



Parents can have a hard time saying “no” to their children because they want their child to be happy and to have positive experiences. They may be concerned that if they say “no”, it will lead to unhappiness, defiance, a lack of creativity and a decreased sense of self-esteem in their child. Today, more than ever, it is important for parents to be comfortable with saying “no” to their children. Saying “no” without frustration/anger and following through with what you say lets a child know that you care about them and that you want them to be safe. In other words, saying “no” is a good thing.

Here are five additional reasons why saying no to your child can be a good thing:

1. **Children want you to say no.** They actually like structure and limit setting by parents and typically respond better to parents that can provide consistency and who hold them accountable for their actions.
2. **Saying “no” provides teachable moments.** It allows your child to learn that they cannot always have what they want.
3. **It teaches children to delay gratification** and to learn how to be patient.
4. **It teaches them to learn how to handle disappointment** and helps them to learn how to work through disappointment through problem solving other solutions.
5. **It also teaches them how to respect their parents and other adults**, as well as allows them to prepare for being in the “real world.”

Need help and resources guiding your child’s behaviors? Click here to read a blog on 1-2-3 Magic Behavioral principles! <https://www.nsp4kids.com/> Recourse: North Shore Pediatric Therapy

All children can misbehave or engage in behaviors that are challenging for adults. How you handle a child’s misbehavior can make a big difference in how that child behaves throughout their life. Treating children with kindness and respect will help them treat others with kindness and respect. You are modeling positive relationships.

Tips: • Try to understand the child’s behavior. Listen to the child. • Validate the child’s feelings. Let them know you understand. • Set clear expectations and limits. Enforce them with kindness and firmness. • Redirect the child to other activities. • Praise and encourage the behavior you want to see. • Respond to the child’s needs (e.g., almost all children misbehave when hungry or tired). • Remain calm. Quick Tip! • Don’t expect children to be perfect. Mistakes are wonderful learning opportunities! • Model appropriate behavior— including saying sorry if you need to.



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The PLAYbook! Learning Through
Play for Colorado’s Families and
Caregivers <http://earlylearningco.org>