

BEAUTIFUL SAVIOR LUTHERAN SCHOOL PRESENTS:

PEARLS OF LOVE AND LOGIC ***Special Thoughts on Raising Kids***

Taking Charge of Chronic Problems The Strategic Training Session

Young people seem to have an uncanny knack for knowing when their parents are vulnerable to “kid attack.” They turn on their little radar sets and find ways to get the upper hand, just when we have the least amount of tactical support.

One dad said, “Little Erin behaves just great when we go somewhere she wants to go, but just let it be a grocery store trip for me and she goes wild. It always happens in public. Everybody stares, and I’m so embarrassed!”

This is something that happens to all of us. But once our children have played their hand a few times, waging war in public, we can counter with the Strategic Training Session.

The dad who told us about little Erin, recently employed the Strategic Training Session. He called his best friend saying, “I’ve been having trouble with Erin at the store and I need your help. Would you station yourself at the pay phone outside the mall tomorrow at 10:30?” They visited on the phone and set up the Strategic Training Session.

Dad and Erin shopped for groceries the next day,

and Erin was her usual obnoxious self. Dad, in a quiet voice, asked, “Would you rather behave or go sit in your room?” Erin called Dad’s bluff and continued to act out. The next thing Erin knew, she was being escorted to a phone in the store where Dad called his friend and said, “Shopping is not fun today. Please come!”

Erin, still figuring this to be a ploy, continued whining and begging. A minute later her eyes grew large when she saw Dad’s best friend walk up to her and say in a calm way, “Let’s go to your room. You can wait for your father there.”

Erin was sent to her room while Dad had a quiet shopping trip and Dad’s best friend watched TV. Erin was allowed to come out of her room as soon as Dad came home and she appeared happy to see him again. Dad was pleasant because he had had a great time all by himself.

Dad and his best friend set up another Strategic Training Session two days later. Erin started her usual store behavior with teary eyes and a whining mouth. However, when Dad asked if she would rather shape up or go to her room, her eyes opened wide and her mouth shut tight.

Elements of a Strategic Training Session

- ***Find someone who will help***
- ***Schedule the session on a day when you have both the energy and your support team available***
- ***Play it cool; take good care of yourself***
- ***Show no anger***
- ***Schedule an additional practice session within a short time as a reinforcement***