

## Homework for Parenting – Ages 5 and Under



Add your answers to each lesson's homework below.

### Lesson 1

1. What is one of your child's behaviors that you'd like to change? How do you currently respond to that behavior? Jot down new ideas for responding as you go through rest of the course.
2. Think about how you were raised. What do you think your parents did very well? What things would you like to do differently for your children? If you are parenting with someone else, discuss your answers. The way each of you was parented influences how you will parent your children.
3. Read the article "[Critical Comments Flow Freely From Parents](#)". What's one thing you learned from reading it?
4. This week focus on paying attention to your children's good behavior. Challenge yourself to make at least 3 positive, specific comments on your children's behavior each day. What were some of the comments you made? How did your comments affect your kids?
5. You are invited to join a [private Facebook group for parents who have taken a Priceless Parenting class](#). This group is a place for you to share your parenting challenges, successes, new ideas and to provide support to others.

## Lesson 2

1. Review the [Centers for Disease Control's milestones page](#) for what your child should be able to do at their age and how you can help their development. What concerns, if any, do you have about your child's development?
2. Young children need lots of loving attention. This week try spending extra time playing with them or reading to them. What did you do and how did it go?
3. Write down the amount of time your children are spending in front of screens each day this week (TV, videos, computers, digital games). How does this compare to the recommendations? Read the article "[Limiting Screen Time for Kids](#)" for ideas on setting limits.
4. Young children can get into serious trouble quickly. What changes will you make to keep your children safe?
5. Could your child benefit from learning some sign language? If so, you can learn a lot of basic signs at the [Baby Sign Language](#) site.

## Lesson 3

1. Which of your children's current behavior do you feel you need to set a limit on?
2. How do you typically respond to this behavior?
3. What new response do you think may work better? Think about how you can stay calm and positively connect with your child before responding to the behavior.
4. How did your new response work?
5. This week guide your children to saying "please" and "thank you" at appropriate times. For older children you may want to come up with a signal that reminds them if they forget.

## Lesson 4

1. When your children misbehave, try responding first with empathy. Describe a situation and how you responded with empathy.
2. Focus on letting your children do the things they are capable of doing. This week find one new thing you could let your children do, explain how to do it and then give them this responsibility.
3. When young children are misbehaving, they often have a problem and lack the skills to solve it. Try looking for the problem underlying their misbehavior. Were you able to identify an underlying problem and help your children resolve it? Explain the situation.
4. This week allow your children make a mistake when they're not in any danger of getting injured. Write down one example of a mistake you let them make.

## Lesson 5

1. Practice staying calm with your children. Challenge yourself to go the entire day without yelling at them. What helps you the most to remain calm?
2. When your children ask you for something, try responding positively. One way to do this is to agree to fulfill the request at a future time. What's one example of how you said "yes" instead of "no"?
3. Pay attention to any power struggles with your children. Are you trying to control something that your child ultimately controls? If so, how can you change your focus to controlling your own behavior?
4. One thing you absolutely control is what you say to your children. Today notice something you enjoy about your children and tell them. What did you say and how did your children respond?

## Lesson 6

1. Try to find ways to give your children as many choices as possible this week. Pay attention to how you feel and how they react to these choices. What are some choices you gave them?
2. If your children are old enough, find a way to let them help prepare a simple snack. For example, you might spread peanut butter on celery and let them add the raisins on top of the peanut butter. What did your child do to help?
3. Spend one day tallying the number of commands you give your kids. How many did you give them? When are you most likely to give them commands?
4. Next spend one day focused on avoiding commands. One way to do this is to ask your child a question instead of issuing a command. How did you avoid using commands?
5. The next time you are in a situation where your child is unlikely to want to leave, discuss your expectations ahead of time. Ask your child to explain those expectations back to you in her own words. Did you find this discussion helped your child when it came time to leave?

## Lesson 7

1. Look at how the drugs in your house are stored. Do you need to do something different to make sure your kids don't accidentally have access to those drugs?
2. If you have guns in the house, what have you done to ensure they are stored safely in a way that your kids can't get them?
3. If your kids are older than 2, begin talking about the differences between good and bad touch ([these books can help](#)). Be specific about what your children should do if they are touched inappropriately. What did you tell them to do?
4. What actions do you need to take to make sure your kids don't swallow small batteries?
5. Are there any blind cords or other strings that you need to remove or secure so that your children don't wrap them around their necks and possibly strangle themselves?

## Lesson 8

1. This week focus on telling your children what you are going to do, not what they have to do. Doing this avoids fights plus gives children the opportunity to think about what they will choose to do. What's one example of how you did this?
2. If your child has done something wrong, help him find a way to solve the problem without blaming him for causing the problem. Describe the situation where you did this.
3. Think back to the last time you had an argument with your children. What was it about? How could you have reacted differently to avoid fighting?
4. Read the article "[Eighteen Ways to Avoid Power Struggles](#)" by Jane Nelson for more stories and ideas on avoiding power struggles. Of these 18 ways, which ones appeal the most to you?

## Lesson 9

1. Think of one of your children's chronic behavior problems. How does your child benefit from this behavior? How can you change the situation so that your child benefits more by not doing the behavior?
2. Look for at least one situation each day where you can allow your child to learn from the natural consequences of their behavior. What's one example where you let your child experience a natural consequence?
3. The next time your child does something inappropriate where there is not a natural consequence, find a consequence that is related to the behavior and that will help your child learn from the mistake. What was the situation and what consequence did you use?
4. Practice staying out of your children's fights if they are not hurting each other. If their fighting bothers you, have them take it somewhere else or go somewhere else yourself. How did it go?
5. Try using positive consequences instead of negative consequences whenever possible. What's one example of a positive consequence that you used?

## Lesson 10

1. Think about what you are doing now for your children that probably they could be doing for themselves. Find one thing you could turn over to your child. You may need to spend time teaching and guiding your children until they are self-sufficient. What responsibility did you turn over to them?
2. When you're doing household tasks this week, look for ways to have your children help. For example, if you've just been to the grocery store, ask your children to carry something into the house (not the eggs!). How did your children help?
3. What chores are your children ready to do? They may only be ready to help with part of a chore like putting clean socks into a drawer.
4. If your children are ready for every day chores, have them choose the chores they'd like to do and then write them down. Your children may want to draw pictures of the chores to help them remember. This [blank chore chart](#) may also be helpful. What chores do they have?

## Lesson 11

1. This week try to catch your children doing something well and comment on it. Be specific about what you liked. What's one example of how you did this?
2. Start a list of the things you admire in each of your children. Find a way to share at least one of those items with each child.
3. Spend at least five minutes each day listening to or being with each child. How did it go?
4. Since starting this course, what is the best change you feel you've made in your parenting?
5. Take time to do something special for yourself that leaves you feeling recharged. What did you do?
6. Please provide [your feedback on this class](#) and then you can print your certificate of completion.