

20 Tips To Virtually Improve Overnight Your Relationship With Your Children

Develop A Loving Relationship And Prevent Chaotic Arguments With Your Children And Get Them On Track Today!

A parent needs to be able to guide and lead their child. There is in fact one small problem....many times when parents try to give advice, it can end up in an argument. Both people are left feeling frustrated or even helpless, which could lead to even more disagreements.

Everyone knows that disagreements with your child can cause a massive shockwave through the house. Even a “small”, 5 minute argument could easily spill over into other areas. It could *follow* your child like a dark cloud into the classroom or even friendships!

We know one thing for sure: The fact that you’re reading this right now means you care deeply about your child. You’d like them to have a *very* bright future. The fact that you’re reading about this is a sign that they’re well on their way.

Understand that your role as a parent might be the most monumental task you’ll ever have. Raising a child properly will certainly be the most impactful thing you’ll ever do for the world!

How are we to guide our children into making beneficial decisions without getting into an argument?

Here are 20 Guidelines That We’ve Developed To Make It Easier To Guide Your Child Into The Right Direction

1) *Listen* To Your Child And Build Off Of That Foundation

Your ability to communicate with your child will be contingent upon your ability to listen. Many children feel as if their parents don’t understand them...

There's a very simple reason why: A lack of communication.

So what is communication, exactly?

According to **Merriam-Webster**, here is the definition of communication:
"A process by which information is exchanged between individuals"

Listen to them very carefully, remembering each specific detail.
Remember the names of all their friends and *any* detail that's important to them.

Balance the amount of talking between you and your child. Always guide them, but also ask them questions to better understand their situation.
Listen to the answers very carefully!

Everyone *loves* to be listened to and talk about themselves. Listen to your children *and* observe their actions so you can find out what specifically motivates them. Listening very carefully will build a massive amount of rapport with your child.

Here's an exercise: In your next 20 interactions with people, try to take note of how attentively they are listening...

Many people are **waiting to speak** and not *actively listening* inside a conversation. Since communication is defined as an **exchange** of information, they are effectively ignoring half of the conversation!

Here's The Bottom Line: Your children will *always* know that you care about them when you carefully listen.

Make your child feel like there's **no one you'd rather see** and **no one you'd rather speak to....**they'll sense it immediately.

2) Use Your Voice Tonality And Body Language To Your Advantage

According to Dr. Albert Mehrabian the author of *Silent Messages*, he states that **only 7%** of communication is **verbal**.

Dr. Mehrabian broke it down just like this: Communication is 38% Voice Tonality, 55% Body Language (gestures, frowning, and posture) and 7% Verbal.

The specific communication statistics are in debate. However no matter which study, social scientists ***unanimously agree*** that the majority of communication isn't verbal.

One thing is very clear: Most of our communication isn't done with words.

When you speak to your child, be certain to adjust the tone of your voice to the circumstances.

Let me paint you a picture...

Would you yell to your friend inside of a library?

Would you whisper to your friend at a loud concert?

The exact same principles will apply to speaking to your son or daughter. Calibrate your voice tonality, make eye contact with your child and remain calm.

Understand that people rub off on one another in a *massive* way. If you *yell* at your child they will become **very** shaken up. Always avoid screaming at your children, at all costs!

Use open and relaxed body language to communicate with your child.

Here Are Some Things To Avoid Inside A Conversation

- **Crossed arms**
- **Clenched fists**
- **Frowning**
- **Squinting**
- **Pointing your chin *upward* (neutral is perfectly fine)**

- An incongruent voice tone (too harsh or too soft)
- **Fidgeting with other things as you speak (pay attention)**
- Bowing your head (looking downward at the floor)
- **Placing your hands in front of your groin (this signals that you feel threatened)**

And many more!

Please feel free to ask us any questions you might have, we would love to help!

3) Become *Certain* That Your Guidance Is What's Best For Your Children

We now live in an unprecedented era of information. Anyone with a Wi-Fi signal and a cell phone has access to *all* the information in the world. There's a sea of information, everywhere 24/7.

You could fit an entire 500 book library that would normally fill a room...into a one inch thumb drive.

Why is this important?

