



ARTICLE

Building character in young hearts and growing minds.



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Are You A "Kid-Pecked" Parent? How to Say "No" and Mean It!

by Jean Tracy, MSS

The average kid nags his parents nine times to get what he wants. This nagging is called "kid-pecking." What's even worse, 50% of kid-pecked parents **give in** after saying, "No." Are you a kid-pecked parent? If your answer is "Yes," let's find out how you can say "No," and mean it.

It takes about 21 days of **consistent parenting** to stop your child from kid-pecking. But it takes just one day to start it up again. If you enjoy looking forward to a lifetime of being kid-pecked, do nothing. If you are weary, worn down, and **want to stop the persistent nagging**, read further.

Take a moment to remember the last time you gave in after telling your child "No." Perhaps he begged you to buy a toy, a sweet treat, stay up late, or expressed some other desire. How many times did your child nag and peck at you before you said, "Yes!" If it was less than three, you are in bad shape because your child knows he only has to gripe, groan, and grumble three times before he gets what he wants. Those of you who didn't give in before nine kid pecks, may seem stronger. Don't be fooled. You've not only allowed your child to peck at you nine times, but you've taught him that nine pecks works. *Ouch!*

Once you've counted your kid-pecks, make up your mind to stay firm for 21 days. Of course, think before you speak. "No" is a powerful word and not to be taken lightly. Be sure you're willing to say, "No" and you mean it too. If your child is pecking hard and wants an immediate "Yes," you can say what millions of parents tell their kids, "Let me think about it."

While you are thinking about it, consider the consequences of saying, "Yes" and ask yourself three questions.

1. Would a "Yes" be unwise for my child?
2. Would a "Yes" be too inconvenient for me?
3. Is my child manipulating me?

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If your answer is "Yes" to one or more of these questions, it is time to say, "No" to your child. After all, one "Yes" now could mean a hundred kid-pecks later. Say, "Yes" when you think a "Yes" is wise. Say, "No" when you think a "Yes" is unwise.

Now it's time to take out your calendar and mark 21 days. When you've successfully said, "No" and meant it, don't give yourself that final pat on the back. Mark your calendar for another 21 days, and another, until you've created the strong habit of a thoughtful "No" and mean it too. You'll feel great about yourself and even better about your child. You'll stop his kid pecking too.

Visit kidsdiscuss.com to order a helpful **CHARACTER BUILDING WITH THE 21 DAY CALENDAR** for Kid-Pecked Parents. It comes with daily rewards for discouraging kid-pecking and other annoying behaviors. ♥

—GJ—



Author, **Jean Tracy**, has both a Masters Degree in Social Work and a Diplomate in Clinical Social Work. She is a former teacher and counselor. Jean enjoys being a wife, mother and grandmother. An award-winning speaker, Jean is a highly sought-after presenter on topics such as marriage, parenting and character building.

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