

How Much Is Enough?

HOME PRACTICE

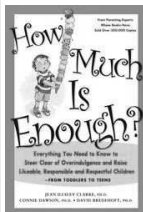


Read the affirmations you chose five times each morning and evening.



Every day give your child the “think for yourself” affirmation you choose for him/her.

Use Handout #3, *Over-Nurture or Coddling Assessment*, to look at how much you are giving your child in each of the areas identified in the research.



Teach about **enough**.

Read Section Four, *Soft Structure*, pages 141-224.

BRING NEXT TIME



- ✓ Your marketing report
- ✓ A copy of your posted rules poster or a list of your household rules. Ask your children to make a list if they are old enough to write.
- ✓ Affirmation ovals
- ✓ Your book
- ✓ Your completed Handout #3, *Over-Nurture or Coddling Assessment*
- ✓ My Child’s Highway Handout from Meeting 2
- ✓ Nurture and Structure for Different Stages, Meeting 2, Handout #6

(4/21/10)