There have never been more influencers in your child's life. They could learn about *anything* on their time on the internet, or even with friends.

With multiple influencers in your child's life at the swipe of a finger, **become their anchor**. All throughout history, people have been drawn to *people who are certain of themselves*, almost like gravity.

Children are in need of a leader that will **show** them what to do. Become your child's **anchor** throughout everyday life.

Imagine yourself inside your child's life as an *unmovable* rock. No matter the weather or circumstances, the rock (you) won't move. Even when the

waves come crashing down on everything...you won't budge *because you're their rock*.

Your children will always come to you when you're their rock. Even in times of uncertainty, they'll know just who to call!

Don't be afraid to repeat yourself as well, as your children's certainty may drop from time to time. Almost like the chorus to a song, repetition will really sink in after awhile.

Make your message as **clear** as possible, and repeat it to your child often. Even though they may roll their eyes from time to time, they will *remember* it!

A clear message, that's been repeated often by a trusted and confident source will be remembered. If your children clearly remember your message, they will act on it.

Here's A Short Lesson In Human Psychology...

Sigmund Freud is the father of *psychoanalysis* and *modern psychology*. He's had a huge influence on our understanding of the human condition. There isn't a working psychologist today who isn't either familiar or indirectly influenced by his work.

Freud famously said this about human decision making: ***People will avoid painful decisions and instead make easy decisions.***

Decisions don't have to be so painful for children when they are supported by their families. Understand that specific activities such as learning a new skill or going to a new school....fall into the "*difficult decisions*" category.

Become extra supportive and **aware** in these times for your child. Congratulate them for their hard work and confidence in this new field!

With this thought in mind, make it **easy** for your kids to work with you. They will appreciate your leadership and courtesy.

Whether you're in a corporate environment or a parent, leadership will be a major key.

Make it easy for your children by understanding their situation. See life through their eyes and perspective. Try to imagine their perspective and spot these “difficult decisions” that they will inevitably have to make.

Support and motivate them with **love** and positivity, not fear.

Here Are The Six Principles Of Influence (The Hidden Motivators Behind Our Actions):

- Reciprocity
- Authority
- Commitment
- Scarcity
- Social Proof
- Liking

These are the six principles of persuasion according to leading social scientist, Dr. Robert Cialdini. Dr. Cialdini's best-selling book “*Influence, The Psychology Of Persuasion*” is simply a must read. Dr. Cialdini is internationally renowned as a top expert on human relations. His book has sold over 3 million copies and continues to influence people today.

This book has *permanently* altered the way humans interact with one another. We highly recommend you read this, because it will help you with your children.

Here are 20 tips and tricks to get along well with your child like never before. If you use all of these time proven techniques, you'll be well on your way to creating a lasting positive impact.

With all the technology and distractions around us, it's easy to forget about what matters the most. Your relationship with your child is extremely important. These tips will help build your relationship in a big way.

Let's dive into it...

4) Mirror Body Language

Learn to read and mimic your child's body language. Nonverbal communication makes up the vast majority of communication as a whole.

Here's an example: If your child makes a particular gesture in the middle of a conversation, make that same gesture back at them later on in the conversation.

This may sound strange, however if you observe people interacting they mimic each other's body language by default.

5) Mirror Voice Tonality

To persuade and influence your child, you must first level with them. If they speak in a high tone of voice (subtly) mimic their tone of voice.

If they raise their voice, raise your voice a little bit as well. This technique will take a lot of practice to perform seamlessly.

6) Ask Questions That Give Your Child Two Options To Comply

Rather than ask your child one question to comply with a request, give them two distinct options to comply.

Here's an example: Would you rather roll your toy back into the play bin or pick it up and put it back?

This technique could be done for plenty of things, always keep it in mind because it's highly effective. It subtly removes the option to say no.

7) Take Them To Areas Where Other Children Their Age Are Enjoying Healthy And Fun Activities

Adults and children are very similar in the regard that we enjoy being around people who are similar to us.

If your child is having trouble practicing swimming, take them into an environment where other children their age are swimming.

Showing them how children their age are thriving is a great way to motivate them.

