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

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