



When Your Child Won't Listen — What to Do and Say Even When They Hit and Yell

The Follow-Through Formula

Follow along. Capture the big ideas. Apply them at home.

1. The Parenting Pendulum

There are three major styles:

- | | | |
|---|-------|--|
| 1 | | (low boundaries, high warmth) |
| 2 | | (high boundaries, low warmth) |
| 3 | | (the sweet spot—high boundaries + high connection) |

When I'm stressed, I tend to swing toward:

2. How Each Style Relates to Their Voice

Permissive parents tend to use a voice that is:

.....

Authoritarian parents tend to use a voice that is:

.....

Authoritative parents use a voice that is:

.....

3. Rules vs. Expectations vs. Boundaries

Rules are:
(Trying to control others)

Expectations are:
(What I hope you'll do)

Standard are:
(What I allow in my life & home)

Boundaries are:
(What I will do)



4. The Boundary Fence

Inside the fence = the “..... zone” (what is allowed)

Outside the fence = (related consequence)

Write one insight from this section:

.....

.....

5. What a Boundary IS vs. What It Is NOT

A boundary **IS**:

- My
- My
- Something I can

A boundary is **NOT**:

- A
- A
- A

6. Boundary Formula

Fill in the steps of the formula:

- ① When happens....
- ② I will
- ③ What’s allowed is
- ④ If it continues

7. Holding vs. Folding Boundaries

Holding a boundary looks like:

.....

Folding a boundary looks like:

.....

My biggest challenge with holding boundaries is:

.....

8. Tips to Hold a Boundary (Circle 1–2 to Try)

- | | |
|---|--|
|  Calm repetition |  Fewer words |
|  Short phrases |  Move closer / crouch down |
|  Lower voice |  Pause before responding |
|  Regulate my body first |  Remind myself: "I can handle their feelings." |

One thing I want to try this week:

.....

9. Build Your Example (Follow Along During Demo)

The behavior/situation:

.....

My boundary ("I will not...")

.....

Inside the fence ("yes" zone):

.....

Outside the fence (related consequence):

.....

Full formula (optional):

.....

10. Final Takeaway

What's one thing from today that changes how I see boundaries?

.....

.....

.....