

Calm Parent Challenge – Homework: Reverse Roles

Task:

This week, invite your child to be the “parent” for 30 minutes. Explain it simply: “Today, you get to be in charge for half an hour. I’ll do what you say, as long as it’s safe and kind.” Let them lead a short routine or activity such as bedtime, setting the table, or choosing what to play.

Your rules:

- Follow their lead
- Don’t correct or take over
- Stay curious and observe

If your child is under 6, keep it short (10–15 minutes) and make it playful. Let them guide something simple such as choosing a story, pretending to be the parent putting you to bed, or telling you what to do during playtime.

After the activity, write your reflections:

1. What surprised you about how your child led?
2. What feelings came up when you gave up control?
3. What did you learn about your child’s perspective?

Be honest, short, and specific. We’ll discuss insights in the final session.