

**C** stands for the control your child is to have over themselves but not over parents or situations. Parents have two jobs as parents 1. To love them and keep them safe and 2. To make sure they know how to follow rules because they won't be happy, successful or possibly safe if they can't.

Personal power means they can decide 1. What to think 2. How to feel 3. What to say 4. What to not say and 5. How to act. Depending on those choices will be the outcomes and when you are angry, sad, anxious etc. you are giving your power away.

**O** stands for limited options. Give the child some choices--all acceptable to you the parent.

**N** is for neutrality and non-defensiveness. Try not to allow children to be in control of your emotions and to try not to take what they say personally. It is VERY hard because they can be so good at wounding but they are just trying to be in control and get what they want.

**T\*** is for trust because it doesn't always matter if the rules are the same or if there is structure or consistency (too much is actually harmful because then children don't learn how to handle change) but follow through is important so use only small consequences (instead of punishment or discipline think of applying consequences both positive and negative) so you can stick to them.

**R** stands for both respect and reflective. When applying consequences always show respect, even when you are not being respected because you are the adult and the role model. And while neutrality is your base, if you reflect the tone your child is using: anger, sorrow, fear, try to use that same tone and your child will more easily develop empathy.

**O\*** is for others because sometimes your child will try to manipulate family members, teachers, school staff and get them to feel sorry for them because you are 'parenting'.

**L\*** is for love because while you are busy loving your child, they are sometimes mixing it up with pity and getting what they want or their way by being a victim. This is hard to swallow because you know you are just applying consequences. When you are applying positive consequences make sure you say, you got this because you earned it or because we love you so much!

Parenting is the hardest job there is and sometimes it comes with the smallest appreciation so be sure you take care of you because you can't pour from an empty pitcher.

\* T, O and L applicable to RAD youth; remaining letters (C, O, N and R) applicable to all youth.