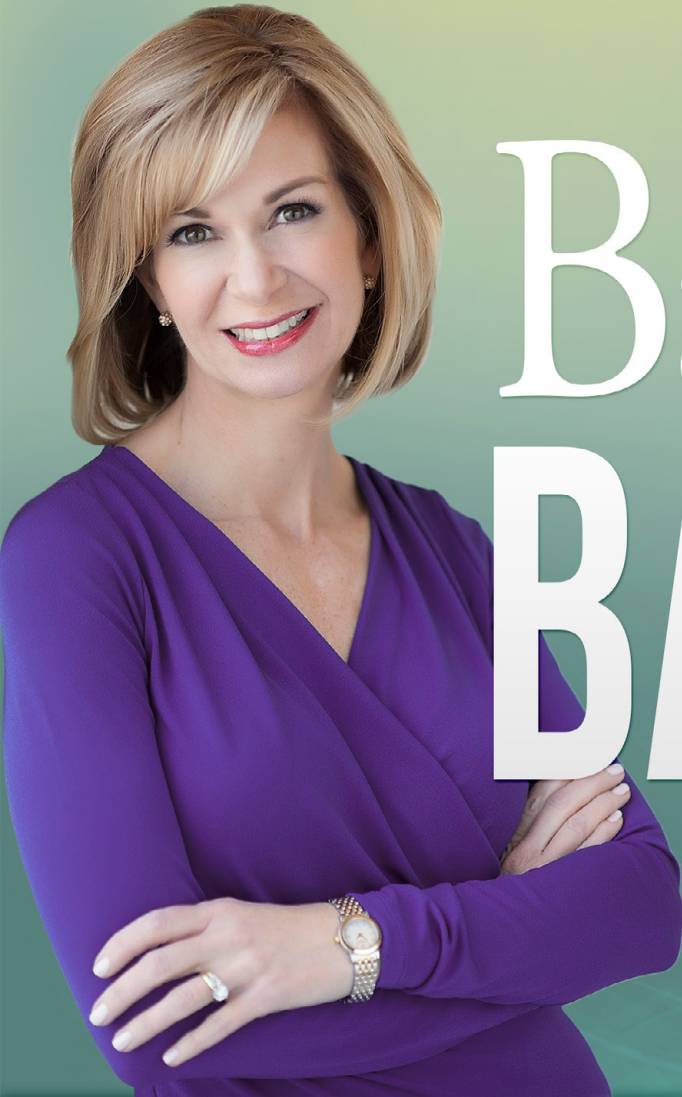


FREE REPORT



Backtalk BATTLES

WITH AMY MCCREADY

5 MUST-HAVE TIPS EVERY PARENT NEEDS

RESERVED ONLY FOR WEBINAR ATTENDEES



FREE REPORT

Backtalk BATTLES

5 MUST-HAVE TIPS EVERY PARENT NEEDS

Whether it's a toddler's defiant "NO!!!!!!!!!" or a teenager's snarky "You can't make me!" ...

BACKTALK IS ENOUGH TO MAKE ANY PARENT'S BLOOD BOIL.

What's worse, it seems our natural reaction to backtalk ("How dare you speak to me that way" or "You'll do it because I said so, young lady!") only makes the problem snowball. In fact, backtalk is the #1 behavioral issue cited by parents who contact me. Parents are at their wit's end wondering where they've gone wrong.

So what can we do to stop backtalk in its tracks?
FIRST, WE HAVE TO UNDERSTAND WHY KIDS TALK BACK.

Kids talk back for a variety of reasons. They may be testing your limits or trying to get a reaction. Perhaps they're hungry, tired, or just having a bad day. However, if backtalk, attitude, and general snarkiness is frequent, it's usually the child's way of exerting his power and saying "you're not the boss of me." (*Sound familiar?*)

We're all hard-wired with a need for POSITIVE power—the ability to have some control over our lives. When parents over-protect, over-demand, or constantly order, correct and direct their kids, they strip them of independence and personal power. And that leaves most kids with one very real go-to response: **FIGHT BACK.**

You may have heard of the term "fight or flight response," which is exactly what comes into play in these situations. However, for kids, the FLIGHT part isn't really an option. Home is where the food and shelter is—right? So queue up the FIGHT response, which they present as backtalk, attitude, negotiating, arguing, stomping away, that age-old favorite eye rolling, and more.

So, what do we normally do? What's our gut reaction more often than not? Shut things down. Get tough. Lay out punishments. YELL. Unfortunately...that's the one reaction that makes everything WORSE. Makes it ESCALATE. Makes good people doubt their ability to PARENT.

