



Sharing Control: Homework Week 1 – Expectations

This week for homework, I provide you with a chart for you to complete for the area(s) that you find you are struggling with. I want you to look at the behaviours separately, consider what your current expectations are, what factors may be relevant to setting the unique expectations for your child, and then set new expectations. I provide an example at the start (and feel free to print this up as much as you need to):

Area of Concern	Current Expectation	Factors to Consider	New Expectation
Hitting other kids (child is 2)	<i>I expect my child to not hit other children as we don't hit and I remind him regularly not to.</i>	<ul style="list-style-type: none"> - <i>He's 2 and his brain development is peak for aggression</i> - <i>It usually happens at the end of the day so he's probably tired</i> - <i>Sometimes he doesn't want to share me and then he'll act out so it may be related to some separation anxiety</i> 	<i>My child is probably going to act out. My expectation is that I will have to be aware of the factors that increase the risk of him hitting and try to minimize those. When he does hit (which he will likely do), I will focus instead on reparations.</i>