



A Heart For All Students

Podcast Episode Transcription

AHEART #26 How To Discipline A Strong Willed Child

Hey, friend, in today's episode, I'm answering Jessica's question. Now, Jessica has been a part of A Heart For All Students Momma Tribe since the beginning. This girl is awesome. She is such a great momma and she's so transparent. And what I love about that is that by being transparent and asking the hard questions, she allows other mommas to learn alongside with her and with me. And so, Jessica, thank you so much for this earlier question that you asked her.

Question is, what do I do about my kid who is so disrespectful he never listens, never obeys? Girl, I'm about to lose my mind. That's what she told me. I know there is not one momma out there in this world that hasn't navigated this question. And so in this episode, I do my best to offer my insight and suggestions to help Jessica move the needle forward with her child.

I hope it does the same for you. Be encouraged and as always, reach out and let me know what you think. Connect with me at www.ahheartforallstudents.com.

Hi and welcome to A Heart For All Students podcast. I'm your host Lindsay Livingston. Each week, we're going to discover how to parent and educate our uniquely designed outside-the-box, kids to thrive as the people God has designed them to be.

If you are a mom raising a child who simply doesn't fit into the box of the world's expectations, this is a place for you. Whether your child has ADHD, ASD, SPD, GAD, or no acronym at all, your child has been intentionally designed with gifts, passions and purpose by the God who loves them deeply. It's my honor to work alongside you by providing actionable strategies, tips, encouragement and support as you homeschool and raise your uniquely designed child to thrive.

When a child is strongwilled and being disrespectful, what's the next approach besides yelling? OK, there are a lot of times, and especially in the past, when I have thought that my daughter, who's sitting next to me now, was like maybe being disrespectful. There she is. There's my 13 year old. OK, so for my daughter, she started out. She was really, really, really difficult from the ages of like 18 months, 15 months to about four was the hardest time for me with her. And so we did a lot of, like traditional discipline with her. And it actually was effective.

After about age four, she really understood who was in charge. And she was just she's always been really, really easy. And in fact, she's quite frankly, I can say this in front of her because she knows that I feel this way about her. She is one of the sweetest people I know. She's super compassionate, super loving. But then hormones started to come.

Now, I realize that you're talking about a younger child, but I'm just going to use this as an example, because you can do this with your younger child. No, ma'am. Don't talk to me that way. Right. That was my first instinct. So, if I would even hear a slight bit of disrespect, I would be on it. No, ma'am, you don't talk to me that way. I am your mother. Blah, blah, blah, blah, blah. I would go at her from a place of seeing her behavior as against me. And just immediately going for you're being disrespectful, and so as obviously some of you know my story, a lot of you might know my story with my son, I've had to be a totally different mother. And it's taken four years of, you know what, to come to this place. But I've learned so much.

And one thing I realized is that behavior is information. A few weeks ago, I took my girls to HMOs and I just felt like my oldest daughter just kind of had a shift in her attitude. And on the outside, it looked like she was being kind of snarky and just shut down and wasn't as engaging. And so I my immediate response was to be like, she's over this. She had her food and now she wants to go home and she's just being crabby. But by God's mercy, I thought about, OK, wait a second, the haters information and this is how I changed. I realized, OK, something's going on. She had a shift in her head. Something is bothering her. So I started asking her questions and I just said, hey, friend, something happened. You just completely shifted from being super happy and engaged. And now you're coming across like you're being disrespectful and I'm asking you questions. And so just by having that little conversation with her, a dialogue happened and her walls came down. My first thing in any situation, if you feel like your child is being disrespectful. Don't worry about what the world tells you as far as they need to respect you now. OK, let's look a little deeper and let's equip your child to know how to handle whatever is going on in his head. We don't know if your child, if someone just hurt his feelings and he's processing that in his head.

We don't know if something bad happened at school that day and he's feeling really bad about himself. And so my first thing is to come at your child with the approach that they are a human being, just like you, except their way less mature and they have way less life experience. So they need to be helped with this. So I would just come out maybe like my five or six year old and I might say, "hey, buddy, I noticed that I would get down and say that you were you just sounds really snarky right now or you got to chill." Mom's got to chill. Mom's got to come at them with the priority of relationship first, relationship first.

