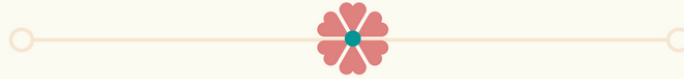




My Parenting Yes and No

ROOTED IN KINDNESS & FIRMNESS



Say "yes" as often as possible.

Don't waver on your "no" answers

Sympathize with their reactions:
"I'm sorry you are disappointed,"
"I know that makes you feel sad,"
"Do you want a hug?"



A Kind "No"

- For their good
- Unwavering
- With Sympathy

A Healthy Yes

- For their good
- Not Permissive
- Clear Boundary



Allowing my child to experience disappointment

Instant gratification does not always benefit my child. Waiting teaches endurance. When I say a loving "no," I give my child the gift of learning to adapt when life isn't going their way. I am strengthening them for their future.