

Clarity and structure, how do you do that?

For children, regularity in daily life means peace and security. Some children can handle change better than others. Every now and then a change doesn't have to be a problem, but it is important as a parent to offer as much clarity and structure as possible.

Keep regular times and write them on a calendar.

Understandable language

Ask or say one thing at a time to your child.

Be specific. For example, don't say later but when I'm done with the dishes.

Match your posture and facial expression with what you say.

Be consistent, do what you say.

Fixed rhythm

Stick to fixed times as much as possible for eating, sleeping, playing, doing homework, sports club, and so on. You can write this on a (weekly) calendar. This way your child has an overview and something to hold on to.

If there are problems in your family, it gives your child a familiar feeling if some things continue as usual. Just think about doing homework and staying a member of the sports club.

One line

It is important that there are fixed rules and agreements that apply to both mom and dad. Your child knows where it stands and what is expected. When there are clear rules, your child generally whines less and listens better.

Clear rules are important, every person is different and it is only good if your child learns to deal with them. Even at school, some teachers are stricter than others. But with that oh so patient parent the agreement about going to bed should remain the same as with the slightly less patient parent.'

Accepting each other's style and granting each other a different style can be quite difficult for parents. If you do not agree with each other in a parenting situation, it is better not to show this at the time. It is better to support each other or at least leave the situation to the parent who intervened.

When you, as a parent, express your dissatisfaction with the other person in front of your child, you are undermining authority. In this way, your child learns to listen less well to the other parent. Together without your child, you can talk about the situation. This way you can try to come up with a method together that makes you both feel good.

Do you have any questions about this? Please feel free to contact me.

Of course you can also contact me for other (parenting) questions.

Hartelijke groet,

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