

KEEPING YOUR COOL PARENTING

TRADITIONAL PARENTING
Operate on auto-pilot. We are often reactionary.
Judge children based on their behaviour.
Focus on behaviour.
Change misbehaviour short-term by using power, control and punitive discipline. We manage their behaviour.
Order and demand obedience. Our children become the problem, are not part of the solution and work against us.
Create a relationship based on control, fear and disconnection.
Our children feel misunderstood, disconnected and follow our lead due to fear or punishment.



LANGUAGE OF LISTENING® COACHING
Become conscious of our communication and interactions with our children. We are often able to remain amused and calm.
Know who our children really are.
Focus on the driving force behind the behaviour.
Be our children's coach to help them find acceptable alternatives and self-correct. They learn to manage their own behavior.
Help our children find their own solutions and work with us as a team.
Build a strong loving relationship where we remain in charge by listening, connecting, empathising and setting clear boundaries and rules.
Our children feel valued, understood and respected and return our respect by listening to us and following our lead.