

Parent Success Story

Self-Control

This story is from Heidi in London, Ontario.

Learning to wait

We have a routine at our house—Friday night is pizza night. And my 2-year old son loves pizza. So, he sometimes starts asking me a day ahead of time whether Daddy’s coming home with pizza tonight. I patiently explain to him that Pizza night is on Friday. And then I tell him that today isn’t Friday, it’s Thursday. After that I talk a bit about the days of the week with him. And then I ask him, “If today is Thursday, is daddy going to come home with pizza?” And I help him answer, “No, today isn’t Friday. Tomorrow is Friday.” And then I say, “So tomorrow daddy will come home with pizza.” If we start at a young age, by the time my son gets older, he’ll know that he’s not always going to get everything he wants right when he wants it. And that will help him to be able to wait for things he wants in life.