

EXPECTATIONS

MORE COOPERATION, LESS FIGHTING



Families communicate best when family members are clear with one another about their expectations. Many a fight can be averted if people take time to clarify what each person expects out of an upcoming situation. This gives information needed for problem solving.

Nobody should be expected to be a mind reader.

Parents can set their kids up for success by stating what is expected prior to events like grocery shopping or play dates. This proactive "front loading" puts the information into working memory, making it more likely kids can act on it.



Connection not perfection! Everyone can grow and learn, starting right from where they are.



Journal Prompts for Reflection:

- Steadiness: Do you prefer things to be steady and need time to process changes in plan, or can you switch things up quickly and easily? How about your kid?
- Talk about a time when clear expectation would have averted a problem later.



Allowing for Growth

- Get in the habit of telling what's about to happen and what to expect
- Rehearse expected behavior ahead of time to build "muscle memory" of how to behave or what to say.
- Phrases to praise flexibility
Way to roll with it!
Thanks for going with the flow.
Nice job switching tracks.



Practice Self Care

- Set expectations for your kids that allow you to breathe
- We can't expect others to read our minds. Can you ask for something you need this month?
- Give yourself a rest - is there any area where you've set unreachable expectations for yourself? Do a reality check. You are enough.



Practice Everyday Connection

- Improve family communication by checking in on expectations prior to outings, parties and events.
- Find opportunities to point out when a character in a story or people in your family had to be flexible or make a change, and how they handled it.

Let's Chat! Conversation Starters:



- What did you expect it would be like to be in [school, homeschool, 3rd grade, 8th grade, etc]? How was it like your expectation How was it different?
- What are you looking forward to this month?
- Would you rather know what you were getting for a gift or be surprised?