

How do you respond to 'That's not fair'?

For many kids, "That's not fair!" is an all-purpose complaint against their parents. Parents want to be fair, but what a parent sees as fair may not appear the same way to a child.

Here's how to respond:

- *Point out that "fair" doesn't always mean "equal."* If Mikey has outgrown his shoes and needs a new pair, that doesn't mean every member of the family gets new shoes. Or if Sara has to stay inside to complete a school project, that doesn't mean everyone else has to do the same.
- *Be understanding, but firm.* If your child wants a new toy, hear her out. If you can't afford it, tell her you understand and that it looks like a great toy, but it simply is not in your budget.

GUIDING
IDEAS



- *Ask what would be fair.* "Your sister finished all her reading, so she gets to go to her friend's house to watch a movie. What is something fun that we could do together after you finish your homework?" Your child may have some pretty good ideas.

Firm, Fair & Consistent

Copyright © 2015 The Parent Institute, a division of NIS, Inc. www.parent-institute.com
May be reproduced by Firm, Fair & Consistent® newsletter subscribers.

THE
PARENT
INSTITUTE