

<p>Problem</p>	<p>Desired Outcome</p>	<p>Language</p>
<p><i>What are you noticing?</i></p> <p><i>You notice your child thrusting his backpack at you when you pick him up from school.</i></p> <p><i>Your child often tugs at your clothing or shouts at you while you are having a conversation on the phone or in person.</i></p> <p><i>Your child is climbing on you while you are reading a book on the sofa.</i></p> <p><i>You are about to walk into the grocery store. You are dreading walking past the sample aisle because it's nearly dinner time.</i></p> <p><i>Your child is hitting the family pet.</i></p>	<p><i>What would you like to see here?</i></p> <p><i>What are your expectations?</i></p> <p><i>I know my child can carry his own belongings. I know it sends an unspoken message of trust and empowerment when I expect this.</i></p> <p><i>I need time to connect with my friends, coworkers, and partner in order to be a good parent. My child is capable of respecting my needs.</i></p>	<p><i>How will you communicate the desired outcome to the child?</i></p> <p><i>"Hi! I'm so glad to see you. This is your backpack. You can carry your backpack all the way to the car."</i></p> <p><i>"I'm going to show you how to get my attention. You may place your hand on my hip to let me know you are waiting. When I am available, I will speak with you. If it is an emergency, then you may interrupt."</i></p>

Liberated Parenting Week 4: *Limits and Language*

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