



# Tips for Parents of School Age Children (5-9 years)

## FIGHTING WITH SIBLINGS

Child is learning about power and empathy.

### INSTEAD OF SAYING ...

### TRY...

“Stop fighting right now!”

“Let me give you both a good spanking/whooping so you stop fighting all the time.”

“No TV for a month!”

- “If we play together without fighting, we get to do more fun stuff.”
- “Let me set the timer so you and your [brother] can take turns.”
- “Your [sister] is younger than you and doesn’t understand how taking turns works yet. Can you show her/him?”
- “Let’s wait. I’ll hold the remote while we figure out what we want to watch.”

## BAD GRADES

Some children learn easily, and some need your help to get their grades up. Make sure your child is getting enough sleep in order to learn. 9-11 hours is ideal for ages 6-13. Help child learn good habits by having daily routines around homework and studying.

### INSTEAD OF SAYING ...

### TRY...

“You are so stupid.”

“You are not good at [reading] at all.”

“This is so easy – why are you so bad at this?”

- “You just haven’t learned [multiplication] YET, but if we work on it together, you will get better.”
- “I notice the grade for this class is low. What is difficult about this class? How can I help?”
- “Do you have a friend we could ask to help you with this?”

## MISBEHAVING AT SCHOOL

Listen to your child’s problems. Try to understand the need underneath the behavior.

### INSTEAD OF SAYING ...

### TRY...

“You are stupid for getting into trouble!”

“You are heading straight for jail!”

“Let me give you a whooping so you can remember to behave next time.”

- “Your teacher called me about something that happened at school. I want to help. Tell me what happened.”
- “If you could make school any way you wanted, how would it be?”
- “When you behave this way [whatever the behavior might be], what do you need?”

## BEING AGGRESSIVE – HITTING, GRABBING THINGS FROM OTHERS

Instead of calling out child for assertive behavior, try helping them to stand up for themselves without aggression.

### INSTEAD OF SAYING...

### TRY...

“You are so mean – stop hitting!”

“You are a bad boy/girl!”

“Don’t hit!”

- “When you [hit, bite] your [brother], it hurts him, and he feels sad.”
- “Let’s find something else to play with.”
- “It’s OK to be angry, but I won’t let you hit. We need to keep everyone safe.”
- “It’s your [sister]’s turn with the [train]. I will help you wait until it’s your turn.”

## CONNECTING WITH PRE-TEENS

### INSTEAD OF SAYING...

### TRY...

“You finally listened to me.”

“Why can’t you ever do what I tell you to do?”

- “I notice that you were so kind.”
- “I notice you feel really good today.”
- “Your jokes make me laugh.”
- “You bring me joy.”
- “I had such a good time with you today.”
- “It really feels good when you listen to me.”
- “Thank you for listening.”
- “I can see you are really engaged, and it’s hard for you hear me.”
- “I noticed you weren’t able to do... How can I help you?”