

Should You Interrupt Your Kids' Phone Calls?

Interrupting your son (or daughter) on the phone is a good opportunity to gain their respect for your authority.

Yes, interrupt him, yes, embarrass him in front of his 11-year-old friends. Do it now so that when he is a teenager, you won't have to do it again. That'll be a much bigger fight!

When you make a conscious decision that your son's friends and his feelings are more important (to you) than what you are saying, he will get *that* message loud and clear. So imagine the next time you need him to do something but he's on the phone with his friends or even just watching TV: What do you think he's going to do? My guess, he will ignore you. That's because you already told him before that his conversations with his friends are much more important to you than what you need or want him to do.

This goes for interrupting their TV shows (or movies), any of their 'hanging out with their friends' time, their relaxing time...whatever it is. Your interruptions helps them to understand your priorities: Your rules for them, your needs, and the needs of the household are more important than their needs. But by showing him that not embarrassing him in front of his friends (his need) is more important than your needs, well, he learns really quick that his needs are much more important than yours even in your mind.

Look back on how things were done when you were growing up. If chores needed to be done, we didn't go anywhere till they were done. If you were on the phone and I had a question, then you damn well better answer that question or the phone call ends. You gain the authority over your children by putting your needs as a parent first.

So I'm suggesting keep your eyes peeled and look for those opportunities to enforce your authority: When you need something done, turn off the TV to explain; take away that snack when you're talking to them; hang up on their call when you need them to listen to you. Take away their distraction. Then they have to listen and you don't waste your energy yelling. I hope this helps.

Love you with all my heart,



Mom

