



**THE #1 TOOL TO HAVE
IN YOUR PARENTING TOOLBOX**

This tool is the easiest and fastest way to start parenting better, and the best strategy to use in a challenging parenting moment.



Ask Questions

GET CURIOUS, NOT FURIOUS

I teach parents strategies to deal with challenging parenting situations, but there is no way to predict and prepare for every single situation that may come up. Every child is different, and parenting styles and values vary by family.

However, there is one tool that I teach that parents can always use, no matter what the situation. A tool that you can use right in the heat of the moment, that will help you figure out what you can do so you can parent most effectively — and that tool is **Ask Questions: Get Curious, Not Furious.**

Why are questions so powerful? It all has to do with how your brain works. Our brain is the single most powerful tool that we have available to us at the moment that we need it. You just have to know how it works, and how to make it work for you.

Questions help you tap into your own intelligence, think of solutions to problems, and figure out what you think is right for you, your children, and your family. The problem is that most of us aren't aware of how our brain works and how to use questions to help us.

When you ask a question - your brain can't help but start working on an answer. That is what it is wired to do. The problem is that when we are faced with a problem or challenging situation, we tend to ask the wrong kind of questions.

For example:

Why does this always happen?
Why can't they just listen for once?
Why is this so difficult?

THESE QUESTIONS AREN'T HELPFUL!



Understand that your brain is very literal, and has no sense of humor. So your brain will work on finding answers to make sure that it continues to happen that way, finding evidence that your kids don't listen and showing you why things are difficult.

Instead of questions that lead you down a path to the wrong answers and results that you don't want, power questions take you in the direction that you do want.

How can I make this easier? What lesson do I want to teach? How can I stay calm and parent effectively?

When you ask a question your brain will immediately get to work answering it. The key is to ask the right questions.

Asking the right questions is like driving a race car to get to your desired result instead of hopping on your bicycle. It makes things faster and easier.

In this guide, I am sharing my favorite questions to ask yourself as a parent, and my favorite questions for parents to ask their kids.

As you do this work, I caution you to stay away from judgment and shame. Don't blame yourself, telling yourself you're doing things wrong, or that you should be doing better. Judgment and shame shut down the learning centers in the brain, which stalls your progress before you even get started. I ask that you consider a desire to change and improve things as part of growing and expanding your life, not because you are doing something wrong.



Power Questions to ask for parenting Challenges

This is the list of questions I give to parents. Until they become second nature, you may need to write them down on an index card or sticky note to keep with you.

How can I parent most effectively right now?

What's my best response right now?

What lesson do I want to teach?

Bonus

Here is a great question to ask yourself in the morning!

How can I “show up” as my best today for myself and my family?



Power Questions to add to your tool box and use with your kids

There are all sorts of questions for different situations, but here are three of the top ones that can apply in multiple situations:

Why don't you want to?

(when they tell you they don't want to do something)

How do you think XX is feeling?

(to help develop empathy when they have done something that impacted someone else)

What can you do to make things right?

(helping them learn to take responsibility for their mistakes)

I've now given you some of my favorite questions, but consider that finding what questions work best for you will be like finding a new pair of jeans. You may need to try a few (or a lot!) on, until you find the questions that are most comfortable for you and feel best.

Keep trying on questions like you try on jeans, until you find the ones that make you feel the best and that work the best with your kids. The wording of the question can depend on the age of the child and may have to shift as your kids grow.





WANT MORE?

Hi! I'm Mel Peirce

Professional Certified Coach and Parenting Mentor

I help parents leave the guesswork behind by learning game-changing parenting tools so they can address and handle challenges with confidence.

The world has changed and the old ways of parenting aren't working anymore. Parents need a different skill set, one that most parents don't know and one that is opposite of our natural parenting instincts. The tools that work best are counterintuitive to how we naturally respond as parents.

If you don't know what to do or wonder if you're doing the right thing
If you feel like you're a bad parent
If you find parenting hard and wish it could be easier
Or even if you think you're doing a decent job but feel like you could be doing better...

I have tools that can help.

And if you think you've tried so many times to change in the past and nothing has worked, I can help. We uncover what's been keeping you from getting the results you want, and exactly what you can do differently to move you forward.

If you want to build your own Confident Parenting Toolbox to address challenges with ease, [click here](#) to learn how to work with me.