

The No-Nag Conversation

If you have said the same thing to your child three times today — pick up your bag, brush your teeth, did you do your homework — you are not alone, and you are not doing it wrong. The reminding happens because the doing does not, and both of you are tired of the cycle.

This is not a conversation about trying harder. Trying harder is what both of you have already been doing. This is a conversation about building something that works better than reminding — together.

Three things before you start

Do not have this conversation during a reminding moment. Both of you will be too irritated for it to land. Choose a neutral time — a drive, a walk, a meal with no homework on the table.

Start by admitting your side of it. “I know I repeat myself. I do not like it either.” That sentence, said honestly, opens a door that six reminders never will.

Let your child design part of the solution. A system they helped build is one they will actually use. A system handed to them is just another thing to be reminded about.

About the reminding

- *What is the thing I remind you about most often? (Can you both agree on the answer?)*
- *When I remind you, what actually happens inside you? Do you hear it, tune it out, get annoyed — or something else?*
- *Is there anything you always do without being asked? What makes that one different?*

About the doing

- *What gets in the way of doing the thing? Not “why don’t you do it” — what actually gets in the way?*
- *Is there a time of day when it would actually be easy to get it done? When does your brain cooperate?*
- *If nobody reminded you about anything for a whole week, what do you honestly think would happen?*

About the plan

- *If you could take full ownership of one thing — no reminding, no checking, just yours — what would you pick?*
 - *When asking is still needed, how do you want to be asked? What words? What tone?*
 - *What should I do differently? (This one is for your child to answer honestly. Listen all the way to the end.)*
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Conversations like these are the heart of every KireKids book.

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