

# 5 Simple Daily Habits to End Power Struggles *With Your Preteen*

How calm, confident communication can rebuild  
connection — starting today.

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Most moms don't wake up wanting to argue with their kids.

But somehow, the day turns into raised voices, power struggles, and distance. A few years ago, that was my home.

After losing my mom, I realized something that changed everything: Life is short — and the way I was parenting wasn't creating the connection I wanted. I wasn't broken. My kids weren't difficult. I just didn't have the right habits.

Small daily changes rebuilt my relationship with my kids, turned tension into calm communication, and brought peace back into our home.

These are the exact 5 habits that made the biggest difference.  
You don't need more discipline.  
You don't need to be perfect.  
You just need the right daily habits.

# 1

## THE 5-MINUTE CONNECTION RITUAL

Right now, days probably feel full of reminders, corrections, and tension. And somewhere in the middle of all that, real connection gets lost.

This habit creates one small moment every day where your child feels safe, seen, and chosen.

### How to use it:

Pick the same time each day — after school, bedtime, or before dinner.

Sit together for five minutes.

No phone. No teaching. No fixing.

Let your child choose what to talk about.

### What starts to change:

When a preteen feels noticed without being corrected, resistance softens.

Power struggles begin to fade — not because you forced them to, but because connection came first.

# 2

## LOWER YOUR VOICE TO RAISE COOPERATION

When voices get louder, hearts usually get further apart. In those moments, your child isn't choosing to ignore you. Their nervous system is simply protecting them.

**Next time tension rises, try this:**

Pause for one breath.

Lower your voice just one level.

Slow your words.

**What happens next:**

Your calm tells your child, “You’re safe here.”

Safety opens the door to listening.

Listening opens the door to cooperation.

**3**

### **THE ONE-SENTENCE DIRECTION**

If you ever find yourself explaining... and explaining... and explaining — you’re not alone.

Too many words often turn simple moments into long arguments.

**Try one clear sentence instead:**

“Shoes on now, please.”

Then stop talking.

It may feel uncomfortable at first. But silence gives your child space to choose cooperation without feeling controlled. And something surprising happens: The fewer words you use, the less resistance shows up.

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## **DAILY POSITIVE NOTICING**

Most days, it's easy to notice what's not working. This habit gently shifts what your child begins to repeat. Once today, notice something specific done well.

### **You might say:**

"I noticed you started your homework without being reminded. That shows responsibility."

### **What begins to change:**

Your child feels seen for who they are becoming — not just corrected for what they did wrong.

Confidence grows.

Positive behavior shows up more often.

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## **REPAIR BEFORE BED**

Some days end beautifully.

Others end with tension, tears, or silence. This habit makes sure connection always comes before sleep.

**Or gently say:**

“I love you no matter what happened today.”

**Why this matters so much:**

A connected bedtime helps your child fall asleep feeling safe. And tomorrow begins with a softer heart — for both of you.

## **You Don't Have to Figure This Out Alone**

If these small habits brought even a little more calm into your home, that matters.

Every week on my podcast, Confidence in Motherhood, simple daily habits turn power struggles into calm, confident communication with preteens — one day at a time.

 **Listen to Confidence in Motherhood podcast, and stay close!**

More simple strategies will arrive by email — designed to make mornings easier, evenings calmer, and connection feel natural again.

- Small moments.
- Stronger relationships.
- Peaceful homes.