

PARENT TALK

Katy parents share tips on common topics we all face



Q *What is your advice for taking babies off of a bottle?*

Sippy Progress

"It took me until about 13 months or so with both of my girls to get them completely off. I started with water in the sippy, milk in the bottle, and just kept offering it. Eventually we started slowly making progress."

- Rebecca S.

Don't Wait

"The longer you wait the harder it is! They find things to get attached to very easily and it almost becomes more off a habit than a need for them. Make sure daycare is on the same page with you and that will help."

- Courtney D.

Q *How do you connect with a strong-willed child?*

Recommended Reading

"I recommend reading *You Can't Make Me (But I Can Be Persuaded)* or *The Strong-Willed Child*. Mine mellowed out and we survived."

- Karen S.

Their Level

"Play board games with her or read books of her choosing! Getting down on my daughter's level and having her show me what she likes has helped. Took her a while to decide that it'd be fun, but she came around."

- Ashley F.

Parenting Books

"*Raising Your Spirited Child* is a book that takes a different approach than most, but one that seems gentler."

- Michelle M.

Finding Motivation

"I think it's a matter of not 'fighting' with them. You're smarter than they are. You have to figure out what motivates them."

- Misty P.

Q *How do you teach your child to deal with a class bully?*

Be Prepared

"It is sad that they have to deal with 'mean girls.' If you teach them how to handle it appropriately, they will be well-equipped to handle them as they appear."

- Cynthia A.

Notify Parents

"Let the parents know you are aware of the behavior and allow them face-saving grace. This also provides a positive role model for your children and diminishes the power of mean children or parents."

- Terry G.

Not Okay

"Let them know that disrespectful, mean, or hurtful things are not okay. It won't be 'cool' or 'funny' when it happens to their child."

- Krislyn K.

Wrinkled Hearts

"Our kindergarten teacher has an amazing approach called 'wrinkled hearts.' Basically you don't want to wrinkle someone else's heart or have your heart wrinkled. It's been a simple and easy concept to teach our daughter and has gone a long way in navigating feelings at school."

- Gina B.

Walk Away

"I tell my kids to just walk away and tell the other mean person that they are not being nice."

- Ann P.



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