

Many times **children aren't on the same page as adults** about expectations. This can lead to frustration and arguments. Use a **Shared Vision to make expectations clear** and prevent conflict.

1. Before the upcoming activity, **ask the child**, “What do we need to **see, hear, feel and do MORE** of to make sure this activity goes well?”

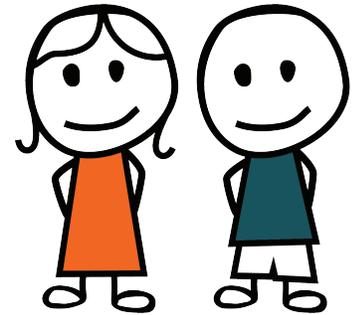
2. Also ask, “What do we need to **see, hear, feel, and do LESS** of to make sure it goes **well**?”

3. Be sure the more outnumbers the less. For example, recommend “**MORE quiet voices**” instead of “**LESS shouting**” when you're on the phone. Give the child a chance to practice different volumes and choose the “quiet” voice that would be best.

4. Make sure to create the Shared Vision together. Allow the child to drive the conversation but offer guidance.

5. Before an activity, **review the Shared Vision**. During the activity, compliment children when they exhibit the **MORE behaviors**. Offer quiet reminders about the **LESS behaviors**.

6. Talk with your child about how it went after the activity.
“What did we do well? What do we want to work on for next time?”



This **evidence-based strategy reduces conflict and frustration** by ensuring adults and children are on the same page with expectations before, during, and after an activity. When adults and children have a Shared Vision, it creates **peace, productivity, health, and happiness for everyone**.