



3 SIMPLE WORDS TO END CHILD NAGGING & NEGOTIATING

By: Amy McCready www.positiveparentingsolutions.com

August 2019

Main Article	1
Caterpillars/ Buttercup Butterflies	2
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Events	3
School Bus Shapes	4

Have you ever met a more persistent creature than a child trying to get what she wants? I don't know about you, but I haven't. There is no one with greater resolve or dedication than a kid on a mission to get their parent's approval. Unfortunately, this level of persistence isn't always well-received by parents who are often forced into these hostage negotiations at inopportune times – in the candy aisle of the grocery store, in the toy aisle of Target, in the middle of trying to cook dinner, while trying to take a shower. It's as if children can see we are vulnerable and try to pounce in our moments of weakness. While it's important to teach children gratitude to combat the pleading in the stores, it's equally important to stop the negotiations before they get out of hand. From the famed "Are we there yet?" to this morning's "Can I have ice cream for breakfast?" to this afternoon's "Can I have ice cream for dinner?" kids are notorious for their one-track minds, and they will ask...and ask...and ask...just in case you've changed your mind in the last minute.

Why do children nag?

As with any behavior, you must first understand the root of the issue in order to address it appropriately. As a positive parenting expert, I teach tools based on Adlerian Psychology which asserts a child's behavior is not random. Child nagging is a learned behavior that children of any age can pick up. Children will continue to use it because once, in a moment of weakness, you caved and let them stay up an extra half hour after they asked for the eighth time. In short, the nagging worked – it achieved the child's goal of getting an extended bedtime.

How can I stop my child from nagging?

Like any learned behavior, child nagging can be unlearned. The solution comes from Lynn Lott, co-author of the Positive Discipline series of books, and it works on kids as young as two or three, all the way through their teens. It only takes three simple words: "Asked and Answered."

Continued on page 3

Please check your child's parent folder & Brightwheel every day. There is important information there! Also, make sure your child always has a change of clothes and diapers/pull-ups, if necessary. Thank You!

Caterpillars/Buttercup Butterflies



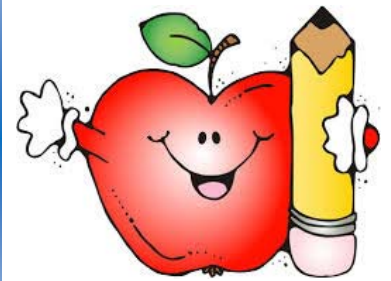
We've had so much fun exploring that the summer has flown by! From the ocean to dinosaurs we've learned a lot, including how to take care of ourselves. Water days have helped us learn about opposites, math concepts and teamwork. The last water day will be a picnic outside. Also, we will be saying good bye to some friends and hello to new ones as the school year begins, a time for new exploration & discovery.

-Ms. Stacey, Ms. Shay, & Ms. Natalie

Pixie Butterflies

During this month, there is going to be some changes. We will be starting the school year by saying good-bye to a couple of our friends and welcoming others. We are very excited to start this journey again by introducing our new friends to the classroom routine & schedule, getting to meet their friends and teachers and teaching them to feel safe, happy and how to use their words.

- Ms. Maria & Ms. Vanessa



Elf Butterflies



Welcome to the new school year. We had lots of fun during our summer program by keeping cool on our water days and watching movies. To our friends that are moving up or away, we wish you well and will miss you. We are excited to welcome our new friends and look forward to a year filled with fun and learning.

-Ms. Jessica & Ms. Beryl

Julia Butterflies

This month we are welcoming new friends and say good-bye to our friends going to Kindergarten. We are excited about the new school year and will be working on getting to know our friends and rules of the class. Please pick up your child's bathing suit & towels from their cubbie as well as their sun-screen and bug spray. August 8th will be our last day of water day.

-Ms. Paige & Ms. Vicky



AUGUST events

2nd Parent Orientation - August 7th 6:00-7:00PM
Ms. Dara's 3rd Work Anniversary - August 11th
Ms. Shirley's Birthday & First Day of School - August 12th
Ms. Lonni's Birthday - August 30th

3 SIMPLE WORDS TO END CHILD NAGGING & NEGOTIATING continued...

The concept is simple. When seven-year-old Daniel begs to dig a giant hole in the front yard and gets “no” for an answer, chances are he’ll be back in five minutes asking again – this time with a “pleeeeeeease” just so you know he really, really wants to dig the hole.

Instead of repeating yourself or jumping into a lecture, avoid child nagging by getting eye to eye and follow the process below:

Step One:

Ask, “Have you ever heard of ‘Asked and Answered’?” (He’ll probably say no.)

Step Two:

Ask, “Did you ask me a question about digging a hole?” (He’ll say yes.)

Step Three:

Ask, “Did I answer it?” (He’ll probably say, “Yes, but, I really”)

Step Four:

Ask, “Do I look like the kind of mom/dad/teacher who will change her/his mind if you ask me the same thing over and over?” (Chances are Daniel will walk away, maybe with a frustrated grunt, and engage in something else.)

Step Five:

If Daniel asks again, simply say, “Asked and Answered.” (No other words are necessary!) Once this technique has been established, these are the only words you need to say to address nagging questions.

Consistency is key! Once you decide to use “Asked and Answered” with your nagging child, be sure to stick to it. If the questioning continues even after you’ve responded with “Asked and Answered,” simply walk away. Once your child sees you won’t even engage in the discussion, they will learn very quickly that nagging isn’t an effective behavior to achieve their goals.

School Bus Shapes

Crafts are always a fun way to get the kids excited to go back to school. It involves painting, cutting, matching shapes and gluing. Here's what you'll need:

- ◆ 1 Standard Sized White Paper Plate
- ◆ Cut-out Shapes
- ◆ Yellow Paint & Paint-brush
- ◆ Kid-safe Scissors
- ◆ Glue Stick

1. Cut your plate in half evenly, down the
2. middle. Paint the plate on one side until the white is covered. Set aside and allow to dry.
3. Trace your cut-out shapes onto the plate where you'd like them to go. Notice that the wheels are made of the two circles, so you'll have to trace half circles at the bottom and explain to your child when it comes to matching.
4. Have your child pick up each shape & match it to the appropriate area on the plate and glue them.



741 S. Pennsylvania Avenue
Winter Park, FL 32789
Phone: 407.647.0505
reception@wpdaynursery.org



Mission:

The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

Winter Park Day Nursery is a 501 (c)(3) tax exempt organization.