


## Three Quick Tips to Help You Enjoy Spending Time with Your Strong-Willed Child (SWC)

—Cynthia Ulrich Tobias



### 1. Your tone of voice matters

A calm, firm, tone of voice can help de-escalate even the most heated argument. Remember--those who anger you, control you. If you're raising your voice, you're losing control of the situation. Don't let your SWC bait you—if you have to repeat yourself, use the same calm tone of voice every time. If it gets too heated, stop the conversation and say something like, "let's continue this when we are both less angry."

Instead of saying, "You need to pick those toys up before dinner," try asking, "Do you need some help picking up those toys?" If the answer is "no," follow up with "you know it needs to be done before dinner, right?" Remember, the bottom line is still that the toys have to be picked up—but you may be surprised by how often you get cooperation when your request is phrased more like a question than an order.



### 2. Turn more orders into questions

Ask yourself two questions

It can bring a new perspective as well as more cooperation if you ask yourself these two questions:

1. *What's the point?*
2. *Is there another way to get there?*

You hold on to the bottom line accountability, but often you can challenge your SWC to find solutions that satisfy both of you.



### 3. Ask yourself two important questions

Adapted from the book *You Can't Make Me! (But I Can Be Persuaded)* by Cynthia Ulrich Tobias

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