8) On Occasion, Speak In A Lower Tone Of Voice

Voice tonality is extremely important in communication with children and adults. When you're looking to make a specific request, lower your tone of voice and make the request.

Think of a late night radio talk show host voice tonality - this would be an ideal tone. You can use this technique along with tip number 6 for a great combination.

9) If You're "Negotiating" With Your Child, List Off Potential Objections

In a "negotiation" with your child (or anyone), you want to level with them as much as possible. Predict and list your child's potential objections with an activity before you go.

"It seems like you're worried about...."

"If I'm reading you right..."

List potential objections or concerns, before you partake in an activity your child might have concerns with. This will help "level" you with your child and make them more likely to comply.

10) Use Neuro-Linguistic Programming To Communicate Effectively With Your Child

Neuro-linguistic programming is a communication technique which has been popularized by Tony Robbins. NLP is a subtle direct request you make in the middle of a conversation.

Here are examples of NLP:

“Does that make sense?”

“Right?” (Use this one after a sentence or phrase)

“Let me paint you a picture”

“Let me tell you a story”

“Here’s why...”

11) Avoid Negative Associations

The mind is a very powerful tool, however at the same time, it can lead us astray. If you were at the swimming pool for example, and a child fell off the diving board, they might associate swimming with being dangerous.

Be careful and mindful of positive or negative things that happen around specific activities. Associations have a big impact on adults and children.

12) Use Their First Name

For children and adults, understand that their first name is their favorite word across any language.

Using their first name is always a great move to build rapport and trust.

13) Apologize If Necessary

If you’ve made a mistake (we all make mistakes) apologize to your child as soon as you realize it. Apologies are necessary for any healthy relationship, especially with your children.

14) Read To Your Children Before Bed

Reading to your children before bed is a great way to teach your child and build a great relationship.

Reading to your children before bed will boost their literacy and build a positive association with books.

15) Compliment Your Children Genuinely And Wholeheartedly

If your child has done a great job, be sure to compliment them on a job well done. Genuine (not made up) compliments are a fantastic way to build up your child's self esteem.

16) If You Want To Persuade Them AWAY From Something, Use Associations To Your Advantage

This technique in particular might be the most important one on the list.

When you want to prevent your child from making a terrible decision like taking drugs, use the power of associations. These may seem a little harsh; however it's our job to prevent our children from becoming a victim of dark circumstances.

Here are some examples:

Instead of opioids being "bad" tell your child opioids are "*old people medicine*"

Instead of telling your child that terrorists are "bad", tell them they are *losers*.

17) Smile Often

As we discussed on points 1 and 2, body language makes up the majority of communication. When you smile at your child, you're letting them know on a subconscious level that you care about them.

Pro Tip: When you smile, be sure to squint with your eyes slightly and raise your eye brows. "Real smiling" is done with your eyes.

18) If You're In A "Negotiation" With Your Child, Agree + Understand Their Position First, Then Move Onto Your Request

Let's imagine your child doesn't want to go to school in the morning.

You could say: *"I understand you don't want to go to school, however it's time to go"*

"I agree going to school early in the morning is tough, however it's time to go now"

Always agree, acknowledge and understand first, then move onto your request.

This technique can be used on adults and children as well. Remember, practice makes perfect!

19) Focus On A Positive Vision Of The Future

Children, as we all know, have a great big imagination. When you're speaking with your child about the future, make it seem as positive as possible.

Focus on small action steps that will make the positive vision of the future a reality. Reading with your child at night can help this as well, positive stories make success seem more real.

20) Listen And Ask Questions About A Topic That Excites Your Child

Asking great questions (and listening carefully to the answers) is a phenomenal way to get along with your child.

Always ask your child questions about what they've been up to and especially their favorite activities.

We Wish You The Best Of Luck In Applying These Tactics!

“Small Hinges Swing Big Doors”- W. Clement Stone

These small tactics will *drastically* improve your relationship with your child. Forget about having stressful debates with your child; use these simple tactics that will make a huge difference!

Until Next Time,

(Christiana Amo-Kyereme) M.A., Ed.S.

P.S. Your decision to invest in your children will be your best investment ever. The world will benefit in a **massive** way because people are very important!