We are never going to be able to influence our children unless we have a relationship with them. And you will see that as you get older and older. So if you start now pouring into that child so that kid knows I'm in your corner, I'm in your corner. So maybe if my child was being disrespectful, I told them to go clean up their room and he says, no, I don't want to clean up my room. Yes, my instinct is, oh, you better clean up your room. However, take a deep breath because you're the adult and he's the child. So he's acting like a child right now. It might be at this point that you're going to have to really focus on investing in your relationship first, because if your dynamic is you're all over him for everything because he's doing something that is not socially acceptable and we understand that the goal is for him to learn how to obey.

We understand that that is the goal. But you have to teach him how to do it. And you can't teach him how to do it until you have a relationship with him. Tell me who your favorite teacher was growing up? My favorite teacher, I have two. The ones that I remember are Mr. VanderDunk and a college professor, Dr. Stern. OK, why do I remember them? Were they the most genius people or were they the best academic teachers in the whole wide world? Maybe. Probably not. They cared about me. They were invested in me. They took time to look beyond maybe a bad grade or saying something stupid in class, and they actually got behind the scenes and showed me that they cared.

And when somebody cares about you and I will tell you with those people, I worked my butt off in those classes. Harder than I did, probably in other classes. They were able to influence me because of the relationships. I've been there. I was that disrespectful child. And my first thing would be focused on relationship first. If he says, no, I don't want to clean my room, I would probably say, OK, buddy, and I would get down to his level.

And that's that's step one. Get down to their level. And you want to relate. Buddy, I love you very much. But you just told me you're not going to obey. So I'm thinking that you are really struggling right now. What is going on in your head? Why are you feeling so angry? And you're going to start to give them those words. Give them those words so he can start identifying those feelings. The more and more you give them an opportunity to tell you what's going on in his head, the more and more the

deeper and deeper your relationship is going to be. And the more and more he's going to want to honor you.

It's not going to be easy, especially in the beginning. And so if you are in that place where your dynamic is like this, which we've all been there, every one of us. There is zero judgment of every single parent has been like this at some point with their kids. And then we're like, OK, this isn't working. So we got to try something else. So I would highly recommend that you focus on your relationship with them. You might just need to let some stuff go right now because your number one goal is relationship. The only way to be able to influence them long term is by getting to a place where you can influence them. That's going to go with relationship.

So find out the things that he likes and go in his room for five minutes and ask him if it's things like, talk to me about the latest Lego set. I just want to hear it. Don't say anything that could be construed as critical because you're the adult. So you're trying to backdoor your way back into his heart of wanting to obey and wanting to honor you. That's that's how I would start. I mean, this is like stuff that I'm totally talking about my course. If you're, if you're unsure of like, oh, do I really wanna invest in the course? Trust me, you really want to invest in the course. I will tell you why. Because one counseling session costs one hundred and fifty dollars. Going to the wrong doctor or the person that doesn't get it, costs hundreds and hundreds and thousands of dollars. Believe me, I've spent it and I don't want anyone else to navigate that again. If I could just give this away for free, I would. Reach out, send any questions. If you have questions and you watch this later, type them in. And you never know, I might write a whole blog post or I might just do a live about it!

Hey sweet friend. Do you desperately want to be a good Christian Mama? But daily just feel like a failure? You love your child deeply and you want her to thrive but there's just one problem. Your kid has meltdowns over everything, every single day.

Friend, I have been there and I get it and I'm on the other side. That's why I've created the Free 5 Day Devotional for you. Find hope and a new way to approach your child's toughest behaviors. Be encouraged and grab your free copy at www.Bit.ly/exhaustedmomhope

Hey friend, guess what? You just finished:an entire episode. Give yourself a pat on the back. In this season of parenting, where we are barely surviving, every accomplishment is a victory. So take it. And while you're at it, if you found this episode to be helpful, please consider leaving a review on iTunes or wherever you listen to your podcast episode and don't forget to subscribe, so you never miss a thing...

And if you're looking for more practical tools and encouragement as you homeschool and parent your outside-the-box child to thrive, go to www.aheartforallstudents.com. There are tons of resources, freebies and lots of extra support over there. Don't miss anything. I don't do this thing alone. Friends were in it together and together we can change the narrative for our neurodiverse outside-the-box kids.