



# 5 Quick Steps to Curing Whining

How to stop your 4 or 5 year old whining



# 5 Quick Steps to Curing Whining

## We've just released this Training

- This **5 step challenge** is going to show you how to master the parenting strategy of stopping whining
- Ways to develop the proper mind-set and prove you are doing the right thing



# 5 Quick Steps to Curing Whining

This training covers

## PART 1 – The 5 Quick Steps to Curing Whining

- Why this works
- What's involved
- How to do it – The 5 steps
- Thinking back and moving forward

## PART 2 – Your New Learning

- Hug, Listen, Appreciate!
- The final steps
- The benefits
- How to stay in touch if you need more help or want to talk about your experiences



# Who Am I?

I have been doing years of research with families all over the world. I am talking about **Canada**, the **USA**, East and West **Africa** and the West Indies in the **Caribbean**. I travelled doing research, teaching in Universities and living with new families and new communities. I have also found that people think the same way across all those articles that I have read and hearing what other experts have to say. Doing research means applying different ways of doing things, even so, that has made me realise that parents all over the world are the same.

***Everyone wants to be a good parent!***



# Who Am I

- As a parent myself I find I grow over the years as I learn from others. I learn from being a grandparent MYSELF. Just like the great Sigmund Freud, I watch my grandchild and I learn (Freud was an psychoanalyst who used observation to learn about human behaviours). While whining in the 4-5 year old can seem irrational to the parent, it may be connected to something rooted in the unconscious.
- Before I started writing these quick tips I wrote articles myself and I even wrote a book on parenting focusing on this wonderful age group, the pre-schooler of 4-5+years of age group. I believe that this training can change the way you interact with your child for life!



# PART 1



# Why This Works

- The 5 quick steps to curing whining works because I know what I am saying and I will say it in a way that you can understand.
- I use simple straightforward language.
- I've **discovered patterns** that almost ALL theories of early childhood development include and I've created a framework/approach that I am constantly improving on. I've focused on specific research and articles which test my theory of early development. I've spoken with **clinicians** and **social workers, educators** who work with this age category.

That's why I ask you to follow a set process



# Why This Works

- 5 Quick Steps to Curing Whining works because I am giving you this knowledge using audio and a pdf. This is because we all learn in different ways.
- So while I talk you can read or follow the written version or simply download the written text files or the audio.
- It works because if you have questions I will answer you as soon as you ask!





# Positive Thoughts

I feel good about my research because it has helped mothers to realise how much they really loved their children and how much that love was showing them the way to stimulate their 3 year olds into learning. This was the **SPARK** of building **self-confidence** and **self-esteem**.



# Positive Thoughts

Let me share some positive comments about me and my work with you...

- *“ I love you Grandma. I miss you”* (5 year old granddaughter)
- *“This is a **book [I Like Me ]** for all parents, grandparents, caregivers, early childhood personnel and all persons **who care about love**, look out for and want to ensure that we create a more child-friendly world/society for all children. It was indeed an honor and pleasure working with Dr. Wint on defining the **SHINE** acronym. Based on my years of involvement with working parents and children, I strongly recommend this book as **must read** and a valuable addition to your **parental tool kit**”* (Ruth Phillips Fevrier, Coordinator RCP, Early Childhood Services Unit, Ministry of Education, Human Resource Development & Labour, Saint Lucia).



# What's involved

- The first thing I am going to do is to suggest a routine for you. I suggest the best conditions for doing these 5 things that I recommend.

Suddenly, it is happening or it happened already.

- I am also going to give you what to do during the whining episode and what to do when you have a moment to think about what happened.

I said 5 Quick Steps to stop your 4 or 5 year old whining.

- **But be prepared to do what I tell you. It might feel strange.** Remember you want to feel calm, you need **peace** in your life and theirs too. It hurts you to see him or her screaming, whining and feeling miserable.



# What's Involved

- Look At How You Are Feeling Right Now
  - You are probably stressed
  - This is definitely not the first time this is happening
  - You are feeling confused and wondering what you are doing wrong



# A Technique Without Borders

- Each action is built on tried and tested techniques. Never mind the culture, the ethnicity, how many children you have. Each child is different and the environment changes. Circumstances surrounding them is different.
- Check in with your child's love languages (Gary Chapman) when you are interacting with them. At this stage, children need multiple communication styles to convey unconditional love. This technique addresses the communication of unconditional love to support curing whining in your preschooler.
- Using this technique works IN Spite OF the differences because every child goes through the same developmental changes/stages. Some might learn to write faster or others might learn to express love faster than another. Others might grow taller faster. There are however clear signs we can look for at every stage of development that guide us both physically and emotionally.





Whining is a good example of child development.

- As the child reaches 3 or 4 or 5 you will have an episode of whining. **It will happen!!**
- However, this must not continue into 6 years old. Therefore, follow these steps to make sure **whining stops** as soon as it starts.

**Ready... Set... Go!**



# STEP ONE

## STAY STILL

- No screaming.
- No shouting .
- No frustration or embarrassment activity

No Screaming



STAY STILL



# STEP TWO

## BE POSITIVE

- Tell yourself:

“ I am going to handle this effectively because  
**I love you [child's name]**”

Don't. just tell yourself. Believe it and do it

I Can Handle This

BE POSITIVE





# STEP THREE

## LOOK ME IN THE EYES

- “Now [name] stop what you are doing and look at me right in the eyes. Right in the eyes .”

