



LUNCH Groups®

LEARNING UNDERSTANDING NEGOTIATING COMMUNICATING HELPING

## Parent Webinars

**Note to Parents:** This script came occurred as a result of a parent meeting in the office on 012619 with about 9 families. The topic involved disruptive and difficult behaviors, including fighting and breaking items, or extreme defiance. I am not a fan of using technology to punish or reward and this script is an example of the alternative I would propose in extreme situations.

I think this only applies to children under the age of 12. The comments section has been turned on in case you wish to share your thoughts with others. Remember, it cannot be guaranteed to be confidential.

I have to tell you lately, things have really been difficult in our family.

I'm not saying this to any one of you, I love all of you. And we all do a lot of fun things together. But right now, it has simply been so difficult that I've made the decision as your parent to stop TV watching for the next three days.

You may feel like I'm being punitive and I honestly don't mean it that way.

But I do need things to calm down in our family. So we can read books, we can play games, we can do all kinds of things, no one's being punished. And if I see that things are getting calmer, we can try reintroducing one hour of television.

If after watching one hour of television, things are still going smoothly, then we'll increase it to two hours of television. But if I see problems that doesn't mean that you have to be robots, or that everything has to be perfect, but if I see things happening, where I feel that our family life is being disrupted, again, TV is going to stop because I am worried that the TV is proving to be harmful to our family.

There are people on TV who were being sarcastic, being mean to other people, there's violence, there are all kinds of things that I am worried is somehow influencing our family and I need to

know that you can safely watch TV and recognize that most of it is a fantasy. And these are never things to do in our home.

Anybody have any thoughts?