

Session 2: Cooperation & Communication

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Session 2 Home Activities

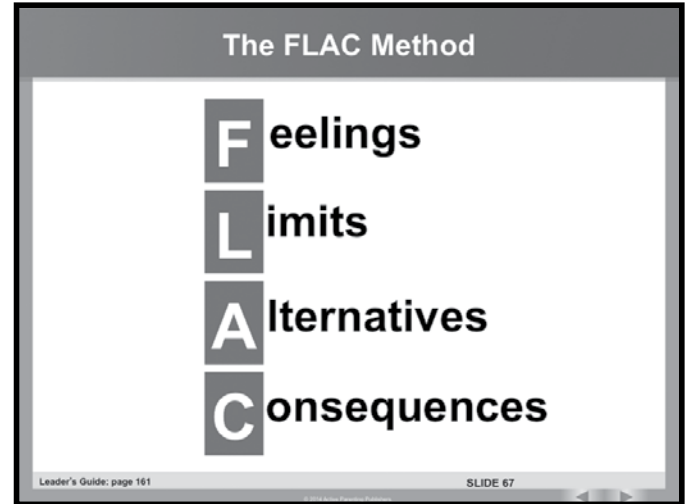
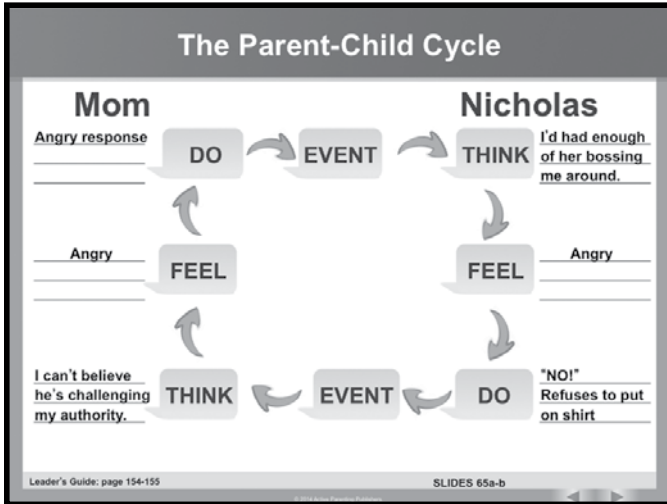
1. Read Chapter 3 in your *Parent’s Guide*.
2. If you did not complete it in class, complete the Communication Blocks chart on page 19.
3. Practice Active Communication for a situation in which your child owns a problem, and fill out the guide sheet on page 23.
4. Have a family meeting to determine your family’s bedtime routine and then put the routine into practice. Complete the guide sheet on page 24.
5. Remember to say “I love you” to your child every day.
6. Continue working on ways to take care of yourself, and continue filling out the Self-Care chart on page 8.
7. (Optional) Check in on your *Active Parenting* group’s support site.

Active Parenting & You Home Activities

1. Recognize the communication blocks you use on yourself. Complete the AP & You section of the Communication Blocks chart on page 19.
2. Practice using Active Communication on yourself. Complete the guide sheet on page 25.

Session 5 Review Slides

The following slides from the *Active Parenting 4th Edition* slide presentation contain most of the key points of Session 5. Use them to review and remind yourself of what you learned.



- ### How to Avoid a Power Struggle (or get out of one you could not avoid)
- Don't fight and don't give in.
 - Do the unexpected.
 - Give choices, not orders.
 - Use the FLAC Method.
 - Stay firm, calm, and patient.
- Leader's Guide: page 162 SLIDES 68

The Four Goals

Child's Goal	Child's Negative Approach	How Parent Paid Off	How to Redirect
Belonging	Undue attention seeking	Gave attention	Polite request, "I" message, logical consequence
Power	Rebellion	Fought back	Offer choice, logical consequence
Protection	Revenge	Lost her temper, Hurt her daughter	Polite request, mutual respect, family meeting (& more)
Withdrawal	Avoidance	Gave up	Active Communication, encouragement, find many small successes

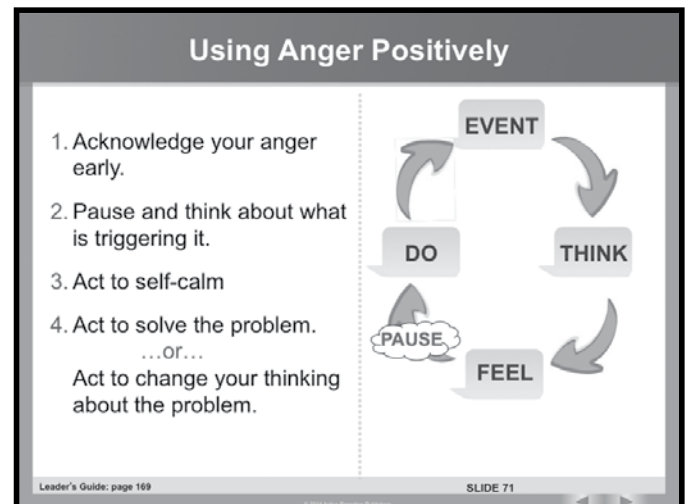
Leader's Guide: pages 163-164 SLIDES 69a-b

Anger: For Better or for Worse

Use your temper. Don't **lose** your temper.

Anger can be useful!

Leader's Guide: page 168 SLIDE 70



Video Practice: Logical Consequences

In-Class Activity

As you watch each scene in video #8, “Video Practice: Logical Consequences,” refer to the list of eight Logical Consequences Guidelines. After each scene, when the video is paused, fill in the chart below with the number(s) of the Guideline(s) that the parent violated and write a better logical consequence for the situation. Then return to the video to see how your responses compare to the example that is given. Keep in mind that there are many possible logical consequences for each situation.

Logical Consequences Guidelines

1. Ask the child to help set the consequence.
2. Put the consequence in the form of a choice.
3. Make sure the consequence is logically connected to the misbehavior.
4. Only give choices that you can live with.
5. Keep tone of voice firm and calm.
6. Give the choice one time, then act to enforce the consequence.
7. Expect testing.
8. Allow the child to try again.

Scene	Guideline Violated	Possible Logical Consequences
#1. Mrs. Moore		
#2. Mrs. Chandler		
#3. Ms. Han		
#4. Mrs. Alvarez		

Family Meeting: Problem-Prevention Talk

Home Activity

This guide sheet will help you plan a problem-prevention talk with your family and, afterwards, evaluate how it went.

Before your talk...

What topic will you discuss?

Problem-Prevention Talks

1. Identify potential problems and risks.
2. Share thought and feelings.
3. Generate guidelines for behavior.
4. If necessary, talk about logical consequences.
5. Follow up later.

What are some specific concerns or risks that you want to share your thoughts and feelings about?

After your talk...

What guidelines did your family decide upon?

What logical consequences or incentives, if any, did you include?

What went well during the meeting?

What will you do differently next time?

How will you follow-up on the guidelines?