So what's a mom or dad to do? We've got you covered.



5-STRATEGY
SURVIVAL GUIDE



POSITIVE PARENTING
solutions

Online Positive Parenting Training for Parents of Toddlers to Teens

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5-STRATEGY

SURVIVAL GUIDE

1 OWN YOUR ROLE.

Backtalk is almost always a two-way street, one in which parents also play a starring role. Be aware of your day-in and day-out communication with your kids. Watch your tone of voice and minimize the amount of ordering, correcting and directing you do. No one wants to be “bossed around” and the natural reaction is to fight back. Remember, it’s not about “winning” the battle. It’s about recognizing that your child needs more control over her life and helping her find ways to have positive power within your boundaries.

2 FILL THE ATTENTION BASKET.

Kids of all ages have an attention basket—plain and simple. If they don’t get sufficient positive attention, they will use negative behaviors to provoke us until they get our attention. From their perspective, negative attention is better than no attention at all. Make sure you’re giving your kids plenty of positive attention each day. This step is so crucial that we make it front-and-center in Session 1 of the Positive Parenting Solutions course and teach parents a change-your-life, rock-your-world tool to make this happen consistently...even for parents with an already way too busy schedule. It’s a game changer.

3 GIVE POWER TO YOUR PEOPLE.

Kids are fueled by power, so find ways to give your people the positive power they NEED. A good example? Provide more CHOICES (within your family boundaries) so they can have more control over their world. Let a toddler choose between a Batman and Spiderman toothbrush and let your teen pick the restaurant within a set budget. Choices are not the only way to give kids power. Many more strategies to give power to your people – and get the results you are looking for – are revealed in Sessions 3 and 4 of our online course.

4 DON'T GIVE THE SATISFACTION OF OVERREACTION.

The truth is kids talk back to get a reaction. When you get upset and respond with “you will NOT talk to me that way, young man,” they SCORE BIG with a power payoff. Instead, get eye-to-eye and very CALMLY say, “I feel hurt and disrespected when you speak to me that way. When I hear that tone of voice, I’m going to walk away. I’ll be happy to talk with you when we can speak to each other respectfully.” Then, here’s the key – DO IT. WALK AWAY! Next time it happens, there’s no need for even a warning—simply leave the room. You’re sending the message that you refuse to participate in a power struggle. And when there’s no one to fight with, there’s no fight! (How awesome is that?)

5 USE THE 5 R'S OF CONSEQUENCES FORMULA.

This is a big one. One we covered in detail in the webinar you attended. Why? It’s a foundation builder to teach personal responsibility and accountability. And a key to creating permanent, POSITIVE change in your home. Be VERY CLEAR about the rules in your house and be equally clear about the consequences if the rules are broken.

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BE SURE YOU FOLLOW THE 5R'S

1. *Respectful*
2. *Related To The Misbehavior*
3. *Reasonable In Duration*
4. *Revealed In Advance*
5. *Repeated Back To You*

Then, if kids push the limits, follow through. Each and every time. Parents don't have to be harsh or overly strict. They just have to set fair limits, communicate those limits clearly and be consistent in implementing consequences when appropriate.

Remember, **consequences aren't the only solution for diffusing power struggles and correcting misbehavior.** As we discussed in the webinar, we should only use consequences 10-15% of the time at the most.

For those BIG TICKET power struggles like bedtime battles, morning dawdling, chore wars, sibling rivalry, homework hassles and so many more? We provide parents with powerful, advanced training modules that teach you how to correct the behavior (without raising your voice).

There's even ASK AMY Group Coaching support for our Gold Level Members. Our goal is to help you get to the place where you won't even REMEMBER the last time you had to raise your voice. We've met that goal for tens of thousands of parents around the globe, and we can for you and your family as well.

Follow these FIVE important steps to significantly decrease the backtalk in your house and improve your relationship with your kids starting TODAY. Now, isn't that music to your ears?

Want to learn more about how to bring **POSITIVE, PERMANENT CHANGE** into your home and family? The kind where you laugh more and stress less? Sing your kids' praises rather than worry over punishments?

Enroll in the Positive Parenting Solutions online course

AND LEARN THE 30+ TOOLS IN THE TOOLBOX.

Discover all the ways we can help you get fast, amazing results and start living the life you REALLY want with your kids now.

To ENROLL please visit: www.positiveparentingsolutions.com/webinar-pricing

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