



Homework Schedule

Week 1 - Understanding Children's Behavior and Misbehavior.

During the coming week, analyze your child's misbehavior according to one of the four goals:

1. Attention 2. Power 3. Revenge 4. Inadequacy

1. Describe what your child did.
2. Describe your feelings and exactly how you reacted.
3. Describe how the child responded to your reaction.
4. Using the four goals of misbehavior, decide what must have been the purpose of the child's behavior.

Handouts:

Expectations Inventory
Adult Feelings Chart
Exercise-Discipline Inventory

Week 2 - Emotions and Developmental Levels

During week 2 analyze your children's emotional displays:

- A. During times of emotion for your child, how did you respond to your child?
- B. How did your own feelings influence your response to your child?

Handouts:

Anger Inventory
Developmental Stages
Child feelings chart

Week 3 - Encouragement

This week, find ways to encourage your children. In each instance, notice what happened, how you encourage the child, and the child's response. You can take notes and share your experiences with your partner or a friend.

Handouts:

Communicating for Connection
The Characteristics of Children Under Stress
Helping Children with Feelings

Week 4 – Reflective Listening

Practice using reflective listening in your communication with your children. Take notes and share your experiences next week.

Handouts:

Effective Listening
Seeing Your Children
Commenting on What You See

Week 5 – Effective Communication

Practice using “I messages” and help your child explore alternatives.

Handouts:

I Statements Template
Parenting Phrases to Soothe and Support
Tips for Parents