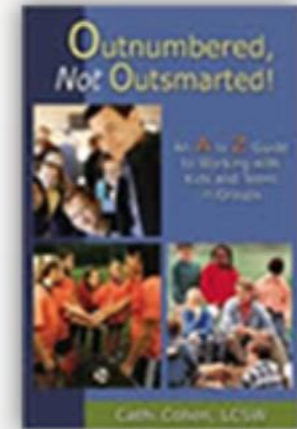
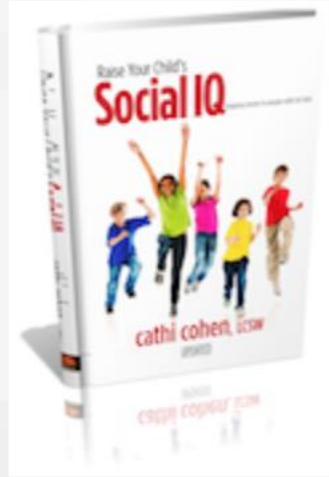
Comparisons are the **Thief of All Joy**

- ⦿ Compare your child **ONLY** with your child
- ⦿ Notice progress
- ⦿ Don't throw the **baby out with the bathwater**. (When a mistake is made, don't let it set you back).

Questions?



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Six Surefire Ways to
Keep the Peace at Home

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