

DR. MIKE BRADLEY'S

TEN TACTICS FOR RESILIENCE PARENTING

[GRADES K-12]

1. Be the calm cop with your child

All kids are brain-deficient to some extent, so don't take their craziness personally. Like the dispassionate cop who politely gives you tickets, stay calm during crises so that your kid thinks more about *her* behavior than *your* anger. Show your kid love and strength that she can't tear down even with provocation. Use consequences (pre-informed outcomes of choices) versus punishments (hurtful stuff we make up AFTER our kid messes up). Punishments teach what NOT to do and fuel fury. Consequences teach what TO do and eventually cause contemplation (learning).

2. Listen even as your kid child shouts

Kids often say too little and shout too much, but the shouting can be another form of communication. Become tough enough to withstand non-abusive yelling and wait it out without interrupting and screaming back. If you can hang on, your kid will eventually become calmer and say what really has him upset. Over time, he'll learn to speak with more control by watching you speak with more control. Be what you want to see.

3. Quieter is louder

You know how crazy and out-of-control your kid looks when she's screaming? You, as the parent, look a lot worse. Losing emotional control means losing respect in the eyes of your child, something you can't afford. Speak calmly and quietly in short, non-repetitious sentences, or don't talk until you've regained control of you. Your yelling back is destructive and only creates a costly diversion from the real issues. Screaming at a screaming child is like putting out small fires with gasoline.

4. Add 10 minutes to every interaction involving your kid.

Your mission is *not to control your kid*, but *to teach your kid how to control herself*. Locking yourself into rigid schedules whenever difficult kids are involved is asking for trouble. Much of what they do can become complex, maddening and schedule-defying. Provide bumpers or reaction/thinking time for yourself so that your responses are more controlled. Always look for ways to hand off decision-making power to your child in conflicts ("When you calm down, we can proceed.")

5. Remain loving and connected...even while being "hated" and avoided

Parenting a child is a love *and* conflict-based relationship. It's your job to "ruin" his life at times. In the proper dose, rage-free conflict with parents can be very therapeutic for kids. Don't let the "business" of parenting ruin the "personal" of caring. Find ways of lovingly connecting with your kids each day *especially* when times are tough {"Sorry, but I love you too much to allow you to do that thing that could hurt you."}

6. Don't hit

No hitting. Ever. Hitting children to make them behave not only teaches them that might makes right, it makes you look *weak and small* to them and costs dearly in respect currency. They know that hitting is what brain-deficient children do when they lose control. Besides, whacking a

child is like whacking a stick of dynamite. It might not explode right away. But when it finally does as it ages it will demolish everything nearby. Getting physical with a child is playing in their stadium—you're giving them the "home field advantage" of accepting rage as a way of solving problems. Don't go there. And now that like the rest of us you've lost it and yelled...

7. Apologize at every opportunity

To children, adult apology is strength, not weakness. It is a marvelous tool for teaching humility, self-control, responsibility, compassion, respect, and self-acceptance. It does all these things like a Trojan horse that disables your kid's built-in lecture deflector. If you preach those values at your child, he closes down. But he'll sit and listen intently to messages hidden in the robes of your own admissions of failure. You'll never look bigger to your child than when you make yourself smaller.

8. Honor your child's identity (even when it makes you ill)

Green hair, metallic tongues, and weird clothes choices are all windows into that wonderful, horrible, laughable, and frightening childhood struggle called identity exploration. She's just trying to figure out who the heck she is. As a rule of thumb, the less you fight these things, the shorter they last. Let natural consequences teach them (classmates' critiques, cold weather) whenever possible. Pick your battles wisely and save your ammo for the life-threatening explorations (like drugs). Try and remember how weird you looked to your parents, and what your weirdness meant to you.

9. Be who you are (very "uncool")

Your kid has enough problems. The last thing he needs is "cool" parents. He needs you to be an unchangingly corny, unhip, and out-of-date dinosaur who holds fast to a strong set of values and ethics in a morally free-falling society. Be like the constant beacon of the lighthouse that stands unchanged above the dangerous seas of the world to guide your child home to safe waters. Be a parent first, not a friend. He's got friends. He needs parents. Hold onto your values, calmly but firmly. Iron fist, velvet glove.

10. Remember, this will pass

In the rough phases, parenting a child feels exhausting, overwhelming and even terrifying. But like raging summer storms, these bad chapters all end and mostly everyone survives just fine. Ironically your kid won't even remember how crazy she was. But you'll have your paybacks. In not too many years she'll start to dream of having kids of her own. Then one day you'll have to sit her down, make her a cup of strong tea and quietly say, "Honey, I don't want you to get upset, but there are a few things you should know now that you're pregnant..."

Courtesy of Michael Bradley, Ed.D.

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****Dr. Bradley is available for phone consultations! Details at www.docmikebradley.com****

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