



## From Chaos to Order in Your Home, by Dr. Brad Schwall

Is there chaos in your home? Check to see if you experience any of the signs of a chaotic home:

- Arguing
- Children not following directions
- Lack of calm at the dinner table
- Homework not done
- Everyone is always late
- Having to give directions multiple times
- A lack of meaningful conversation
- Too many activities, too little time

Use these tips to get order in your house.

- Give clear directions.
- Give only two to three directions at a time.
- Give a deadline for the direction to be followed.
- Create a routine.
- Calm things down as bedtime approaches.
- Include reading with young children in your bedtime routine.
- Eat dinner together.
- Talk to your children.
- As a couple, divide up responsibilities so that you can each do your best.
- Be consistent – do not allow your children to be silly at one dinner and then expect them to be perfect at the next meal.

Creating a calm home environment starts at an early age with the goal of creating a pleasant home environment. During the pre-teen and teenage years, a consistent presence is still important. As parents, we play a support role as our children develop more independence while still making expectations for behavior clear.

Think about the home life you want. Think about what situations or times in the day that keep you from achieving those goals. Brainstorm solutions to move from chaos to peace and order.



*School counselors and teachers use the Cool Kids videos, games, activities, and lessons to teach children skills for school success. For free parenting tips and information on Dr. Schwall's Cool Kids resources and talks for parents, students, and educators, go to [www.coolkidschannel.com](http://www.coolkidschannel.com).*

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