

# “No! I Won’t” When Your Child Is Defiant

**What can you do when your child boldly opposes your authority?  
Here are some tips:**

## **Be selective about what your children see on TV and read.**

This means you should be aware and take an active role in deciding what they can or cannot view. Many TV shows give kids the message that disrespect and defiance are ok.

## **Make your own decisions about what’s right and wrong.**

Don’t be misled by advertising or political rhetoric, or by what other parents allow their kids to do.

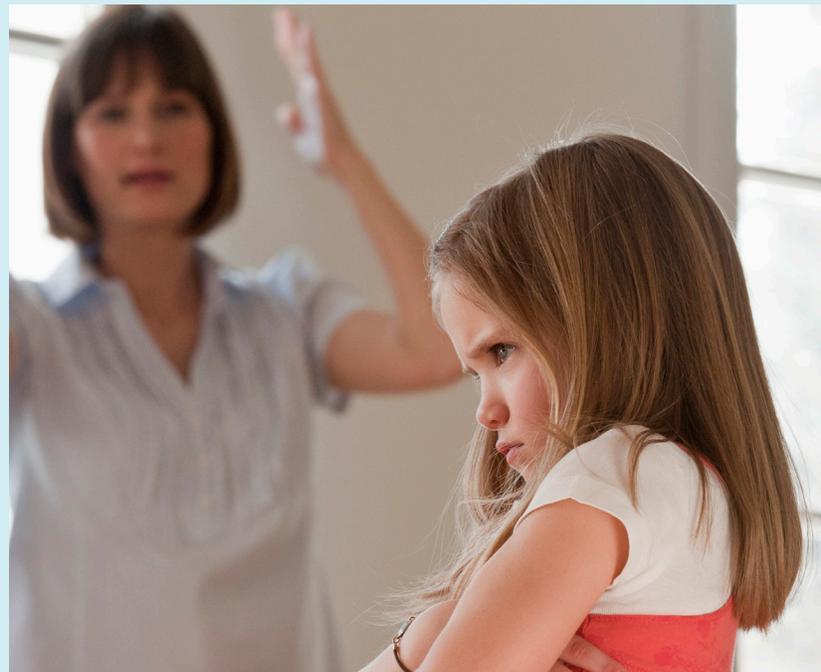
## **Don’t make unenforceable demands.**

When you demand something of your child that you cannot enforce, you open yourself up to defiance. For example, you catch your child eating cookies before dinner and you yell, “You better eat your dinner, young lady!”

What are you going to do if she doesn’t? Get the cookie back? Be realistic in your demand and consequences.

## **Watch out for too much talking and too little action.**

When you repeat your request to a child four or five times, you weaken your position. Your child will quickly figure out that he can easily ignore and suffer no repercussions. When you don’t make the effort to quickly follow through on your request, your child learns to defy you.



## **Create family rules.**

When you don’t have firm and specific rules, your kids may defy you with “assumed ignorance.” Lack of rules forces you to make constant decisions and judgments and prevents your kids from learning the law of the land.

## **Don’t nag.**

When your child knows that the most she’ll suffer is the constant sound of your voice in the background, she may become “parent deaf.” The only cure is to talk less and act more.