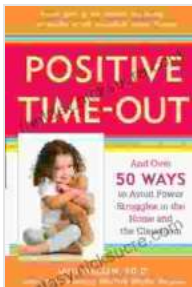


# And Over 50 Ways To Avoid Power Struggles In The Home And The Classroom

Power struggles are a common problem in both the home and the classroom. They can be frustrating and time-consuming, and they can damage relationships. But there are many things you can do to avoid power struggles and create a more positive and productive environment.

Here are over 50 tips to help you get started:



## Positive Time-Out: And Over 50 Ways to Avoid Power Struggles in the Home and the Classroom (Positive Discipline) by Jane Nelsen

★★★★☆ 4.6 out of 5

Language : English  
File size : 1083 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 192 pages



### 1. Set clear expectations

One of the best ways to avoid power struggles is to set clear expectations from the beginning. This means being clear about what you expect from your child or student, and what they can expect from you.

When setting expectations, be sure to be specific and realistic. For example, instead of saying "I want you to be more respectful," try saying "I want you to use polite language and make eye contact when you speak to me."

It's also important to make sure that your expectations are age-appropriate. For example, you can't expect a young child to sit still for long periods of time, but you can expect them to clean up their toys.

## **2. Be consistent**

Once you've set clear expectations, it's important to be consistent in enforcing them. This means following through with consequences when your child or student doesn't meet your expectations, and rewarding them when they do.

Being consistent can be difficult, especially when you're dealing with a child who is challenging your authority. But it's important to remember that consistency is key to avoiding power struggles in the long run.

## **3. Give choices**

One of the best ways to avoid power struggles is to give your child or student choices. This can help them feel like they have some control over the situation, and it can make them more likely to cooperate.

For example, instead of telling your child what to wear, you could give them a choice of two outfits. Or, instead of telling your student what to do, you could give them a choice of two activities.

Of course, it's important to be careful about the choices you give. You don't want to give your child or student too much choice, or they may become overwhelmed. And you don't want to give them choices that you're not willing to live with.

#### **4. Be respectful**

It's important to remember that your child or student is a person, and they deserve to be treated with respect. This means listening to what they have to say, and valuing their opinions.

When you're talking to your child or student, be sure to use a respectful tone of voice. And avoid using language that is critical or condescending.

#### **5. Avoid power struggles**

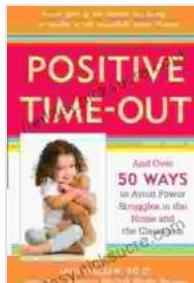
The best way to avoid power struggles is to avoid them in the first place. This means being mindful of your interactions with your child or student, and looking for opportunities to cooperate instead of compete.

For example, instead of arguing with your child about what to watch on TV, try to find a compromise. Or, instead of telling your student that they have to do their homework, try asking them if they would like to do it with you.

#### **6. Seek professional help**

If you're struggling to avoid power struggles in the home or the classroom, don't hesitate to seek professional help. A therapist or counselor can help you develop strategies for dealing with power struggles, and they can also provide support and guidance.

Power struggles are a common problem, but they can be avoided. By following these tips, you can create a more positive and productive environment in the home and the classroom.



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