

Stressed Parent

From Hostility To Harmony

Session Six Supporters

Controlling behaviour

Treat you as their servant
Or as a puppet and they pull the strings
They call the shots
They dictate terms- "I'll do this but only if....."



Insist vs Persist

Focus on what you are doing rather than what the child must or must not do

Insist

You must do as I say
Demands automatic obedience
Positions you for a power struggle
All about winning and losing

Persist

We must do as we say
Sets a limit that can reinforce
Looks for gradual reinforcement
Doesn't give up

