

Getting Trapped by Routine Conflicts

What are the traps
in your home?



Children

- Avoiding or delaying homework.
- Not eating breakfast.
- The “Clean Room Clash.”
- Home dinner vs. fast food.
- Time with video games and TV.
- Brushing teeth or taking baths.
- The “Coming Home Zone.”
- Chores and responsibilities.

Teens

- Curfews & teens’ whereabouts.
- Earning money / Using the car.
- Choice of friends.
- Use of social media and phone.
- Being to classes on time.
- Time and effort devoted to study.
- Use of alcohol, smoking, drugs.
- Dinner with family.