



Parenting with Love and Limits®

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DISRESPECT

RULE: Doga's behavior will be considered **disrespectful** if he does one or more of the following:
(Healthy Undercurrent: Consistency)

- Does not comply with adult requests the first time he is asked to do something
- Argues, nags
- Uses inappropriate language (profanity & phrases such as “shut up,” “stupid”)
- Mumbles under breath
- Rolls eyes, sucks teeth, mimics parent
- Balls up fists, play fights
- & any other behaviors mother identifies as disrespectful

REWARDS: (Healthy undercurrents: Consistency and Nurture)

Daily Reward = 1 ticket	What tickets can get you: 1 = extra 30 minutes of TV <u>or</u> computer 3 = 1 hour late bedtime 10 = medium pizza 20 = new video or CD 40 = hip hop shirt 100 = \$20
Bonus Rewards: 7 straight days = 2 extra tickets 14 straight days = 5 extra tickets 30 straight days = 10 extra tickets + \$5 Next 30 straight days = 20 extra tickets	

Tickets can only be redeemed on days Doga is in good standing with no offenses.

CONSEQUENCES: (Healthy undercurrents: Consistency)

- 1st Offense = no ticket + no TV (in any room) for 24 hours
- 2nd Offense = no ticket + no TV (in any room) & no computer for 48 hours
- 3rd Offense = no ticket + no TV (in any room), computer, & phone for 72 hours

Backup Plans: With TV, dad disconnects cable; with computer, mom disables password; with phone, mom suspends service, with Doga paying reactivation fee to reconnect.

MOTHER'S ROLE: (Healthy undercurrents: Consistency and Supportive Communication)

- One verbal warning per day (if needed)
- Consequences will be administered with short & to the point language, with calm voice.
- If Doga gets angry or argues, mother will exit & wait. Doga following mother = “nerdy” shoes for 24 hours.

VILLAGE ROLE: (Healthy undercurrents: Supportive Communication & Nurture)

Maternal aunts, maternal grandmother, & family friend Hawa will help mother smother Doga with love (hugs, kind words, homemade meals).

Doga

Date

Mom

Date

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