

# “Who’s In Charge, Anyway?”

5 Tips from Mimi Kravitz DeWoskin, MSW, LCSW

1. Have only a few non-negotiable rules.
2. Be in agreement with other adults in the lives of your kids.
3. Get agreement from kids. Have them participate in the discussion of “family rules.”
4. Don’t be afraid to have your children angry with you.
5. Set limits around conflicts. Create a “personal boundary” when you feel your child is being relentless. Go for a walk, go into another room, etc. if necessary to achieve physical/emotional space.