



WITH UNDERSTANDING COMES CALM

# PARENTING

*vocabulary*



**Responsibilities**

**Privileges**

**Expectations**

*What's the difference?*



# RESPONSIBILITIES

What you have to do.

You may have **personal responsibilities** like:

- *self-care*
- *getting to school on time*
- *doing homework*

You may have **family responsibilities** like:

- *taking care of a pet*
- *helping in the kitchen and yard*



# PRIVILEGES

What you **get to do** once you've done what you **have to do**.

*Examples:*

- *Screen time*
- *Treat*
- *Texting/phoning friends*
- *Use of the car*



# EXPECTATIONS

How you and adults expect responsibilities and privileges to be accomplished.

Examples:

- *When and how you walk the dog, empty the dishwasher, vacuum, etc.*
- *How you transition from screen time.*
- *The tone you use in texts and social media posts.*



# CONSEQUENCES

Once you explain responsibilities and privileges, ask your child what happens if they don't meet expectations.

Expectations and consequences last longer if your child helps to identify them.

Keep consequences logical. If they don't complete their responsibilities, they don't get their privileges.



# PARENT MANTRAS

Responsibilities *have* to happen.

Privileges *may* happen.

The more you meet expectations, the more  
privileges you enjoy.

Do what you have to do before you do  
what you want to do.



# Looking for your personal parenting guide?

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