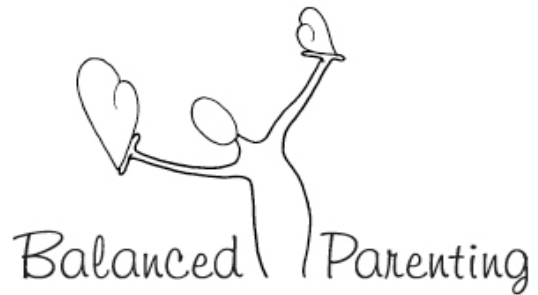


## **Bette Levy Alkazian, M.A.**

Licensed Marriage & Family Therapist  
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### **STOP MAKING KIDS HAPPY!**

- Adult anxiety around kids' happiness is hurting our children
- We ask too many questions – make more statements!
- Children are very demanding and we feel held hostage by them
- We are creating defiant children, most aren't being born that way. Avoid power struggles to stop encouraging defiance and negotiations
- We need to tolerate kids' discomfort so they learn to tolerate it, too
- "Curling" doesn't allow kids to navigate the bumps in the road of life
- Sleep training is the cornerstone of defining the parenting relationship and hierarchy
- Avoid tools of desperation – threats, bribes, spanking, begging, yelling...
- Allow kids to feel the consequences of their choices
- Consistent boundaries create predictability which leads to a feeling of safety and security – some kids only get it at school and not at home at all
- Be a little bit selfish in dealing with kids: i.e., let kids wait for you to finish your conversation. This teaches humility, too!
- Teach and model empathy
- Connect with kids – truly see and hear them. Find their sparkle!