



A Momma's NO Means NO Guide

It's not easy to say NO when it's necessary and stick to it when attitudes arise, tempers flare and drama dominates. Not easy, but definitely doable! So, to help you be a YES MOM who says NO when necessary and whose NO means NO and whose YES means YES, here are 7 tips to help you say NO and mean it.

1. Define House Rules and Boundaries ~

Children need to know what is and what is not acceptable and why in their home. Parents who establish rules and boundaries provide a foundation for their children as well as validation for their responses to their children's requests.

2. Think Before You Speak ~

Don't let NO become your default. Before you give your answer, think about three things.

1. Will it conflict with the established boundaries or rules?
2. Could my children or others be hurt physically, emotionally, educationally morally or spiritually?
3. Is there any reason I should NOT say YES? (financially, relationally, because of schedule, because they need to learn NO, because it would spoil them, because it would feed a bad habit, etc...)

3. Be Willing to Explain and Involve Them ~

Yes. Sometimes, "Because I said so!" is a valid answer. You are the parent, and they need to know they can trust your judgement and your love for them. BUT, they also will grow in wisdom as you not only explain, but also allow them a chance to think it through for themselves first. Help them to develop the ability to understand cause and effect, consequences, inability to do everything you want when you want, financial limitations, scheduling conflicts, decisions based on responsibilities and priorities.

4. No Drama for Mama ~

Once you have decided NO is necessary, just say NO and don't allow their attitudes to drag you into the drama. Remember... YOU ARE THE MOMMA. This may be hard, but once you say NO, let it go and don't allow your children to dictate your response to theirs.

5. Be Confident in Your Decision ~

One of the reasons moms cave in or fail to say NO when they should is because they aren't confident with their decision, have failed to think it through or struggle with insecurities of their own. Go back to #1 and 2 and it will help you have the confidence to say NO when necessary and mean it.