

# parenting network

*Improving family harmony and relationships*

## Setting Limits Series: Class #1 – Morning Struggles

**Please complete these statements and print a copy for use during the class.**

1 thing that makes me angry in the morning is \_\_\_\_\_

\_\_\_\_\_

1 thing that is going well in the morning \_\_\_\_\_

\_\_\_\_\_

Things I want my child to do in the morning \_\_\_\_\_

\_\_\_\_\_

Things I don't want my child to do in the morning \_\_\_\_\_

\_\_\_\_\_

1 situation I would like to improve in the morning \_\_\_\_\_

\_\_\_\_\_

1 skill I would like my child to learn is (i.e. a skill that would help him/her function better in life) \_\_\_\_\_

\_\_\_\_\_

The following item we will complete during the class.

Life skills list:


Please print the following worksheets and have ready to use during class.

**Worksheet for Morning Struggles: 3 Different Households**

**Household #1**

What are your THOUGHTS and FEELINGS as the child? \_\_\_\_\_  
\_\_\_\_\_

Are you likely to be cooperative? \_\_\_\_\_

What am I likely feeling and thinking as your parent? \_\_\_\_\_  
\_\_\_\_\_

Which of the life skills is the parent discouraging? \_\_\_\_\_  
\_\_\_\_\_

**Household #2**

What are your THOUGHTS and FEELINGS as the child? \_\_\_\_\_  
\_\_\_\_\_

Are you likely to be cooperative? \_\_\_\_\_

What am I likely feeling and thinking as your parent? \_\_\_\_\_  
\_\_\_\_\_

Which of the life skills is the parent discouraging? \_\_\_\_\_  
\_\_\_\_\_

**Household #3**

What are your THOUGHTS and FEELINGS as the child? \_\_\_\_\_  
\_\_\_\_\_

Are you likely to be cooperative? \_\_\_\_\_

What am I likely feeling and thinking as your parent? \_\_\_\_\_  
\_\_\_\_\_

Which of the life skills is the parent encouraging? \_\_\_\_\_  
\_\_\_\_\_

**What would help us achieve this harmony in our homes?**

- Look after ourselves
- Embrace a more positive attitude of the child
- Embrace a more positive attitude
- Establish routines together
- Set limits for ourselves
- Teach responsibility – define
- Don't interfere with natural consequences (no intervention by parent)
- Use Logical Consequences
- Give child ways to contribute
- Training – 4 steps
- Improve Communication skills

