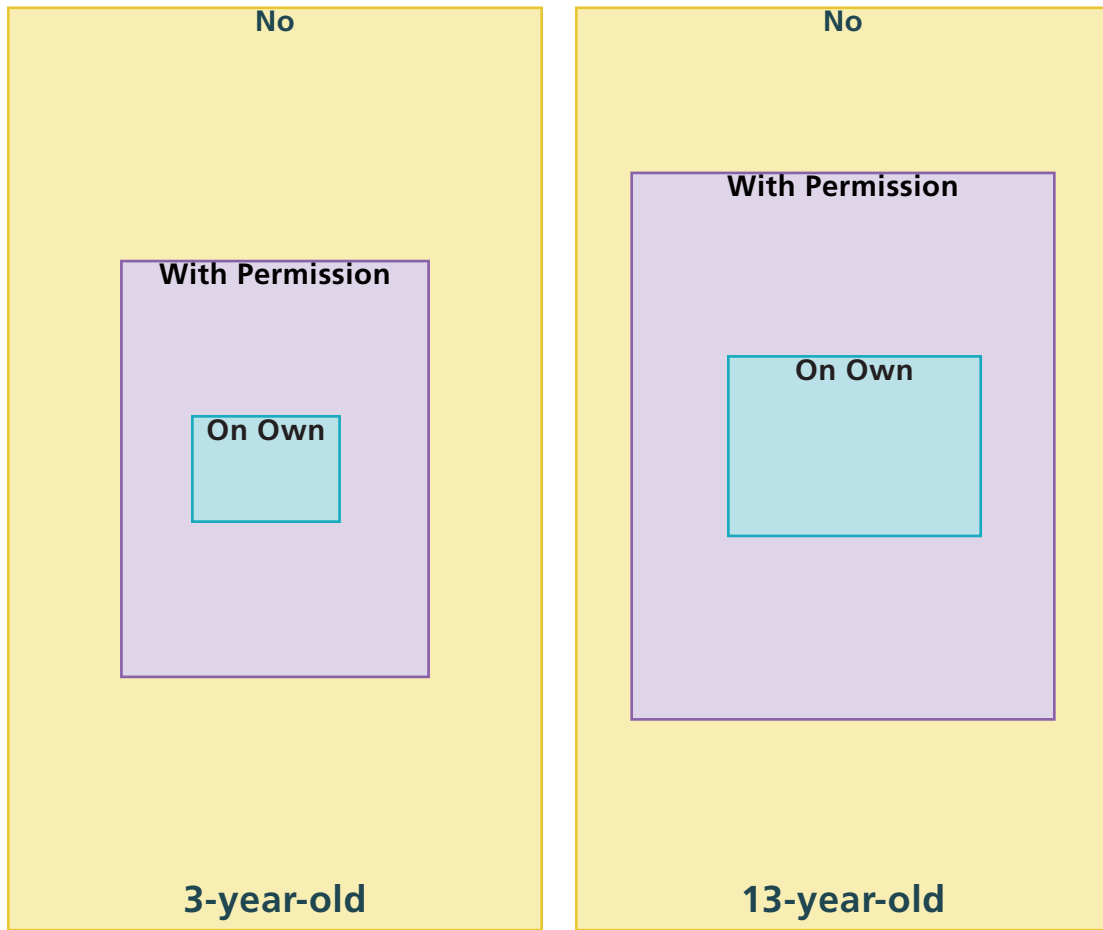


Freedom Boxes

Many parents have found the concept of “Freedom Boxes” useful in thinking about how to use G-M-C (Guidelines, Monitoring, and Consequences) principles of effective family management to develop family guidelines.

Begin by thinking about what a 3-year-old child might be able to do on their own. There is no right or wrong answer. Different families will have different answers. In the table below, record some of your ideas. Now think about what a 3-year-old could do only with permission. Finally, think about what a 3-year old child in your home absolutely could not do. Also record these ideas in the table.

Now consider how things would be different for your child when they are age 13. What would this adolescent be able to do on their own, with permission, and absolutely not? Complete the table with your ideas.



WHAT WOULD YOU ALLOW A CHILD TO DO?

	3-YEAR-OLD CHILD	13-YEAR-OLD CHILD
On own		
With permission		
Absolutely not		