



Parent Self Care: The 80% Rule

Are you feeling like a bad parent because there are lots of times when your child ignores you and does not do what they are told to do?

- Sick of begging your toddler to pick up his blocks?
- Is your living room covered with coats and books and shoes that will not be picked up in your lifetime?
- Positive that your teenager will NEVER come home by curfew?

Step #1: Remember the 80% Rule! Research has proven that in the best of circumstances children do what you tell them to about 80% of the time. If the child is under stress or going through a new stage, that percentage can drop to 50% in a snap.

Translation for Parents:

*Even under the very best circumstances,
good parents have good children who sometimes do not do as they are told!*

Step #2: Coach yourself into believing that 80% is OK: Coach yourself with the following sentences:

- "I make sure that my child ALWAYS follows through when it comes to safety – so it is OK if he doesn't always pick up his socks."
- "My child is not always going to do everything I ask them to do and that is perfectly normal."
- "My child does follow my directions more than 50% of the time, so I must be doing something right!"

Step 3#: Practice, Practice, Practice: You can read every parenting tip in the world, but if you don't **USE THE TIPS** you won't improve your parenting.

Practice the 80% Rule: Practice the 80% Rule every day – pay attention to when your child is doing what you told them to do and cut yourself some slack for the times they do not follow through.

Put up a 80% Rule Sign: Put a sign on your fridge or your mirror or on your calendar that says, "Don't forget the 80% Rule!"

Teach a Friend: One of the best ways to learn is by teaching! Tell another parent about the 80% Rule and then agree to work on it together for one week.

Rewards: Make a deal with yourself that if you practice the 80% Rule for week you can go to Tully's and get coffee or buy flowers for yourself or just give yourself a big gold star in your mind! Rewards are wonderful!!!!