

Three BS MYTHS about “Bad” Behavior

BS MYTH #1: My child is overly emotional and dramatic.

TRUTH: Big emotions are OK!

Emotions don't need to be fixed. They are not scary or forever. They indicate when your child needs guidance. Kids act out irrationally & intensely because you are a safe person/space to work out their emotions. The more they can do this in your nonjudgmental presence, the faster you will feel a shift, and the more emotionally intelligent your child will grow up to be!

BS MYTH #2: My child is acting out on purpose to anger me and is hard-wired to be oppositional.

TRUTH: Your child wants to be “good”

Kids are wired with the potential for empathy, kindness, to learn from their experiences, and to get along. They are NOT doing things to anger you on purpose. Remember that your good kid is always there underneath those “bad” habits. They need your unconditional love, empathy, and patience as they navigate the world and learn slowly and painfully from their mistakes - just like the rest of us!

BS MYTH #3: My child is defiant, has an attitude problem and is disrespectful.

TRUTH: Difficult behavior is just the “tip of the iceberg”

The behavior you can see is your kid's *impulsive reaction* to their subconscious beliefs and emotions. When you see self-defeating behavior, take it as a sign that your child is struggling. Set aside your own fears, resentments, and regulate your own emotions first. Then connect **without needing to fix anything**. Listen without judgment & let them know that you hear them, and understand how they feel. Set limits lovingly and firmly. Be consistent, follow through, and always seek to *reach* before you *teach*.