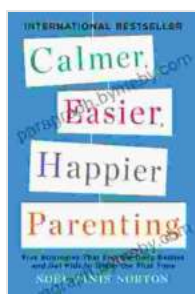


End the Daily Battles: Five Strategies to Get Kids to Listen the First Time

Are you tired of the constant power struggles and nagging? Do you wish your kids would just listen to you the first time? You're not alone. Millions of parents struggle with the same problem. But there is hope. This book will give you five proven strategies that will help you end the daily battles and get your kids to listen without yelling or punishment.



Calmer, Easier, Happier Parenting: Five Strategies That End the Daily Battles and Get Kids to Listen the First

Time by Noel Janis-Norton

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2167 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 448 pages



The Five Strategies

1. **Set clear expectations.** Kids need to know what is expected of them in Free Download to behave well. Make sure your rules are clear, concise, and age-appropriate.
2. **Be consistent.** Kids need to know that you mean what you say. If you give in to their demands one day and then punish them for the same

behavior the next, they will quickly learn that they can get away with anything.

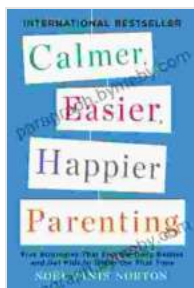
3. **Follow through with consequences.** When your child breaks a rule, it is important to follow through with the consequences you have set. This will help them to learn that there are consequences for their actions.
4. **Use positive reinforcement.** When your child behaves well, be sure to praise them. This will help them to learn that good behavior is rewarded.
5. **Build a strong relationship with your child.** Kids are more likely to listen to someone they love and respect. Make sure you spend quality time with your child and let them know that you care about them.

Putting the Strategies into Practice

Once you have learned the five strategies, it is time to put them into practice. Here are some tips to help you get started:

- Start with one strategy at a time. Don't try to change everything all at once. Pick one strategy and focus on implementing it consistently for a few weeks before moving on to the next one.
- Be patient. It takes time to change behavior. Don't get discouraged if you don't see results immediately. Just keep at it and eventually you will see a difference.
- Be consistent. The key to success is to be consistent. Make sure you are implementing the strategies every day, even when it is difficult.

Ending the daily battles with your kids is possible. By following the five strategies in this book, you can get your kids to listen the first time, without yelling or punishment. So what are you waiting for? Get started today and see how much easier parenting can be.



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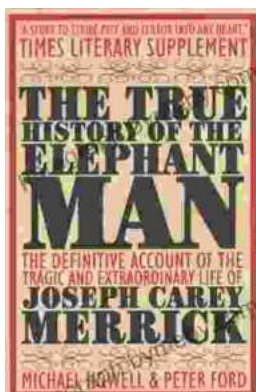
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