

“HOW MANY TIMES DO I HAVE TO REPEAT MYSELF?!”



“How many times do I have to repeat myself?!” “Are you even listening?” “I’ve told you three times already!”

Are those statements that you are used to saying in your household? Then this is the newsletter for you! Parenting is already hard enough, but having to constantly repeat yourself and feeling like you’re getting nowhere can be devastating. Thankfully, our very own Dr. Melissa Jones has written a book packed FULL of tools to help you conquer parenting.

Attention getters

While it may seem self-explanatory, the first step in ensuring your kiddos actually hear you when you are talking is by getting their attention. This means turning off/pausing the tv, video games, or phone before saying something you are wanting them to hear. Having outside distractions will not only divert their attention away from you, but leave you feeling frustrated for not feeling heard. Once you have their attention, have them repeat back to you what they heard to ensure they were truly paying attention to your words. If they don’t remember, restate what you said and repeat the process!

Age appropriate expectations

Though this may seem self-explanatory, ensuring you have age appropriate expectations for your child is one way to help set your child (and you) up for success. For example, you wouldn’t expect your four year old to take the trash bag to the trash can, but this could be an expectation for your 12 year old. Additionally, you may expect your four year old to pick up their wrappers from snack and throw them away, while this may be too relaxed of an expectation for an older kiddo.

Additional information on age appropriate expectations can be found here:

- <https://centerforparentingeducation.org/library-of-articles/child-development/child-development-by-age/>

Mean what you say & say what you mean- Follow through!

As the saying goes “mean you say and say what you mean”, this holds true to parenting. One way to ensure you’re not having to repeat yourself is by following through with what you say. For example, if you say “If you don’t clean up your room, you will be grounded from video games.”, make sure to follow through with the consequence if the room isn’t cleaned.

Fill your parenting tool belt!

For more information/tips on how to make parenting less stressful, order Dr. Melissa Jones’ book today!



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If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.