

Examples for When to Use Mindful Ignoring

- Your child complains or makes a face when you ask them to do something, but they do what you asked.
- Your child starts to argue with you after you state a rule.
- Your daughter and son quarrel but calmly and respectfully.
- Your toddler screams every time they use the toilet, but they are using the toilet properly.

Examples for When NOT to Use Mindful Ignoring

- Your child tells you that they hate their sibling and says they are “stupid.”
- You ask your child to do something for you, and, as they start to do it, they complain and throw an object.
- Your child came home late and it is clear they have been drinking.
- You are at the park with your child and they push another child off the swing.
- Your child is playing with friends too close to the street; this is dangerous and needs parental attention and action to safeguard children.