



Your turn

1. Stages of Development

Expectations – Some of the statements below contain explicit expectations - change these to more reasonable ones given what you know about children’s stages of development. Some of these complaints contain implied expectations. See if you can make these explicit and make them more reasonable for a child of that age:

My expectation is that my 9 year old son should always turn the TV off whenever I ask him, with good grace, regardless of whether he is in the middle of a programme or not, without arguing or complaining.

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I want my 5 year old daughter to listen and do what I ask her. I tell her to get out of the bath and dry herself, get into her pjs and choose a story and then I go to put her brother to bed. When I come back she hasn’t done anything!

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My 10 year old son should be more modest and not brag and show off to his friends.

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My 6 year old son should have self-control. It’s wrong for him to hit others.

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My 4 year old is so destructive. He pulled the head off his brother’s Ben Ten action figure and squeezed all the toothpaste out of the tube!

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2. Temperament

On a scale of 1 to 5, circle where your child falls in each continuum. Remember, wherever they fall on each spectrum has its pluses, and its minuses. Once you have done that, go back and put a square around where YOU fall on each spectrum.

Name:					
Intensity	1	2	3	4	5
	Mild reaction			Intense reaction	
Persistence	1	2	3	4	5
	Easily lets go			Locks in, doesn't let go	
Sensitivity	1	2	3	4	5
	Usually not sensitive			Highly sensitive	
Distractibility	1	2	3	4	5
	Hardly ever notices			Notices everything	
Adaptability	1	2	3	4	5
	Adapts quickly			Slow to adapt	
Regularity	1	2	3	4	5
	Regular			Irregular	
Energy	1	2	3	4	5
	Quiet, still			Always moving	
Reactivity	1	2	3	4	5
	Jumps right in			Rejects first	
Outlook/mood	1	2	3	4	5
	Usually positive			Often negative	
Extrovert/introvert	1	2	3	4	5
	Needs quiet time, solitude			Needs people	

What surprised you about your child? What about your own temperament? How do the two fit (or not fit) together?

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3. Know your child even better

Try asking your child these questions or similar ones: (based on Open-Ended questions from the Gottman Bringing Baby Home training)

- ☺ What do you love to do best on a sunny/rainy day?
- ☺ What is your favourite game/sport/activity?
- ☺ What do you like to do with mummy/daddy best?
- ☺ What do you like to do with grandma/grandpa/uncle/aunt/cousin?
- ☺ What makes you laugh?
- ☺ Where do you like/not like to be tickled/stroked?
- ☺ What makes you feel sad?
- ☺ What makes you mad?
- ☺ What do you like to do all by yourself?
- ☺ What do you like to do best with one friend/ lots of friends?
- ☺ What is your favourite food?
- ☺ What is your favourite colour?
- ☺ What is your favourite book at the moment?
- ☺ Who is your favourite character from a film or TV show? What do you like about them?
- ☺ What makes you worried?
- ☺ Who is your favourite friend and what do you like about him/her?
- ☺ What would be your ideal holiday?
- ☺ Of the adults you know who would you like to be like when you're grown up? What qualities of theirs do you admire?
- ☺ What would you like to change in our family?

4. Building a culture of appreciation in your family

What practices are you going to set up in your family to get to know each other better?

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When are you going to make time for this?

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How are you going to ensure this happens regularly?

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