

NEED MORE INFO?

Read more about avoiding power struggles by clicking below.

~ ~ ~ ~ ~

<https://www.verywellfamily.com/how-to-avoid-power-struggles-with-children-1094751>



“A moment of patience in a moment of anger saves you a hundred moments of regret.”

~ Ali Ibn Abi Talib ~

## Power Struggles

A **power struggle** is a ‘battle for control’ between a parent and child. Power struggles are common in any home and with children of all ages. A power struggle is likely to occur when a parent and a child both want to exercise control over the same thing. **Power struggles** can take a variety of forms—a toddler refusing to lay down for nap time, a tween refusing to turn off a video game, or a teenager breaking curfew.

**Power struggles**, or even the thought of a power struggle, can be physically and emotionally exhausting. Parents that find themselves in a never-ending back-and-forth may back down or to take the “I will just do it myself” approach. It is possible to reduce power struggles and maintain the expectations and responsibilities that we set for our children.

There are steps that you can take to reduce power struggles in your home. These strategies can be helpful for all types of power struggles in all ages of children.

## Reducing Power Struggles

- **Open-ended questions.** Open-ended questions are sometimes referred to as “wh-” questions (who, what, when, where, why). These questions require the child to think about their response, make a decision, and respond with more than a ‘yes’ or ‘no’ answer.
  - *Example:* Instead of saying “Did you take out the garbage?” ask “When will you take out the garbage?”
- **Give choices.** Offering a choice will empower a child by giving them a sense of control. Remember, power struggles are a “battle for control” and giving a choice is giving control to the child.
  - *Example:* “Would you like to read a story or play a game before bed time?”
- **Reminder of the consequences.** Children will make poor choices, it is a necessary part of growth and development. A parent can guide a child toward making a good choice by reminding them of the consequences of their poor choice.
  - *Example:* “I hope that you don’t have to stay after school again to get your work done.” or “It would be unfortunate if you didn’t get your allowance again.”
- **More ‘yes’ and less ‘no’.** Children hear the word ‘no’ a lot which can be very dis-empowering. If a child knows that ‘yes’ is sometimes possible they may change their behavior in an attempt to get more ‘yes’ responses. A parent can also say ‘yes’ with an expectation attached.
  - *Example:* “Mom, can I go to the mall?”, “Yes, you may go to the mall when your chores are done”.

## Upcoming Events

Date/Time	Topic	Link
Tuesday 12/1 @ 6pm	Holiday Stress	<a href="https://parentnetworkwny.org/event/holiday-stress/">https://parentnetworkwny.org/event/holiday-stress/</a>
Saturday 12/5 @ 9am & Saturday 12/12 @ 9am	Building a Positive Relationship with Your Child (two-part series)	<a href="https://parentnetworkwny.org/event/building-a-positive-relationship-with-your-child/">https://parentnetworkwny.org/event/building-a-positive-relationship-with-your-child/</a>
Tuesday 12/8 @ 4:30pm	Diploma & Graduation Options	<a href="https://tinyurl.com/y4wec5hk">https://tinyurl.com/y4wec5hk</a>



The contents of this document were developed under a grant from the US Department of Education, #H325160003. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Carmen Sanchez.