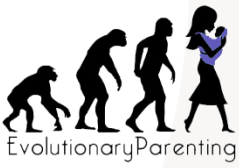


Sharing Control: Homework Week 2 – Boundaries

This week for homework, I provide you with two charts for you to complete to help you move forward with boundaries. The first, below, is about identifying the boundaries that are of importance to you so you can better tailor your time and energy towards those. In this chart, you will first write out all the boundaries that you are looking to teach your child right now. Then you will write out the expectations you have of this boundary *at your child's given age* and how this is currently working for you. Finally you will rank them in order of importance to you. As always, I provide an example to start. If there is not enough space, please just print this page twice.

Boundary	Expectations & How It's Going	Ranking
Cleaning Up (7 year old)	<i>Clean up toys in shared areas each day; put clothes away when done at the end of the day; don't leave things lying around. Not going great as often I end up cleaning up these areas</i>	2



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Once you have your ranking, pick the number you plan on starting with (for younger children this may be 1 and for older it may be 5, but it will be dependent upon your energy levels for this and the developmental stage of the child) and start outlining the specific expectations (often boundaries will have multiple expectations) and what you wish to teach in those areas. You will need to print this chart out once for each of the boundaries in question.

BOUNDARY: _____

Specific Expectation	What You Can Teach
E.g., Clean up toys after use in shared spaces	<ul style="list-style-type: none"> • <i>Remove some of the toys from shared areas so there are fewer to play with (environmental)</i> • <i>Set up storage bins to make it easier to clean up (environmental)</i> • <i>Help clean to start so he doesn't feel alone with it (behaviour)</i> • <i>Set a cleaning time each day and set an alarm for it (environmental)</i> • <i>Don't nag or get angry, don't ask, just inform it's time to clean (emotional/response/behaviour)</i> • <i>Talk about the importance of cleaning and why we do it (behaviour)</i> • <i>Find a space he can keep things messy (environmental)</i>