What to Say to Kids When Nothing Seems to Work

A Practical Guide for Parents and Caregivers

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If you’ve ever been told: “I don’t want to,” “I’m not talking to you,” and “You love my sister more,” Drs. Ashley Miller and Adele Lafrance have the fresh take you need when nothing seems to work!

Together, adolescent psychiatrist, Dr. Ashley Miller, and clinical psychologist, Dr. Adele Lafrance, have more than 30 years of experience working with children and their families. Their new book, *What to Say to Kids When Nothing Seems to Work*, offers hope, compassion, and tried-and-true tips that, when put into practice, may seem like a miracle.

Bringing a little humor into the chaos of life with kids, parents will find real-life examples that help them understand their kids’ behavior and emotions. Among all the parenting books available, Drs. Miller and Lafrance set themselves apart by focusing on how parents can make educated guesses about what their children are feeling, validating those feelings (even to the point of leaning in to them), and providing concrete support strategies to help manage current and future situations in a way that leaves everyone feeling better.

These are just some of the confounding and challenging issues Drs. Miller and Lafrance can help you solve:

- “I don’t want to”
- “I’m so bad/stupid”
- “You just don’t get it”
- “Don’t go to work”
- “I hate my life”
- “Don’t make me go to Mom’s/Dad’s”
- “Why are you talking to me like that?”
Ask Drs. Miller and Lafrance

@ You spend all day talking to kids. What do they tell you they want their parents to say to them?
@ Why do parents try to fix the problem instead of listening to what their kids want from them?
@ Why do some kids need more validation and emotional support than others?
@ Your book has a chapter on managing disagreements between co-parents. Why was this important to you to include? What advice do you have for co-parents who disagree?
@ You talk about validating kids’ feelings. What does that really mean? Does validating their feelings make kids think you agree with their negative behavior?
@ Why don’t you suggest parents send kids to their rooms to calm down?
@ Can you give an example of what to say when my child suggests that I love my other child more?
@ This book isn’t just for parents of small children. You also discuss topics like depression and anxiety in teenagers. Do you have any strategies in your book that might improve kids’ and teens’ mental health?
@ You have a chapter called “the do-over.” What is that about?
@ What sets your books apart from other parenting books?

About Dr. Ashley Miller

Ashley Miller, MD is a child and adolescent psychiatrist, family therapist and award-winning educator. She is a clinical assistant professor of psychiatry at the University of British Columbia where she serves as co-director of family therapy training. She loves working with children, teens and families daily, helping them to reconnect to their own strengths and to each other. Dr. Miller is a respected writer, speaker and media expert featured regularly at professional conferences, on air, and in publications such as Today’s Parent. She wrote What to Say to Kids When Nothing Seems to Work to bring together some of the most helpful and practical science-based strategies she has encountered over her 15 years as both a parent and a child psychiatrist. She lives in Vancouver, BC with her husband and two children.

About Dr. Adele Lafrance

Adele Lafrance, PhD, is an internationally recognized clinical psychologist, research scientist, and co-developer of Emotion-Focused Family Therapy. She offers workshops for the general public and mental health agencies worldwide. A frequent keynote speaker at professional conferences, Dr. Lafrance has published extensively in the field of emotion and health, including a clinical manual to support families published by the American Psychological Association. In addition to her work as a psychologist and academic, Dr. Lafrance is passionate about helping parents to support their kids in a way that is informed by the latest developments in neuroscience. The knowledge and tips in her book, What to Say to Kids When Nothing Seems to Work, also reflect the unique joys and challenges Adele has experienced firsthand as a step-parent.