

Power Struggle Survival Checklist for Parents

Stay Calm and Regulate Yourself

- Take a deep breath before reacting.
- Get down to your child's eye level.
- Keep your voice calm, even if your child is upset.

Offer Limited Choices

- Present two acceptable options to your child.
- Use choices to avoid battles (e.g., shoes first or coat first?).

Set Clear Expectations

- Remind your child of rules ahead of time.
- Use positive phrasing (tell them what TO do).

Praise Cooperation Quickly

- Acknowledge good choices immediately.
- Use a behavior chart for visual reinforcement.

Redirect Early When Possible

- Spot frustration early and gently redirect.
- Learn more about redirection strategies.

Focus on Problem-Solving Together

- Frame conflicts as problems you can solve together.
- Use teamwork language: 'How can we fix this?'

Use Visual Supports

- Create a simple daily routine chart.

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- Use visual morning checklists to ease transitions.

Take Breaks if Needed

- Allow short breaks when emotions are high.

Reflect After Conflicts

- After calming down, discuss what went wrong and better ways to handle it next time.