

Homework for Parenting – Ages 6 to 12



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. Optional: You may want to join [Priceless Parenting's Facebook Page](#) so that you can post questions and share ideas.

Lesson 2

1. Practice staying calm with your children today. Challenge yourself to go the entire day without yelling at them. You may want to give yourself a well-deserved "Time Out" to help reach this goal!
2. When your children ask you for something, try turning a "no" into a "yes". One way to do this is to agree to fulfill the request at a future time. Give one example where you used this technique.
3. Pay attention to any power struggles with your children. Are you trying to control something that your child ultimately controls? If so, change your focus to what you control instead. Describe the situation and how it turned out.
4. One thing we absolutely control is what we say to our children. Today thank your children for something they've done that was helpful. What did you thank them for doing?
5. Read the article "[Responding to Misbehavior with Fight or Flight Versus Pause and Plan](#)". What's one thing you might try in responding to your kids' behavior?

Lesson 3

1. 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.
2. What safety rules do you have for your children? Take time to go over the rules again with your children and ask them what they would do in various scenarios.
3. Focus on letting your children do the things they are capable of doing. When we do many things for our children that they could be doing for themselves, we can become overwhelmed with parenting. What new responsibility is your child ready to handle?
4. When your children make mistakes this week, work on responding with empathy. Remember that your words and actions need to be genuine in order for your child to feel understood. Describe one situation where you responded with empathy.
5. Read the article "[Allowing Your Children to Struggle is Often the Best Way Through a Problem](#)". Try out letting your child struggle through an appropriate problem. What happened?

Lesson 4

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. Describe three choices you gave them.
2. Talk to your kids about sexuality and the differences between good and bad touch. Be specific about what your children should do if they are touched inappropriately. The web site [Birds & Bees & Kids](#) has helpful information about how to approach these topics for various ages.
3. This week try guiding your child through solving a problem. Describe what you did and how it went.
4. Sometimes your kids may be held back from participating or succeeding due to strong emotions of fear, anger or anxiety. Read the article "[Releasing Emotions Holding You Back](#)" for ideas on helping your kids through these big emotions. What is one idea you might use?
5. The next time you are in a situation where your children are unlikely to want to leave, discuss your expectations ahead of time. Ask your children to explain those expectations back to you in their own words. How did discussing your expectations ahead of time work out?

Lesson 5

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. How did it go?

Lesson 6

1. How easy is it for your child to make decisions? This week provide plenty of opportunities for your child to make decisions. What are a few decisions you allowed your child to make?
2. When your child comes to you with a problem, try guiding her to finding a solution instead of just telling her what to do. Describe how the situation and how it worked out.
3. How will you respond if your young child decides to use a swear word? For ideas on how other parents have handled it, read the article "[Kids Swearing](#)".
4. Think about how you want to handle allowance with your children. Discuss it with your partner. How did you decide to handle allowance?
5. Read the article "[Lying, Cheating and Stealing](#)". What is one idea you could use in a situation where your child is lying?

Lesson 7

1. This week focus on telling your children what you are going to do, not what they have to do. Describe one situation where you told your kids what you were going to do instead of what they had to do.
2. Avoid arguments with your kids today. Try using empathy and non-engaging responses instead of entering into a battle. How did it go?

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 "[Avoiding Power Struggles with Your Children](#)" for more stories and ideas on avoiding power struggles. What can you do to avoid power struggles with your kids around homework?

Lesson 8

1. Think of one of your children's chronic behavior problem. Discuss possible consequences for solving this problem with another adult. Try out a consequence. Describe what happened.
2. Look for at least one situation each day where you can allow your child to learn from the natural consequences of their behavior. Explain two situations where your child learned from natural consequences.
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 did your child do and what consequence did you decide to use?
4. Practice staying out of your children's fights this week. 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. Describe one situation where you used positive consequences instead of negative ones.

Lesson 9

1. Write down problems you are currently experiencing with your children that might be helped using the Collaborative Solving Process.
2. Choose one problem and use the Collaborative Solving Process to identify and try out a solution. Write down the steps you took:

How did you bring the problem up?

What did you learn about your child's perspective on his behavior?

How did you explain your concerns about the behavior?

What solutions did you brainstorm together?

Which solution did both of you agree to try first?

3. Practice listening to your child for three minutes each day this week. Work to listen without interrupting, providing advice or trying to reassure your child.

Lesson 10

1. Think about all the chores that need to be done to keep your household running. Write down this list of chores.
2. Next to each chore write down who will be doing that chore. This [blank chore chart](#) may be helpful.
3. Figure out where the children's chore responsibilities will be posted. Will there be some way they will indicate when the chore is done (e.g. initialing a calendar)?
4. Determine what the consequences will be if your children do not get their chores done in the designated time.

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.