

Democratic Parenting*



Challenge	Self-Defeating Belief	Ineffective, Autocratic Responses	Effective Democratic Actions
Child talking back; sassing	I must be respected and feared.	Demand an apology. Attack child verbally.	Ignore provocation or reflectively listen. If child continues verbal attack, send I-message** and use logical consequence (withdrawal from unfriendly conversation).
Child not responding to request to leave on trip.	I must have an instant response.	Order, command, punish.	Send I-message or arrange so child experience logical consequence (not going).
Child late in leaving for school.	My child can't walk in tardy. What would they think of me?	Nag, force, rush about.	Permit logical consequence (disapproval at school).
Children fighting and arguing.	I must settle disagreements. I am the judge.	Interfere, investigate.	Indicate confidence in child's ability to resolve own problem by withdrawing from the battle.
Child leaving belongings in living room.	It's easier to do it myself.	Nag, pick up after child.	Send I-message or use logical consequence (belongings are missed when wanted later.)

*Source: Smart Discipline: A Workshop for Parents by Koenig

** "I messages" are those in which you state how you feel about the actions or words of another. For example: "I feel hurt when you say that to me."

