

## Alfie Kohn: Happy Kids, Better Relationships (33m)

This episode features an interview of education and parenting researcher, writer, and lecturer Alfie Kohn from 2016 by Neil Sattin of Relationship Alive! When it comes to parenting, rewards and punishments are an easy one-size-fits all approach that lets people go into auto-parenting, but unfortunately does more harm than good. While rewards and punishments may get the short term reactions we are looking for, there is a lot of research and evidence suggesting that this parenting style ultimately damages and holds children back. The alternative is not just the absence of bribes and threats, but an entire complex network of guidelines – the most important being that you let your kids know that you accept them no matter what. With this attitude you can begin to work WITH your child, getting to know their perspective and world, and bring them into decision making. Children learn to make good decisions by making decisions (and learning), rather than learning to follow directions (on making good decisions). Purchase books by Alfie Kohn on Amazon [here](#).

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