



Habits in Action

"We must become better at asking and do less telling ...in a culture that overvalues telling."
-EDGAR H. SCHEIN

Asking Versus Telling

Get in the habit of asking your child questions rather than dropping commands.



INSTEAD OF DOING THIS:

Don't forget your coat.



ASK THIS:

What are you taking so you won't be cold later?

(How many times do I have to tell you.) Get off that phone!



What would be a good way to ensure we stick to the new phone rules?

Stop fighting with your brother.



How can you and your brother solve this problem?

Go brush your teeth



What do we always do before bedtime?

Stop whining.



Is there some way that we could communicate more respectfully?

Did you do your chores yet?



What's your chore today?



1 ENCOURAGES COOPERATION

Telling creates physiological tension in the body and sends a message to the brain: RESIST.

2 BUILDS SELF-ESTEEM

Children will feel more capable when searching for an answer themselves.

3 BUILDS RESILIENCE

Resilient people have stronger connections between emotional brain and pre-frontal cortex. Asking encourages development of those signals by sending a message to brain: LOOK FOR AN ANSWER.

4 AVOIDS BUILDING BAD HABITS

Quite frankly, having spent 22 years raising kids, I am so tired of hearing myself tell them what to do – you can break that habit now!

Mary Smith is passionate about sharing the habits and best practices for parents to simply and quickly begin helping their kids navigate stress and anxiety. On top of her own experience with kids and anxiety and depression and using bite-sized practices, she has synthesized the most updated insights from authors, neuroscientists, and experts into bite-sized habits for parents to be present and create lasting connections with their children.

