



Shared Vision

for Caregivers

Many times, young people aren't on the same page as adults about expectations. This can lead to frustration and arguments. Use a **Shared Vision** to make expectations clear and prevent conflict.

This tested and proven strategy reduces conflict and frustration by ensuring adults and young people are on the same page with expectations before, during, and after an activity.

Shared Vision helps young people ...

- Cooperate more consistently with expectations.
- Complete requests with less reminding or nagging.
- Have fewer conflicts with peers and adults.
- Learn to stop and think before each new activity.
- Take responsibility for making positive choices.

When adults use Shared Vision with young people, they increase the **Peace, Productivity, Health, and Happiness** for everyone!

The Recipe

- 1** Before the upcoming activity, ask the child “What do we need to see, hear, feel and do **MORE** of to make sure this activity goes well?”
- 2** Next ask, “What do we need to see, hear, feel, and do **LESS** of to make sure it goes well?”
- 3** Be sure the **MORE** outnumbers the **LESS**. For example, recommend “**MORE** quiet voices” instead of “**LESS** shouting”. Give the young person a chance to practice different volumes and choose the “quiet” voice that would be best.
- 4** Make sure to create the Shared Vision together. Allow the young person to drive the conversation but offer guidance.
- 5** Before an activity, review the Shared Vision. During the activity, compliment the young person when they exhibit the **MORE** behaviors. Offer gentle reminders about the **LESS** behaviors.
- 6** Talk with the young person about how it went after the activity. “What did we do well?” “What do we want to work on for next time?”