(Repeat until you achieve this result).

Mommy  
doesn't care  
about me!

Daddy  
never listens  
to me!

I want to go  
with  
Grandma



# STEP FOUR

## TELL ME WHAT IS WRONG

- “Tell me what is wrong.
- What is the matter?
- Use your words so I can understand.
- Come on use your words.”

**AND LISTEN TOTALLY**



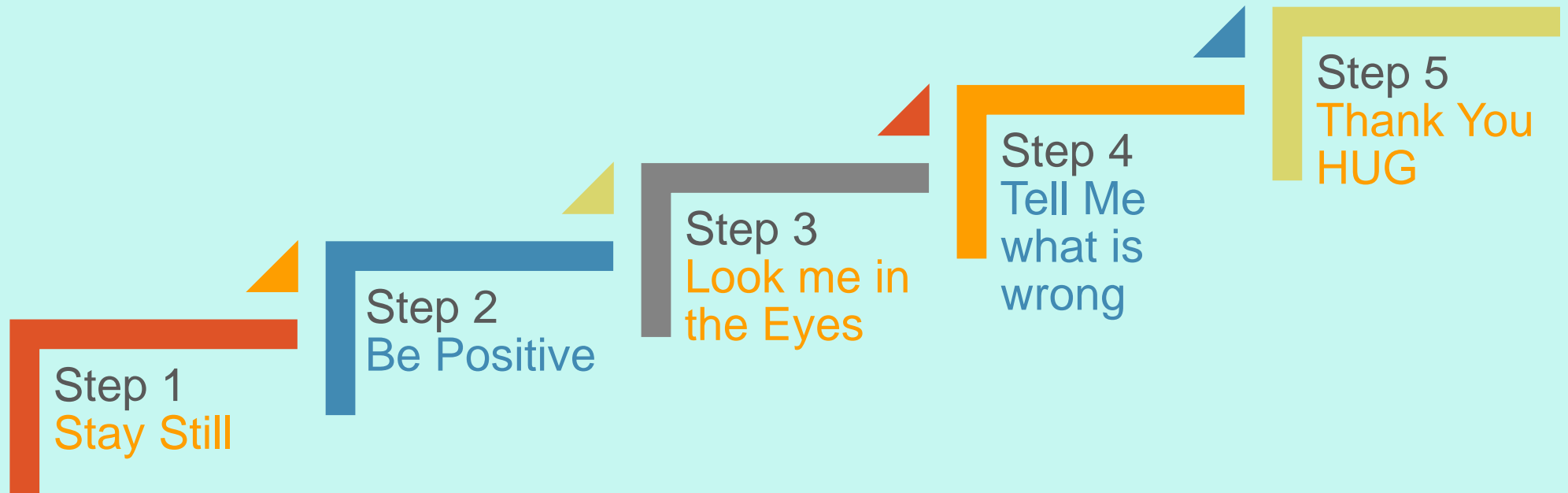
# STEP FIVE

## THANK YOU HUG

- “Thank you for using your words to explain. I understand now”.
- Stick to your position without confrontation.
- Promise to and ensure that you will talk about this later today.
- Agree to move on.
- A hug is good at this moment.
  - Or kiss, or high five, or holding hands and so on.



# The 5 Quick Steps To Curing Whining



# Thinking Back and Moving forward

In preparation for the next time this might happen, I want you to think about what was happening when this all started.

You will need to eliminate hunger, thirst, and tiredness. If this was not the case that the child was hungry or tired or thirsty then think again. Hunger, thirst and tiredness can and will make them whine when it seems no one is noticing their need.

But now that you have eliminated these, think hard about what was happening all around. Were you doing something else and not listening? Was the child feeling embarrassed at something that happened earlier?

*Or maybe you just can't find a reason!*



# Thinking Back and Moving Forward

Don't worry this happens all the time. It seems there is no reason.

So you have to decide to move on in the direction you want to take.

Did you decide, she is not going to have that ice cream so late at night.

Or, he must understand that his baby sister belongs to Mom also.

Do not stay where you are stressing and worrying or trying to find a reason.

Move on.



# What do the theories tell us

- When we feel connected to our child, offering guidance and correction **comes from a place of respect, kindness and love**. Dig deep and remember you love your child. You will always be kind to **your child** and remember, they **trust you** and **believe in you**.
- Offering guidance and correction **comes from a place of understanding that your child learns behaviours**. He or she learns what to do and say. He or she does not simply give in and do what they hear. They learn what brings the best most comforting results and the best rewards. In the long run, our children in return become more cooperative, feel safe and thrive.



# What do the theories tell us

When we feel connected to our child, offering guidance and correction:

- Comes from a place of connection not criticism. Constant criticism never brings success. Only loss of self-confidence.
- It comes from a place of their understanding. All of a sudden your child realises asking for something or speaking clearly makes sense and gets a quicker response than whining. Besides everybody gets upset when they scream not only Mom.





**HUG!!**  
**LISTEN!!**  
**APPRECIATE!!**

This is your new mantra!!



# HUG, LISTEN, APPRECIATE!



Consider your child's abilities (Are they truly able to do what you are asking?).

Consider your child's needs (Is she hungry, tired, sleepy, overwhelmed?) \*\*\*\* no lecturing.

Consider that change and learning takes time and repetition.

Validate feelings and experiences before making requests or offering corrections.



# PART 2

