



# Parenting with Love and Limits®

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## Chore List for James

**Rule #1:** The following chores must be completed **by 7pm for mom's inspection**, Monday – Friday:

(Healthy Undercurrent: Consistency)

- Clean Room (fold up bed, pick up dirty clothes, all stuff off floor, and book bag ready for next day and beside front door)
- Take Trash Out –Bedroom, Bathroom, Kitchen
- Wipe down dining room table and sweep floor
- Tuesdays and Thursdays wash, dry and put away dinner dishes

**Rewards:** (Healthy undercurrents: Consistency and Nurturance)

Daily Reward = \$1 Bill + a checkmark on the Bonus calendar

### Bonus Rewards

- 5 days = Spend one night at friend's house (parent approval) or friend stays over (Fri or Sat night)
- 14 straight days = Eat out at Red Lobster on the upcoming weekend
- 21 straight days = \$25 for shopping trip to mall on the upcoming Saturday (mom will provide transportation and you may take two friends)

**Consequences:** (Healthy undercurrents: Consistency)

\* First Offense: No daily reward + level 1 grounding for 24 hours (level 1 grounding means you must remain in the house and have no contact with friends via phone and no computer usage)

\* Second Offense: No daily reward + level 2 grounding for 24 hours (level 2 grounding means you must remain in the house with no contact with friends via phone and no computer usage + no TV or video gaming)

\* Third Offense: No daily reward + level 2 grounding for 48 hours

Consequences start over each Monday

**Parent's Role:** (Healthy undercurrents: Consistency, Supportive Communication, and Nurturance)

- Mom and Dad will give James One Positive Teen Report a Day for the Next 30 Days
- Mom and Dad will go on one special outing with James 1x per week on Thursday for the next month (4 times in the month)
- Mom and Dad will hug James daily at bedtime

Additional Dance Cards to decrease Caustic Communication and Tension:

- Mom or Dad will use the Anti-Button Pushing Strategy of Exit and Wait if James is (a) Not doing what he is told or (b) Talking back or Yelling; (c) with these statements:



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## Not Following Directions

“James we love you but what you are saying is disrespectful. I am going to leave and cool down for 3 minutes. If I come back and you are not doing what I asked the contract that we signed together will be enforced. I know you want to make the right decision because I looking forward to giving you a reward tonight”

## Yelling or Talking Back

“James we love you but what you are saying is disrespectful. I am going to leave and cool down for 3 minutes. If I come back and you are still talking back or yelling the contract that we signed together will be enforced. I know you want to make the right decision because I looking forward to giving you a reward tonight”

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Mom and Dad

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Date

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James

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Date

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