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A Balanced Relationship is #1

The relationship we build with our children is more important than anything else.

1. WHY? We meet their needs

- So our children can be healthier and more successful
- So they feel better and act better
- So they listen to us!



2. WHAT MAKES A GOOD RELATIONSHIP? Balance

Balance of Power

Power Over	Power With
Boss Judges Directs Negative Punishes	Leader Accepts Listens Positive Meets Needs

Balance of Needs

BELONGING	BOUNDARIES
CONNECTION RESPECT ENCOURAGEMENT	ESTABLISH ENFORCE RECIPROCATE

3. HOMEWORK!

1. Identify an area of focus that may be hurting your relationship. (Misbehavior is a clue!)
2. Can you identify any imbalances? Do you need more Belonging? Boundaries? Less Power-Over? If you have a partner, what about them? How can you/they bring more balance?