

How to avoid rules seeming over- controlling



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1. IMAGINE

how it seems for
your child to do the
task & acknowledge
it's not easy /
interesting.

2. GIVE

the child as much control as possible over how it gets done.

3. OFFER

a meaningful

rational rationale for doing it

anyway.



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4. FIND

ways to make it fun.

e.g "Let's dance
whilst we brush our
teeth."

FREE STUFF



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