



3 Keys to Getting Kids to Listen

Flora McCormick, LCPC & Parenting Coach



SUSTAINABLE
PARENTING



Welcome to
**Sustainable
Parenting!**

You're likely here because you're tired of nagging, coaxing & threatening - to get your kids to LISTEN.

You are ready to have:
calm, cooperation & ease...

But not sure how. You're in the right place.

OH MAN! I HAVE BEEN ON THE STRUGGLE BUS!

Gentle Mom **Monster Mom**
"Please stop."
"Don't hit your sister."
"Get your shoes on."
"UGH! What's wrong with you?!"
Why won't you LISTEN?!!"



I felt like a failure, for not knowing how to get my kids to listen.

As a mom of 2 young kids, I'd bounce between kindness and blow-ups because the kids weren't listening! And I constantly felt like a failure, inadequate at dealing with my kids' melt-downs, chest feeling tight thinking about facing another day of power struggles.

I was drowning in:

- ✓ self-doubtful,
- ✓ confusion,
- ✓ overwhelm,
- ✓ Exhaustion.

And... (Big exhale) I've discovered a way out, These Sustainable strategies help me be the calm, confident effective mama I always wanted to be.

And it has mom's like Marriah saying:

These are great strategies! Thank you. I'm so much of a nicer mom when I use these tools.

1. CONNECT BEFORE YOU CORRECT

- **Connect with eye contact, a hand on their shoulder (possibly kneeling).**
- **Acknowledge the struggle:, & move towards the goal:**
"I see it's hard to stop what you're doing. It's been so fun to play with that."
- **Praise the behavior you want to see MORE of:**
"I noticed you put your shoes on really fast, wow!"
"You did your last thing at the park quick & snappy! That makes it easy to come back to the park again"



2. ASK, INSTEAD OF TELL

- **Invite them to help problem-solve outside of the challenging moment.**

"I see you don't like me nagging you at bedtime. Let's make a bedtime routine chart together, so you know what's next."

"I notice you are having a hard time getting out the door when we need to leave. What can we do to help that go better?"

- **Empower your child through ASKING, instead of telling:**

"What do you need on your body to be ready to go?"

"Where can we play with that ball?"

"What did we agree on, if that ball is bounced inside?"

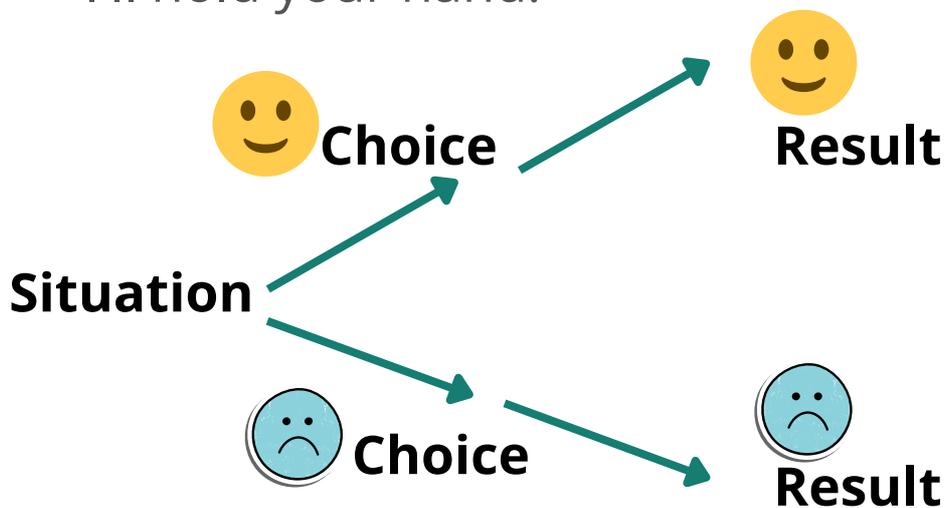
- **Set Expectations, allowing them some power/control:**

"It's almost time to leave for the park. Choose what you want to do for your 'last thing'." (*See Daniel Tiger's "Almost Time to Stop" song.)



