

RELATIONSHIPS

PARENTING TODAY

THE ONE-EXPECTATION HOME ROUTINE

THE PROBLEM

Behavior, screens, school pressure, and mixed advice can leave parents reacting to everything without one clear household pattern.

1 IDENTIFY THE ISSUE

Name the primary need before choosing the response.

- ☐ Discipline
- ☐ Attention
- ☐ Routine
- ☐ Learning
- ☐ Emotional regulation

WHEN IT USUALLY HAPPENS: _____

2 SET ONE EXPECTATION

Make the expectation clear enough for the child and repeatable enough for the adult.

WHEN: _____

WE WILL: _____

THE STEPS ARE: _____

CALM FOLLOW-THROUGH: _____

3 BUILD THE TEAM

Bring in the people who can see a different part of the child's needs.

- ☐ Teacher / school
- ☐ Pediatric provider
- ☐ Counselor
- ☐ Youth program
- ☐ Tutor / family support

PERSON I WILL CONTACT: _____

ONE EXPECTATION - SEVEN DAYS

Use the same words and calm response for one week. Track what changes.

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

DAY
7

THE EXACT WORDS WE WILL USE: _____

WHO CAN HELP?

School, pediatric clinic, counselor, youth organization, tutoring service, or family ministry.

BRING THIS TOOL
TO THE CONVERSATION.

CLEAR EXPECTATION. CALM FOLLOW-THROUGH. SHARED SUPPORT.

Get the free PDF at ampmultimediallc.com

AMP TV NETWORK | SOLUTIONS | Helping the People Who Help People

General educational worksheet only. Adapt expectations to age and development, and seek qualified help for ongoing concerns.