



Assertive Parents

- ✧ Are in charge
- ✧ Stay calm
- ✧ Clearly tell youngsters how they should behave
- ✧ Mean what they say
- ✧ Plan what to do
- ✧ Reward good behaviour

Manipulations

- ✧ Be prepared
- ✧ Don't back down
- ✧ Be consistent
- ✧ Don't be drawn into arguments

Re-Focusing Technique

- ✧ I understand that but.....
- ✧ That's not the point, I want you to.....
- ✧ I hear what you're saying but.....
- ✧ Stay calm
- ✧ Use it three times
