

Praise



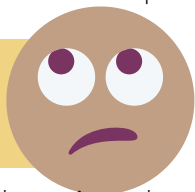
Find something positive to say to your child every day.

Listen



Listen actively, without interruption.
Don't rush to solve the problem for them.

Attitude



Ignore their bad attitude as much as possible.
Pretend you didn't hear it, and it loses impact.

Initiate



Initiate conversation;
talk about the topics that interest them.

Negotiate



Instead of reacting with an immediate "no,"
have your child talk through their perspective.

I'm proud of you for getting your homework done before dinner.

It sounds like you had a rough day at school. Let's talk about it.

(ignore attitude)
Thank you for your help setting the table. In return, I'll help you with dishes after dinner.

Today I learned about this new TikTok challenge... what have you heard about it?

I know you're excited to watch the game, and you also have a responsibility to finish your homework. Let's figure out a way to make sure you finish your homework first so then you can enjoy the game.