

Preventing a Meltdown

Practice replacing words that trigger a meltdown with words that can keep them talking. For example:

| Triggers | Preventing a Meltdown |
|----------------------------|--|
| Calm down | Do you need a minute? |
| You've got a bad attitude. | Maybe we should talk about this later. |
| What's your problem? | Are you trying to make me mad? |
| That's ridiculous! | Seriously? (Pause for effect) |

You Can't Make Me! (But I Can Be Persuaded) is full of practical, immediately useful information and strategies for bringing out the best in a Strong-Willed Child of any age (you never really outgrow it).

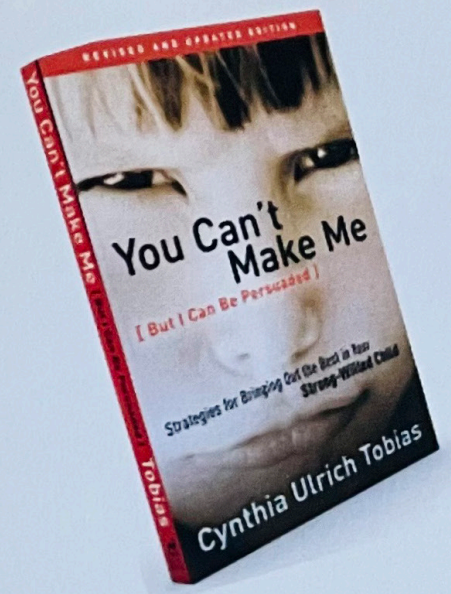
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Bestselling author Cynthia Tobias' background includes 35 years writing and speaking, 8 years teaching public high school, and 6 years serving in law enforcement. She is a popular presenter for businesses, government agencies, churches and schools throughout the U.S. and the world.



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You Can't Make Me! (But I Can be Persuaded)

by
Cynthia Tobias

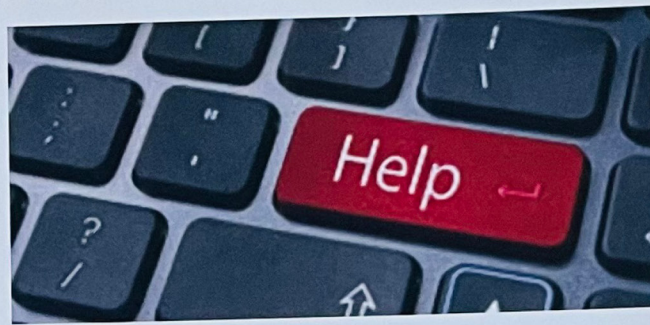
If you live with a
Strong-Willed Child,
you know what it's like to love
someone like crazy one
minute and be frustrated
beyond words the next.

This book's for you!

What is a Strong-Willed Child?

- Determined or sometimes stubborn
- Confident or sometimes overbearing
- Undaunted or sometimes fearless
- Bold or sometimes obnoxious

They have the power to change the world....



Three Keys to Bring out the Best in Your Strong-Willed Child

1. Authority—and how you communicate it.

Model the way you want your child to communicate with you. If you keep your cool, you maintain your authority without shouting or demanding.

2. Control—and how you share it.

Those who anger you, control you. Remember there's always a choice—and they may call your bluff. ("Or else what?")

3. Relationship—and how you build and maintain it.

Does your SWC know you love them? If you build a strong relationship in the good times, they will want to make sure the bad times don't wreck it.

Quick Tips for the Ages and Stages

Early Childhood

- Don't yell or lose your temper.
- The longer you are calm and firm, the more you can outlast them without giving in.

Adolescence

- Be prepared to negotiate and ask more questions.
- Become more of a manager and less of a dictator.

Adults

- Don't apologize for enforcing outcomes, but sometimes for how you demanded they be achieved.
- Don't take the bait—refuse to be drawn into an argument.

Grandchildren

- Remind them of ways they can use their strengths positively.
- If they insist their parents let them do something questionable, ask, "So it's okay if I call and ask them?"