



## Understanding Your Child and Yourself

1. Emotions serve a purpose. Our emotions always support our real intentions.
2. Our feelings don't "just happen." We bring them about.
3. Our feelings are influenced by our beliefs.
4. "Sensitive" children try to force us to treat them as special.
5. Emotions can be used to control and retaliate against others, or to protect and excuse ourselves from functioning.
6. You are responsible for your own feelings and behaviour.
7. A feeling of competition between brothers and sisters discourages certain traits and stimulates the development of others.
8. The child's position in the family constellation influences but does not determine personality and behaviour. In the final analysis, each individual makes his or her own decisions.
9. Misbehaving children are discouraged children.
10. "Good" parents are so involved with their children that they must do everything for them.
11. Avoid "snoopervising" the child's every move.
12. "Good" parents rob children of self-confidence and independence.
13. When you protect children from the consequences of their behaviour, you are preventing them from learning.
14. Responsible parents give children choices and let them experience the results of their decisions.
15. Be kind; show respect for your child. Be firm; show respect for yourself.
16. Setting high goals and placing a premium on being best will influence your child to give up if she or he cannot be the best.
17. Pity tells a child you believe he or she is incapable.
18. Children display inadequacy in order to be excused or to get special service.
19. It is in the best interests of children to help them become responsible.
20. Controlling, dominating, overprotecting, and pitying all violate respect for the child.

Systematic Training for Effective Parenting (STEP) 1989. Reproduced by permission of Publisher, American Guidance Service, Inc., 4201 Woodland Rd, Circle Pines MN 55014-1796, one time only. All rights reserved.