

Secret Kid Code

(to cracking unwanted behaviors)

What is a secret code?

A word or phrase you can use instead of calling attention to an unwanted behavior.

Why it works

It allows for connection instead of shame. It takes something tricky, turns it in to something lighter, and avoids a power struggle. It strengthens your bond because it's you and your little one "against" the behavior instead of you against your little one.

Creating the Code

Do this with your kid(s)! Find something that makes sense to both of you. It can be discrete, silly, or simple. See some real life examples below.

"Wiggle Worm"

Code for when my kiddo picks his nose. Instead of "stop picking your nose" or "fingers down", saying "wiggle worm" made him laugh (and stop) every time!

"Robot Time"

Code for when my kids are being too rough with each other or toys. When they hear it, they have to stop, stand up, and do a robot move/voice. I've even heard them use it with each other.

"Time for a spin!"

When tensions are high, I say this, pick up my kiddo, give them a big hug, and spin them around. It's a way for us to reset the environment anytime things are feeling off.

"Let's beat the song"

We use this to avoid power struggles (i.e. getting ready for school, clean up). Instead of timers or constant reminders, we put on a fun song and try to do the task before its over.

