

How To Maintain Your Sanity & Productivity With Kids At Home, Session 4

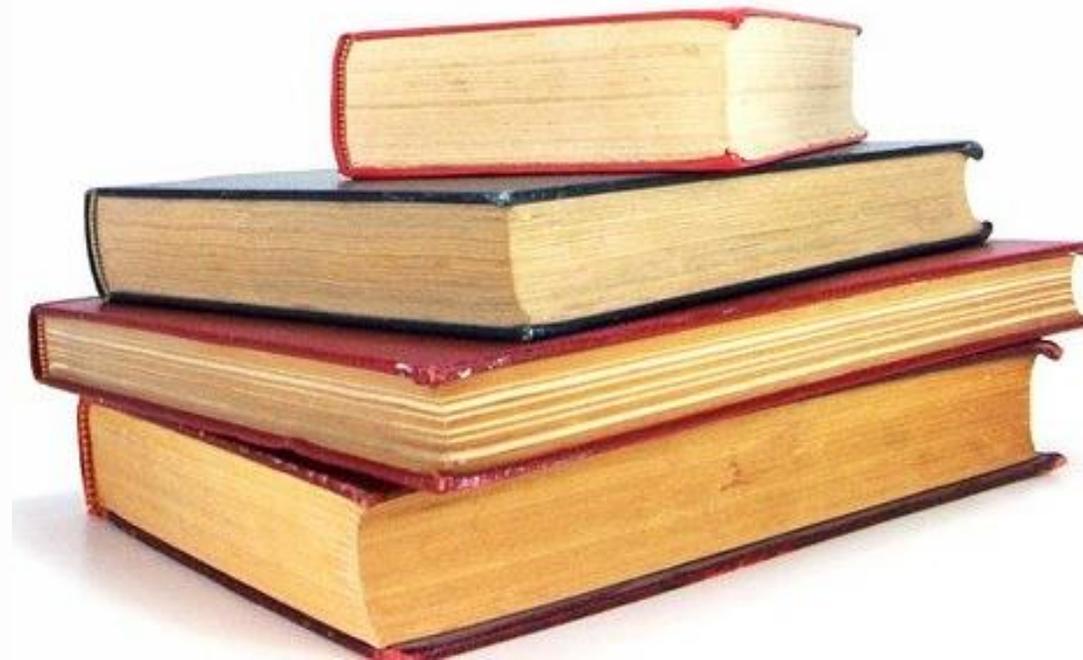


Your host, Alison Meredith:

Alison Meredith taught High School Math in the 1990s, at Dobyns-Bennett and at schools in North Carolina and Massachusetts. She received a national award in 1997. Alison and her husband Tim have been home-educating their kids for 20 years; they have 7 kids ages 8-20.

Tim and Alison own Holston IT, a business which provides cybersecurity to other businesses throughout Southwest Virginia and the Tri-Cities.

Alison is a best-selling author. She and other IT leaders wrote **You Are the #1 Target**, to help business owners implement cybersecurity. She also has a Kindle book about protecting kids in digital communications.



Yesterday's Tips: Choretime!

- **List all your chores**
 - **Define frequency: daily, weekly, etc.**
 - **Break up bigger chores into smaller tasks**
- **Figure out preferences and skills**
- **Create and Post:**
 - **Schedule**
 - **Step-by-Step Instructions or prompts**

Today's Tips:

Managing when Kids “Don't Do It”

- **Be the Adult in the Room**
- **Communicate: brief, clear, listen**
- **Sandwich Strategy**

Choice and Consequences

Pick up this stick.

Can you pick it up without picking up both ends?

There are two ends of the stick. You can't pick up one without the other.

Be the Adult in the Room

When your kids misbehave, what occurs to you first?

0

1

2

3

4

5

6

7

8

9

10

How dare they!
I cannot *believe*
they are acting
so immature and
childish!

This is a huge
inconvenience
for me.

This is normal.
They need me
to help them
learn how to
behave.

Be the Adult in the Room

When your kids misbehave, what motivates your response?

0 1 2 3 4 5 6 7 8 9 10

I want revenge.

I want peace
and quiet.

I want to teach
my kids how to
be responsible.

Communicate: Brief

Susan,

You must sit here on the couch and read this book until the timer beeps.
If you get off the couch before then,

Jim,

You must
If you

Communicate: Clear

Use clear indicators that this is behavior that is required.

“Must” or “this is a command” or “this is not optional.”

Susan,

You **must** sit here on the couch and read this book until the timer beeps.

If you get off the couch before then,

Jim,

You **must**

If you

Communicate: Listen

Make your kids REPEAT BACK TO YOU what they heard.

Susan,

You must sit here on the couch and read this book until the timer beeps.
If you get off the couch before then,

What do you have to do?

[WAIT AND LISTEN , correct them if they don't reply correctly]

Sandwich Strategy

Put the meat in the middle:

Bread I love you

Meat Do this or else that

Bread I love you

Sandwich Strategy

Bread I love you

Meat Do this or else that

“Put the meat in the middle”

Bread I love you

- This artwork is beautiful!
- Right now, you must stop drawing and do your spelling lesson. If you don't get it done in the next 15 minutes, you will have lost 15 minutes of your screen time this afternoon.
 - What must you do? (listen)
- I am so proud of how responsible you are.
- I am so glad you are a part of our family.
- You must give your brother some space. Do not touch him the rest of the afternoon.
 - What must you do? (listen)
- I know sometimes it is hard to get along with him. I'm proud that you keep working on it.

Choice and Consequences

Be prepared for some strong-willed kids who don't care about the consequences.

Give them space. Pick your battles.

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