

Rethinking Power Needs

Power is **not** like a remote control where only one person has all the power and control.

Power is **like** a candle, you can give power without giving away any of your own power.

Kids don't want your power, they want their own.

Richard Lavoie

When a student feels they have **power with** the adults as well as **power within** themselves they'll have less need to seek **power over** others.

A New understanding of Power can help with this
" See a Child Differently...
See a Different Child"

-Stuart Shanker

6 Ways to Help kids meet their Power needs

1. Offer choice, not orders
2. Give responsibility
3. Start with strengths
4. Express interest rather than praise
5. Ask for their opinion
6. Ask for their help

6 points to remember

1. Avoid power struggles
2. Avoid making threats
3. Growing power needs are a healthy part of child development
4. Respect boundaries
5. The Rules (not the adult) should be obeyed
6. Reflect on your own need for power and control.

" Reality is that no one wins a power a struggle" - Ross Greene