



Richard P. Krummel, Ph.D.

THE FOUR “Cs” OF PARENTING

Following some basic principles will not make your parenting perfect – it will make it easier and more enjoyable for both you and your children.

Conciseness

Often we adults do too much talking to our children when there is a problem. We forget the attention span of children is less than for us. Our children will often tune us out. We transmit on Channel 11, but they are tuned in on Channel 2. Work to state your message briefly rather than to try to solve the problem with words only.

Clarity

We create parenting problems by being unclear. We may tell our children to come in “before it gets too dark out.” To us that may mean about 8:00, but to them it may mean when they can’t see their hand in front of their face. Be clear about time and other behaviors, such as how you want their room cleaned and how you want them to behave towards each other.

Consequences

We learn also by receiving the consequences of our actions. Children learn by receiving rewards and by receiving punishment. State clearly and concisely what will happen when they do certain behaviors, then allow them to be responsible for their choices. This helps them learn to analyze their own behavior. For example, “If you put all your toys in the toy box by 7:30pm, you can stay up an extra fifteen minutes”.

Consistency

You don’t have to be one hundred percent consistent. Just do what you say you will do about seventy percent of the time. That will be enough to gain your child’s attention and to teach them to both respect you as well as to evaluate their choices.

Parenting like life, is a full-time job. Yet it does not have to be as exhausting and serious as we make it if we can learn to follow some basic principles, such as the Four Cs.

*As developed by:
Richard P. Krummel, M.Div., Ph.D.
Krummel & Associates P.C.*