

Homework [P 7]

Make it Real Homework – Lesson 1

- This week, think about what parenting style best describes you (rescuer, dictator, consultant). Why do you think you lean toward this style of parenting?
- Are there some areas where you need to redefine “success” in parenting? If so, how you can model that for your children?
- Practice empathy by spending some time engaged in an activity your child enjoys. Ask them what it is about that activity they love so much.

Make it Real Homework – Lesson 2

- This week, give your kids more age-appropriate choices / experiences and allow them to experience the consequences of their choices.
- If the chance arises, try exploration *with* empathy.

Make it Real Homework – Lesson 3

- Look for situations where you are reluctant to exercise your authority and consider the fears that are preventing you from taking appropriate action.
- Are your boundaries clear and consistent or do they vacillate from day to day depending on your mood? Take some time to clarify your expectations and make a commitment to deliver consequences consistently when your child goes outside these boundaries.
- This week, try to make dinnertime enjoyable. Research shows that families who eat dinner together at least five times per week are substantially less likely to have kids who smoke, drink, lie, use drugs, have premarital sex, or contemplate suicide. Is dinner a time for fun and sharing, or an opportunity to grill your kids about the things you feel they should be doing? Instead of forcing conversation about issues that concern *you* (homework, projects, sports, etc), postpone those discussions, focus on enjoying dinnertime. Let *your kids* talk.

Make it Real Homework – Lesson 4

- Choose a minor “backpack” issue that you have been tempted to take from your child (by rescuing or dictating). Instead, try using the techniques in the chart above.
- Try to recognize where your child tries to pull you off balance. How can you stay in balance and respond empathetically?

Make it Real Homework – Lesson 5

- Reread the developmental stage for each of your kids. Identify those areas where you may have attributed unrealistic capabilities to your kids.

- Reflect on your own development. Think about whether you may still struggle with the challenges of any of the stages.

Make it Real Homework – Lesson 6

- Take a couple of the chronic issues with which you struggle and turn them into positive choices.
- Look for an instance where you can diffuse a control battle by giving choices.

Make it Real Homework – Lesson 7

- Work on your consequence worksheets.
- Pick an issue that has become chronic. Devise an action strategy you might use to help resolve the issue. Use the four steps discussed earlier.

Make it Real Homework – Lesson 8

- Identify some areas where empathy is difficult because you are not following through with needed consequences.
- What are some other areas where it is hard for you to be empathetic? How could you improve?