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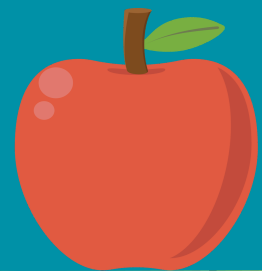
Feb

Mar

Apr

May

Resources



Quick and Easy



Behavior

Interventions



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## Building leaders at home

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When you give a child "leadership" roles at home, you shift their identity from a passive rule follower to an active stakeholder. This sense of agency fundamentally changes behavior because it replaces the "power struggle" with "power-sharing." They develop a sense of internalized discipline. Instead of acting out to gain attention or control.

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## How:

1. Once a week, put your child in charge of a specific family task. This builds organizational skills.
2. Set aside 15 minutes where your child teaches the parents a skill. They must prepare the "materials" and explain the steps clearly.
3. Lead conflict mediation by ensuring each person speaks for one minute without interruption and then asks, "What is one solution you both can agree on?"

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## Additional Resources

- Suffolk Public Schools-Parent Help Center

CHKD Parenting Resources

- Western Tidewater Community Services Board

