


The Mommy Guilt Chart

Where your focus lies, is where you will be successful.
Focus and put priority on what you want to change, and it will happen.

Feel guilty about	 What to do
Yelling at child	Yelling does not work. Lower voice immediately. Use firm, calm voice, and look child in the eye. Give specific instructions on what you want to see, not what you don't (ex: "feet still" or "voice off").
Hitting	Catch yourself when you get angry. Understand that hitting teaches kids to hit. Get down on their level, look them in the eye, and give instructions as stated above.
Not giving child enough attention	Start with five minutes. Make a concerted effort to clear off five minutes a day (or several times a day) and give your child undivided attention. Then increase to ten minutes. It may seem hard to make the time, but starting out with small increments gives you immediate success and encouragement that carving out more isn't as difficult as you thought.
Toilet Training	Research readiness signs. If child is ready, go for it. Stay consistent; that will be most of your battle. Clear your calendar for several days to give potty training absolute priority.
Spanking	Use time-outs instead. State one time why they are going to time-out. No touching, no talking, and no eye contact during the time-out. If they get up, put them back in. They may think it's a game at first, but they will get tired of it. Crying is fine. It lets them know it's not fun, it's not supposed to be. Let child out of time-out when they are calm. For two and three year olds, limit to three to five minutes, unless they are in hysterics. If so, leave them in until they calm down.
Siblings get unequal time	Explain to kids that younger sibs need your time. You gave it to them when they were little, now it's the younger child's turn. Make absolute sure that the older children get undivided time with you. Start with five minutes as stated above, and work up from there. Once the child is feeling better and "loved", and behavior calms down, you can start working on engaging the older sib in family/ group activities (games, helping with dinner, etc.)