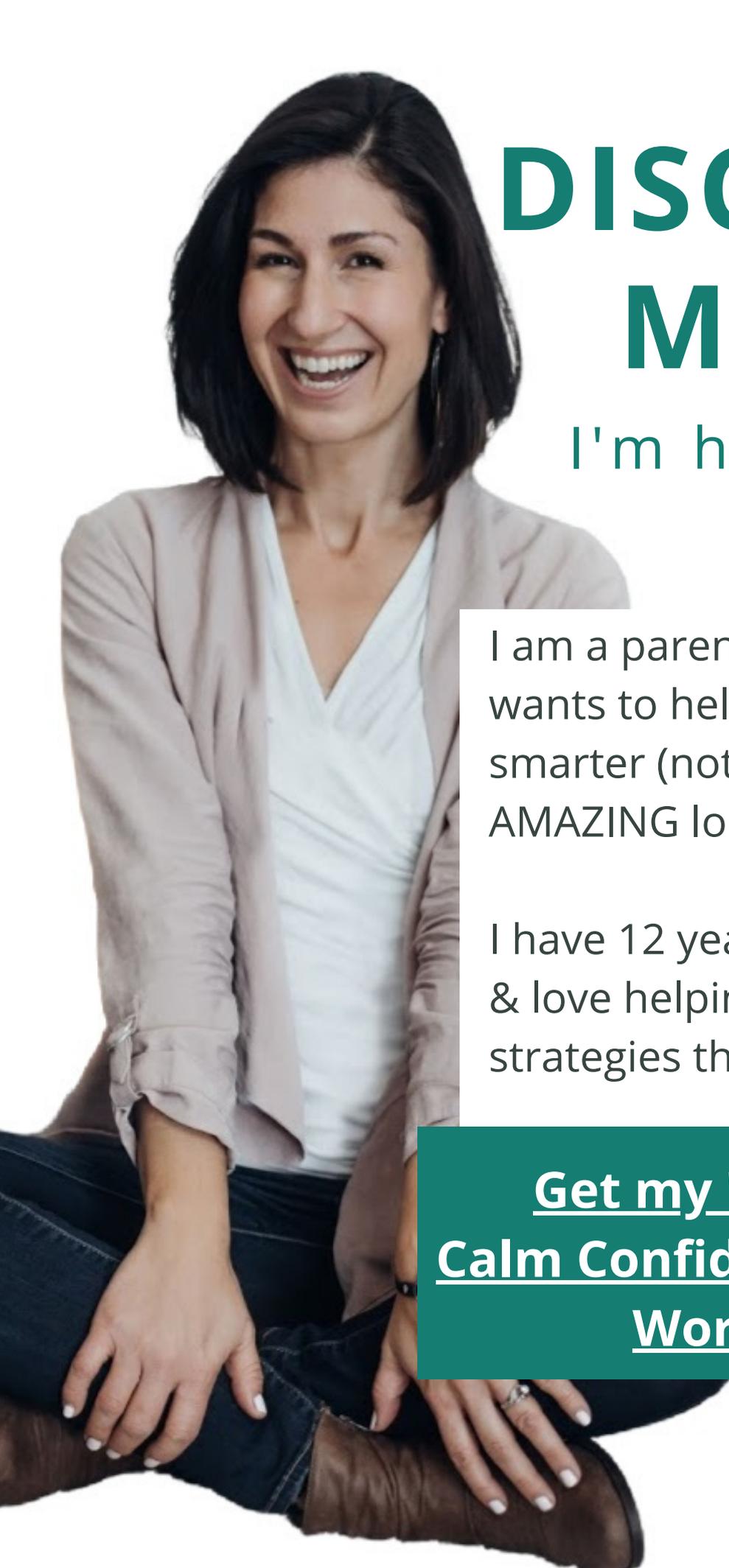
3. TWO ROADS, ONE REMINDER

- **Offer 2 roads:** "You can move the ball outside, and keep playing with it, or if you bounce it inside again, it's going in the closet till tomorrow. You choose." or "You can walk calmly in the store, or I'll hold your hand."



- Follow Through with kindness & firmness at the SAME time after just ONE reminder, not 7.:)
"Oh. Now the ball goes away."
"I'll take your hand to help you walk inside."





DISCOVER MORE

I'm here to help

I am a parenting coach who wants to help you parent smarter (not harder), for AMAZING long-term results!

I have 12 years of experience & love helping parents with strategies that work.

Get my "3 Keys to
Calm Confident Parenting
Workshop