What to Say When Your Child Starts to Moan, Groan, and Grumble.

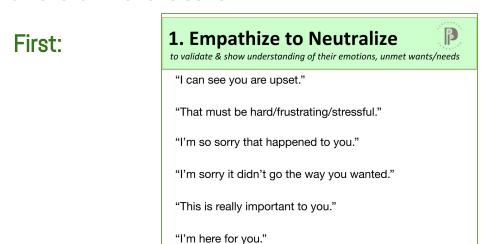
The Purposeful Parenting Way

When life doesn't go as we expect, it is natural for humans - both small and big - to get frustrated, irritated, or disappointed. Oftentimes, these negative emotions may come out as complaints, grievances, injustices, protests, insults, bad moods and attitudes:

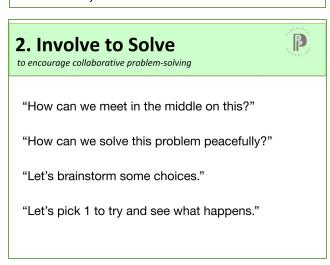
"You never let me do that!" "I always have to.....!" "That's not fair!!!!"

When your child starts to complain and grumble, *resist the urge* to react with a counterpoint or correction, which fuels the frustration fires, provokes power struggle, and rapidly rises conflict. Don't escalate it.

Instead, **pause**...and be **part of the solution**. Help your child manage their negative emotion and problem-solve the original obstacle by using these 2 **Purposeful Parenting Skills: "Empathize to Neutralize"** and "Involve to Solve."



Then:



For more collaborative problem solving language, check out the Purposeful Parenting Skill handout: "See-Agree-Empathize-Strategize," along with other FREE Parenting Skill Resource Printables at MyPurposefulParenting.com