

Assertiveness

**In this case you need to be a parent not a friend
{I know it's hard.}**

Consider the following scenario.



Your son/daughter comes in from school asking for some sweets. You don't want them to have any but they keep going on about it.

How might you react?

REMEMBER

It's OK to say NO

Try not to get angry

Stay calm be assertive, consistent and stay strong.

Remember it's for the health of your child.