

## WINNING COOPERATION/GANANDO COOPERACIÓN POSITIVE DISCIPLINE

Mutual respect is the clue for cooperation. When we ask for cooperation from our children in a kind and respectful way rather than demand it, we find they are much more likely to comply with what we've asked. In other words, we get far more cooperation by inviting than demanding (*see PD tool #4 - Curiosity Questions*).

When we demand by ordering, correcting, and directing, we invite a natural fight or flight response and our chances of winning cooperation greatly decrease. Demands often lead to power struggles, tantrums, distance and hostility. On the other hand, asking respectfully leads to closeness, trust, and cooperation.

There are certain things we can do that greatly increase the chances that kids will cooperate with us. Below are the 3 steps to win cooperation:

### **Validate and Connect/Valide y Conecte**

Express understanding for your child's feelings and show empathy. Share a time when you have felt or behaved similarly.

### **Express Your Feelings/Expresé Sus Sentimientos**

Share the way you feel and your perceptions.

### **Focus on a Solution (with your child)/Concéntrese en una Solución (con su hijo)**

Ask if he has any ideas on what to do in the future to avoid the problem. If he doesn't, offer some suggestions. After making a list of several solutions, choose one that feels right to both of you.

There are times when even the most helpful child just needs some extra help. This could be because if he is hungry, angry, lonely, tired (HALT) or just feeling sad and disconnected. So if nothing else seems to work, lead by example and offer to help. And remember, demanding puts distance between you and your child. Asking with kindness and respect brings you together and creates a sense of cooperation and partnership.

Stay  
Positive