

To build a cooperative relationship with your child without raising your voice, parents can follow these **10 Techniques**.

1. Connect Before You Direct (Eye Level)

When we stand over a child like an authority figure and order, it triggers fear or resistance.

- **The Technique:** Physically lower yourself to their eye level. Gently hold their shoulders, look into their eyes, and speak. When a child feels safe and respected, they are much more likely to listen.
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2. Reduce the "Background Noise"

If we nag constantly, our voice becomes like "traffic noise"—the child learns to tune it out.

- **The Technique:** Don't repeat yourself 100 times. Keep your words short and meaningful. When we speak less often, our words carry more weight. Instead of a lecture, give one clear instruction and walk away.
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3. Offer Choices (The Illusion of Control)

Children at their age want to feel in control.

- **The Technique:** Instead of saying "Go study now," ask, "Do you want to start your homework now or in 10 minutes?" Either way, the task gets done, but the child feels they made the decision.
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4. Link Work to Reward (Earn Your Time)

Help children understand that their favourite activities (TV, cycling, gaming) are privileges earned after responsibilities.

- **The Technique:** Use "When/Then" phrasing. "When you finish cleaning your room, then you can take your cycle out." This motivates them to work efficiently to earn their reward.
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5. Catch Them Being Good

Many parents turn on "speaker mode" to shout at mistakes but go into "silent mode" when the child does something right.

- **The Technique:** Praise is a powerful motivator. When they finish homework on time or help with chores, acknowledge it immediately. "Well done! I noticed how hard you worked on that Math problem."
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6. The Whisper Magic

When we want a child to pay close attention, try lowering your voice instead of raising it.

- **The Technique:** If we whisper or speak softly, the child has to focus harder to hear us. It signals that we are saying something important or urgent, making them more attentive.
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7. Never Compare (The Identity Rule)

Comparing your child to a sibling or a neighbour's kid creates a sense of inferiority or deep anger toward you.

- **The Technique:** Compare the child only to their *past self*. "You did much better on this test than the last one!" This builds confidence rather than resentment.
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8. Establish a Daily Structure

A predictable routine programs a child's brain to know what to do without being told.

- **The Technique:** Have fixed times for waking up, studying, playing, and sleeping. When there is a set structure, you don't have to keep shouting instructions; the clock does the work for you.
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9. Validate Their Feelings (Empathy First)

Children are not robots; sometimes they just don't feel like working.

- **The Technique:** If your child is avoiding homework to watch TV, say, "I know studying can feel boring sometimes. I understand. How about I sit with you while you finish this part?" When they feel understood, their resistance drops.
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10. Be the Role Model

Children do what we **do**, not what we **say**.

- **The Technique:** If we want them to read more, they should see us reading. If we want them to stop shouting, we must speak calmly. We are the mirror they look into to learn how to behave.
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“To be in our children’s memories tomorrow, we have to be in their lives today.”



Together Let's Build the Future of our Children.



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**With Regards,
Podar Team of PIS Davanagere**