

Sue Atkins
The Parenting Expert

Parenting Made Easy System

**iCAN CONFIDENCE PARENTING COURSE
FOR KIDS AGED 7-13**

**DAY 7: LEARNING TO SAY NO AND
MEANING IT**

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In a nutshell – In this session, we will learn to say No, and discuss why it's important to be able to say no and mean it! ...

Welcome back!

Today's lesson is a short but vital one for parents of children of all ages ...

Lots of mums and dads get asked to do things they would like to refuse to do. But they find it hard to say "no".

One of the reasons is shortage of time. We all seem to be in such a hurry these days. It's so much easier to give in and buy whatever it is your child wants, rather than to spend time explaining why you won't buy it or spend time dealing with their sulks when they don't get it.

Another reason is being afraid of causing a scene. I know it's easier, to wander around the supermarket with a happy and quiet child who is tucking into their sweets or crisps, rather than dragging a screaming child round while you attempt to do your shopping! But personally I think you can make looking for Postman Pat spaghetti hoops quite exciting, and getting your child involved in helping you look for the butter or helping you to weigh the grapes can be good practical experience and fun! It's how you approach it.

Another reason is all the resources available to us nowadays. When your child asks for a treat you may think "well it's only 80p so it won't break the bank" and I know we do seem to have more disposable cash splashing about today, and many parents don't think twice about spending it all on their children, but is that a good message to be sending out to your children?

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In short, saying “no” is one of the most difficult things that we ever do!

What message are you giving if you continually 'give in'? You can have anything you want?

This approach is helping your child to have totally unrealistic expectations of you and the world in general - they will expect to get everything they want and you can be sure that their desires will get bigger and more expensive as they become aware of all the goodies out there. It's sweets today, Nike trainers and Gucci purses tomorrow!!

While you may enjoy indulging your child's wishes, the world just isn't like that and your child may be in for a rude awakening when they encounter the many situations in the real world where they actually can't have what they want. You may be preparing them for big disappointments.

Learning to Say No

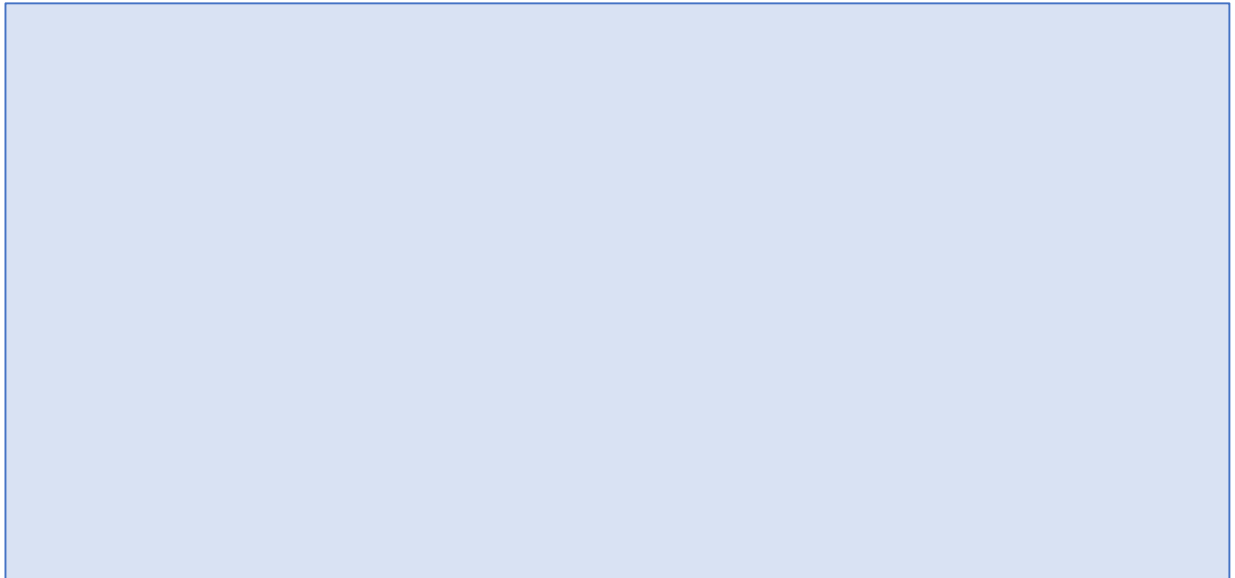
Most parents want to be helpful, and don't feel comfortable with saying no. We feel tense at the thought of having to say no to someone. It's easier to say yes. Sometimes we don't want our children or our friend or colleague to reject us or dislike us.

1. How often do you say “yes”, when you would really like to say no?
2. What negative impact does saying “yes” have?
3. What would be the biggest single benefit of saying “No”?
4. Tell me about the difference to your time, and how you spend it that saying “no” could have.
5. Would you like to take control of your time and get your life back on track?

Now it's your turn!

This week, I want you to say 'No' to anything that you don't want to do because you'd rather be spending your time doing something else. Think about the reasons why you want to say no. Think about what the biggest benefit to you and your family, would be if you did say no. Think about how you can say no without causing offence. Be calm and explain in a positive way.

Record your thoughts here ...



A Quick Recap

- It's can be hard to say no, but it's sometimes vital that you do so.
- If you do say no then you have to mean it, and see it through!

Next time ...

We discuss discipline. From time to time you may feel that you need to discipline your child. But what are the right steps to take? And how should you discipline positively? What are the positive alternatives to punishment?

See you then!



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