

Your Kids Aren't Misbehaving—They're Looking for This

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<https://www.youtube.com/watch?v=8dDzGVmibLM>

SUMMARY

Many parents struggle with feeling like their children have figured out how to manipulate them, leading to inconsistent boundaries and unclear expectations. This behavior is not defiance but rather a child's way of seeking security and predictability in their environment. The speaker offers a solution through a free 5-day challenge called the Family Reset, aimed at helping parents establish clearer rules and a more secure household.

- Kids often push boundaries not out of defiance, but to seek clarity and security.
- Inconsistent parenting can lead to stress in children, indicated by higher cortisol levels.
- Clear rules and expectations are essential for a child's sense of safety.
- Parents may struggle with self-doubt and hesitation, contributing to wishy-washy boundaries.
- The Family Reset challenge is designed to help parents gain clarity and confidence in their parenting.
- Establishing a secure household can improve children's behavior and overall family dynamics.

If it sometimes feels like your kids have you figured out like a vending machine, they know exactly which buttons to push, how often to press them, and they're not afraid to shake the machine to get exactly what they want, then listen up. I was exactly in your shoes, and this is not a discipline problem. They're not bad kids. They've just got you figured out. Things like inconsistency, you know, hesitating, self-doubt in your parenting can lead to wishy-washy boundaries, to inconsistent rules, and to unclear expectations. And when kids feel like the rules aren't really clear in the household, they push back. That is not defiance. That is them scanning for the walls. They want to feel for the guardrails so that they can feel safe and secure. And here's the interesting data point. Kids in homes with unclear rules, with a lot of negotiations, often have much higher levels of cortisol because of that stress of always feeling where the safety is, where the rules are, where the security or predictability and rhythm lies.

Now, if that's something that you feel like you're struggling with in your household, I have really good news for you. I've been where you are, and you can absolutely gain the clarity, the confidence, and the leadership skills to move out of that, and to give your kids the secure household that they so crave, that their behavior is showing you that they need. I'm running a free 5-day challenge called the Family Reset. Just find the link somewhere around this video, or comment reset below, and I will invite you in. I can't wait to have you on the inside.