

Do's and Don't to STOP POWER STRUGGLES

When they are happening



Disengage and Make Conflicts a Teaching Moment After Class and Never in Front of the Class.

Say "I" or "Feeling" Statements:
I Hear You
I Understand

Use the Four CARE Principles

Concentrate on the Relevant Issue

Acknowledge Your Own Active Listening Through Body Language

Respond by Paraphrasing and Asking Questions

Emphasize Your Attempt To See Things From the Other Person's Perspective



Don't Attempt to get the last word

Don't Make "You" statements

Don't show your feelings through body language, words or tone.

Don't make empty threats you can't enforce

Don't keep talking after directions / explanations were given.

Don't pick sides: Develop a plan that encourages collaboration and finding middle ground.

How to preemptively avoid POWER STRUGGLES

- **Review specific expectations** with students before they are required to complete them then step back, ensuring a different setting.
- Visual Supports: **Convey information through concrete formats** using: Checklists, rubrics, visual signs...
- **Ignore undesired behavior**; instead, **redirect without mentioning the behavior** whenever possible, talk about it after class or before next class.
- Positive Reinforcement: **Acknowledge and reward behaviors that align with expectations** to encourage repetition.
- Controlled Choices: **Involve the child in decision-making** by presenting a limited set of options.
- **Capture students' attention** by having a captivating introduction for each lesson.
- **Adjust Expectations**: reduce the workload or break it into smaller pieces.
- **Accept Approximations**: Acknowledge any effort to exhibit the desired behavior.
- Behavioral Momentum: **Introduce and reward a few simple tasks before presenting more challenging demands.**
- Offer Assistance: Establish a classroom where seeking assistance is encouraged.
- Reframe Requests: **Present demands as a positive statement not a question.**