

No shame...no blame

Promoting emotional intelligence

It happens all the time.

Your kids have violated curfew, broken something, or made some other kind of mistake. And when you first find out, there's a lot of negative energy in the air.

While it's easy to get angry, and shame and blame your kids, there's a better approach.

Take a deep breathe, and ask your child a series of questions:

What happened?

What did you do?

What were you feeling?

What did others do?

How could you have handled it differently?

These questions help parents to get to the bottom of the situation without shaming. When the information is shared, take some time before deciding the consequence.

And remember, "It behooves a father to be blameless if he expects his child to be." (Homer)

From: Mark Brandenburg's *Dads Don't Fix Your Kids* Newsletter
(see: www.markbrandenburg.com).

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Hawai'i Coalition for Dads

Promoting involved, nurturing, responsible fatherhood

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