

Busting Popular Parenting Myths. Pt. 1

Authoritarian beliefs like these cause disconnection and misbehaviors like rebellion, lying, & disrespect, and make life more difficult and less enjoyable.

Myth 1: My kids misbehave because they are bad.

This is problematic because: The focus is on controlling the child's behavior, but those solutions will always be temporary because they don't address the underlying missing need. This also ignores the parent's role in misbehavior.

Truths to adopt instead: Misbehavior comes from negative feelings which are from unmet needs. Only when you address the missing need will they feel better and then have better behavior. Parents are responsible for meeting their children's needs.

Myth 2: I'm not here to be my kid's friend.

This is problematic because: Belonging is our most important need of all because our brains are wired to think belonging = survival.

Truths to adopt instead: No, you are not peers, but should be a friendly, loving, and boundaried leader. You do want your children to feel accepted, loved, and respected by you so they misbehave less.

Myth 3: My kids should listen to me. I know what's best for them.

This is problematic because: Our children have their own inner compass. When we override their opinions, it makes them question themselves, even into adulthood. We are also shutting down their independent thinking and maybe missing out on some better ideas!

Truths to adopt instead: Kids know a lot more than we give them credit for. Let them to explore their ideas by giving choices and allowing mistakes as they figure out for themselves what works best.

HOMEWORK!

1. What are some ways you could focus more on meeting your child's needs instead of controlling their behavior? (Ep 1-4)
2. How can you lead in a friendly, respectful, and kind so you provide your child's essential need of belonging? (Ep 10-12)
3. What are some ways you can let go a bit more and give them more voice and choice in their lives while also being ok when they make mistakes?