



4 Ways to Change a Child's Attitude With Dignity and Without Anger



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Children frequently make mistakes in everyday life. They even provoke parents' anger when they forget what they have been taught to do. But the child may feel he/she is misunderstood if we only see them through the parents' perspective.

"Why is your tone so angry!"
"What have I done so wrong!"

When parents fail to control their anger and simply demand to their child, the weaker child only gets hurt. The following 4 steps are ways to change your child's attitude with dignity and without anger.

First, remark on the child's behavior itself rather than speaking emotionally.

Instead of demanding "Didn't I tell you to clean your room after you played!", try saying "You should always clean your room after you finished playing." When you get angry, it helps to simply clarify what your child ought to do in the particular situation. Then you can prevent getting too emotional and clearly inform your child.

Second, be considerate of the child's heart.

"I hardly see you brushing your teeth after you finish your meal!" This expression implies anger based on repetitive behavior from the past. You can rather be considerate of your child's mistake by saying "You must have forgot to brush your teeth." Words that are mindful of the child's heart convey a different mood. The child will be able to feel the difference,

though it may be a moment.

Third, let them find their own solution.

Rather than ordering "Didn't I tell you not to put your jacket on the bed!", why not help your child to find his/her own solution by asking "Where would it be nice to place your coat after taking it off?" When parents are able to control their anger, children can think and try to solve by themselves. It can be transformed into a time full of wisdom and opportunity for education.

Fourth, use expressions that give a sense of solving the problem together.

"You, I warned you not to speak like that!" For the child to be able to accept parents' admonition, try changing the tone to "Let's try to speak more kindly." Parents are included in the expression when you use the keywords 'us, together, etc.' Children feel affection towards their parents and even what they require when sharing something together.

Dignity in speech vanishes when enraged. Also, the child refuses whatever the parent expects them to do. If parents seek to change the child's attitude, approaching with dignity is essential.

Through these 4 points, two people will get to build the 'garden of words' by controlling anger and adding dignity to share together.

Guiding Children to Improve Self-expression



How does my child react to language violence?

Some have difficulties expressing how they feel.

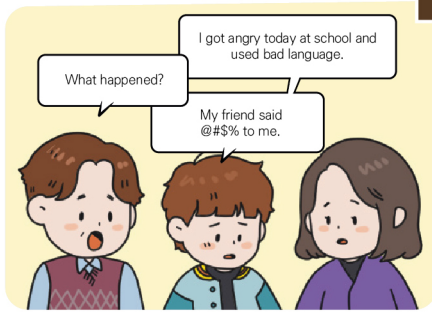


Some express clearly how they feel.



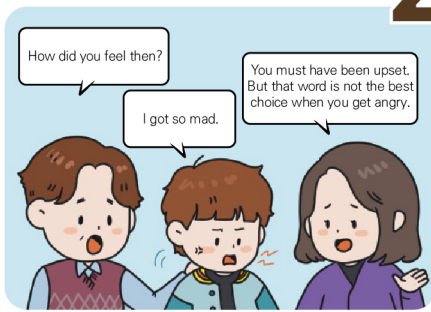
When your child is exposed to language violence, guide them to practice speaking as the following in everyday life.

Check on what happened 1



TIPS Look into your child's eyes normally when speaking and listen carefully, relating to their story.

Check on the child's emotions 2



TIPS Help your child to express their feelings with various emotion words(ex. sad, upset etc.)

Ask your child what they want 3



TIPS Stick to your child's side so that they can gain courage and speak with confidence.

*Source: Based on 어울림 Basic Program(ES G1~2) Controlling Emotions 3rd Chapter

Let's Check Language Habits

Let's check our language at home by the list below.

	Rarely	Usually
<input checked="" type="checkbox"/> Have a great day today!	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> I'd like you to try planning yourself, how do you think?	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> It's good to see you keeping your promise. You'll do great.	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> I'll trust that you soon find a solution.	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Have I understood you correctly, that you think ~?	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> It seems you had a reason for choosing to do that.	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> That's how you want to do it. I respect your opinion.	<input type="checkbox"/>	<input type="checkbox"/>

A positive language environment is essential on building character for children development.

*Source: Based on 어울림 Program(ES G4~6) Communication 1st Chapter

Let's try having a good conversation:)

Based on Teaching/Spurring on for Cultivating Good Language Usage Habits at Home(Parents' Newsletter Vol2. Event results)



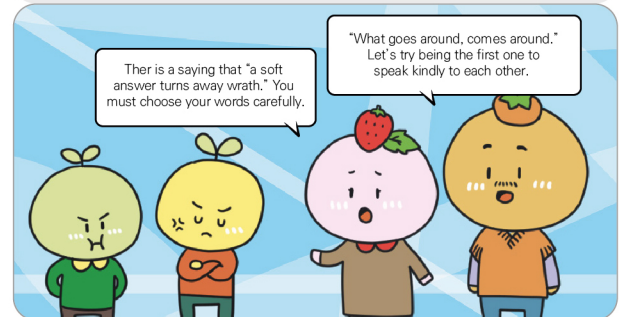
Try to express how you felt using expressions with an inviting mood



Use the I-message(I statement) speaking method



Speak carefully when conflict occurs between siblings, try quoting proverbs related to speaking wisely.



Tell your children that you are on their side, and that you are proud of them trying to do their best



*This newsletter has been translated by the HIS administration office.

*Please note that some expressions may differ to the original Korean version.