

# Build a Better Family Starter Kit

What can my child be in charge of?

**Child In Charge**

- Their Moods*
- Their Clothes*
- Their Reactions*

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What am I in charge of?

**Parent In Charge**

- Schedule*
- Money*
- Setting Privileges*

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What happens if they don't behave?

**Privileges**

- Focused attention*
- Computer play*
- TV time*

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What can never be taken away?

**Rights**

- Love*
- Food*
- Birthdays*

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How do I talk to my child?

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<b>SUGGEST</b>  <small>(ANY RESPONSE)</small>	<b>REQUEST</b>  <small>YES/NO/COUNTER OFFER</small>
<b>DEMAND</b>  <small>YES/NO DO IT/DON'T DO IT</small>	<b>COMMAND</b>  <small>(FOR SAFETY) STOP!</small>

**Choose Your Communication Gear**

Responses that work begin with intentional communication. Using these gears makes talking and parenting clear to everyone. With practice you will have better interactions with the results you want!

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What behaviors work for my family?

**Agreements**

- Listen the first time*
- Be gentle and kind*
- Be safe*

Includes:

- 5 write-on/wipe-off lists—one for each plan element
- 3 pages of instructions plus additional online support
- Communication Gear reference card for teaching your family