



# How to End Power Struggles

## Worksheet

1

Utilize routines throughout the day. Allow kids to help create the routine.

2

Use humor (Example: Here comes the tickle monster for children who...).

3

Use "You have two choices" phrase (aka Limited Choices Technique).

4

Use ten words or less when giving instructions.

5

Create a game out of it (Example: See who can put the toys away the fastest).

6

Empathize with your child's situation to help them feel heard.

7

Set your child up for success. Let them know what's about to happen.

8

Use reflective listening (Example: You really want to watch TV instead of putting away the toys).

9

Hug it out. Hugs create closeness and trust.

10

Focus on what the child can do (Example: Don't climb on the chair vs. Sit down in the chair please).