SETTING EXPECTATIONS: PICKING YOUR BATTLES

GOAL:

To set achievable expectations that encourage your child's cooperation.

1. **Create** a list of "Must-Do" tasks. Remember not everything can be a must-do.
2. **Practice** the tasks to help promote consistency and independence.
3. **Guide** your child to complete the Must-Do when necessary.
4. **Make** a "Nice-to-Do" list. Be flexible on how and when the tasks can be done.
5. **Involve** your child so they can have some control over their routines.

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Pick the hills that matter