

# A Brief Expectations Assessment



The expectations you have for your children are most likely to be followed if you can answer yes to the following questions.

**1** Have I been clear about my expectations?

**2** Am I on the same page with my co-parent(s) when it comes to our expectations?

**3** Am I consistent in teaching and following through with my expectations?

**4** Do I allow for some flexibility when it makes sense for me to be flexible?

**5** Are my expectations appropriate for my children's capabilities?

Take a moment to discuss your answers together and determine areas that need improvement.

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Often, the temptation for parents is to attempt to create structure around every possible area of concern with the hope that by spelling everything out they will be able to control the outcome.

In doing so, you end up chasing problems, compromising your stamina, and potentially losing your capacity to influence where it matters most (Red Light Issues).

To help identify where your efforts are essential, consider the concerns, behaviors, and values that most often compromise "The Three Rs" — Relationship, Regulation, and Responsibility (discuss further with your coach).