



Schools Counselling Partnership

Supporting children, families and schools

Things to know about saying 'NO' to your child

We all wish our children would just comply when we ask them to do something. However, we all know that really isn't always the case! Thankfully, it is possible to help children want to cooperate without resorting to yelling, threats or harshness.

How can parents help?

The most important thing to remember is that children only listen to us because of who we are to them. So be sure to keep strengthening your relationship: consciously connect with them before giving them a direction. You can also try to transform it into something fun and inviting! Kids will accept your limit when you first accept their feelings about your limits (sadness, anger, disappointment, etc.). Finally, children follow our requests when they feel they have some control in the situation: avoid power struggles by giving them a choice and some autonomy.

Sometimes we could all do with someone to talk to. If you would like to meet Araminta for a confidential and non-judgemental chat about you, your child, or any other worries, she is available on Wednesdays 9-10am. You can call/text Araminta on 07368-365723 or email her at araminta@schoolsounsellingpartnership.co.uk

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.