



Parent

- Parent decides what food is bought.
- Parent decides a healthy eating schedule.
- Parent decides what food goes on the plate and leaves child alone.
- Parent decides when it's time to go to bed and any rules associated with being quiet, having no electronics, etc.
- Parent decides what movies, video games, TV shows, and songs are age-appropriate.
- Parent decides what boundaries are set based on safety and character.
- Parent cannot control the child's emotions and can only control his/her own emotions and reactions
- Parent decides how often they connect with their kids.
- Parent decides how proactive they want to be focusing and practicing the skills and character traits they want to build in their kids.

Who Has the POWER?

Child 

- Child can make polite suggestions only.
- Child can ask permission to eat a snack and learn patience waiting for mealtimes.
- Child decides if they want to eat it or not.
- Child decides when he/she falls asleep.
- Child respects that choice. Period.
- Child decides what emotions he/she is going to feel about that boundary.
- Child decides how long he/she will express their emotions and will be more or less emotionally charged based on the parents' reaction.
- Child decides how much he/she will obey parent based on how connected they feel.
- Child decides on future behavior patterns based on how much attention they are getting for their unkind vs. kind behaviors.