

## How do you respond to 'That's not fair'?

For many kids, "That's not fair!" is an all-purpose complaint against their parents. Parents want to be fair, but what a parent sees as fair may not appear the same way to a child.

Here's how to respond:

- **Point out that "fair"** doesn't always mean "equal." If Mikey has outgrown his shoes and needs a new pair, that doesn't mean every member of the family gets new shoes. Or if Sara has to stay inside to complete a school project, that doesn't mean everyone else has to do the same.
- **Be understanding, but firm.** If your child wants a new toy, hear her out. If you can't afford it, tell her you understand and that it looks like a great toy, but it simply is not in your budget.
- **Ask what would be fair.** "Your sister finished all her reading, so she gets to go to her friend's house to watch a movie. What is something fun that we could do together after you finish your homework?" Your child may have some pretty good ideas.



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