

# 7 Playful Parenting "Power Games"

to Help End Power Struggles

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- Monster Chase - Become a monster and chase your child. Put the child in a power role, always falling, fumbling and never catching your child.**
- Please Game - Create a game where you beg your child to do something and they refuse.**
- Popcorn Dinner - When your kids won't sit for dinner, have a popcorn dinner game once a month where you get up every 30 seconds for silly reasons.**
- Cling Game - Cling to your child's legs like you have anxiety over leaving him or her, letting the child push you away when they are ready.**
- Whining Game - Take turns whining to each other about silly grievances and see who can whine the most.**
- No Sharing Game - Have your child take all the toys and refuse to share with you. Beg your child to let you play, while he or she hoards all the toys in a pile.**
- Snail Morning Game - On the weekend, act out your morning routine, where your child whines, dawdles and moves as slow as a snail.**