



School Counselor Newsletter

Stevens Elementary 2019-2020

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Accepting "NO" as an answer

Is your child struggling with accepting "no" for an answer? Are you tired of dealing with tantrums and melt downs every time you tell your child they can't have something? You are not alone, it is very common what you are going through.

No one likes to be told they can't do something. But while we may not like it, accepting "no" for an answer is often necessary. For this reason, children should be taught to accept "no" as an answer rather than always trying to get their own way.

Character Trait of the Month: **PATIENCE**

Patience is the quality of waiting calmly without complaining.

Learning to accept "no" as an answer isn't always easy, but it's a necessary skill that will stay with children and help them learn how to raise their own children someday. It will also help them understand that you cannot have or do everything you want.

When you say NO to your child, remember to:

- Be consistent when saying "no" to a child.
- Both parents need to be on the same page. Back up the other parent, when the answer is "no."
- Don't give in to poor behavior to avoid a scene or discomfort.

We need to teach your child simple commands.
Accepting NO

- Look (at the person who is talking)
- Listen (without talking)
- Move on



- ✓ Hearing "no" can be especially frustrating for children because sometimes they feel like the answer is always no. Even though you know, that's not true, and it can still feel that way to the child.
- ✓ It's essential to both openly recognize and affirm those feelings in children because it's the reality of how they're feeling. This does not mean, however, that you should change your answer or allow the child to engage in endless whining. You can acknowledge how they're feeling while still firmly saying that the answer is "no."
- ✓ There are many reasons parents may have to say "no" to their children. You should talk to your children about it. It could be a matter of finances where they can't afford to buy a treat or toy their child wants. It could also be a matter of safety if their child wants to do something the parents might consider dangerous or inappropriate for their age.

Recommended Books

