

Toe the line when son whines, lies

Yvette:

I have a 9-year-old boy who lies and whines every time he gets into trouble. How do I get him to stop doing both?

Naomi

Naomi:

Your son whines and lies because it has worked for him up to this point. We teach our children how to treat us. Your son has learned that if he whines or minimizes his conduct, he won't be punished.

When he starts to whine, tell him to stop and use his words. Explain that lying will not be tolerated and that you want him to tell you the truth.

He should understand that lying will result in an additional consequence.

Each time he whines from now on, stop him and make him use his words.

Yvette:

My daughter seems to lack self-confidence. We constantly praise her. My husband and I are very involved in her life. We recently involved her school's guidance counselor since we're out of options.

Nothing seems to be improving her confidence.

She's very sociable but is a follower and a people-pleaser. She is 8. My husband and I would like her to be a stronger woman before something irreversible happens.

Jill

Jill:

While I appreciate your concern, it sounds like your daughter is happy and enjoying her friends. Some people are born leaders; others develop leadership skills along the way.

If she's behaving appropriately and not being mistreated by her friends, I wouldn't worry too much about her being a follower. She has a long way to go and many experiences will shape the person she will become.

Celebrate who she is. Being sociable and supportive of her friends are good traits. You may want to involve her in clubs or activities where she can develop leadership skills and be around strong positive girls such as Girl Scouts, sports or gymnastics.

As she grows, you and her father will teach her the life lessons she needs to learn. What's important is that she knows you love her the way she is. Focus on the positive — the rest will fall into place.

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Want to know how to deal with a 7-year-old who doesn't respond to consequences or a 4-year-old who refuses to listen? Log onto ColumbusParent.com to read Yvette's suggestions.

Yvette:

I am a registered nurse and I am currently pregnant with my first child. I was wondering what your thoughts on breast-feeding are?

Lisa

Lisa:

I am a strong advocate of breast-feeding. Breast-feeding makes for healthier babies and moms.

Research shows that babies who are breast-fed for six months have stronger immunities and are less likely to develop ear infections, diarrhea and respiratory illnesses.

In addition, breast-feeding creates a strong bond, delays the return of the menstrual cycle and saves hundreds of dollars on formula.

Breast-feeding is a wonderful experience that you'll treasure. It's difficult to explain the feeling of connection you'll have with your baby — it's magical and something you don't want to miss.

For more information, visit the National Women's Health Information Center at WomensHealth.gov.

Families are encouraged to send their parenting questions concerning their children's challenging or difficult behavioral issues to Brown at columbusparent@thisweeknews.com or *Columbus Parent Magazine*, 7801 N. Central Dr., Lewis Center, OH 43035.



Yvette McGee Brown is a former Domestic Relations/Juvenile Court Judge. She is currently the president of the Center for Child and Family Advocacy at Columbus Children's Hospital.