

Mean Mom Planning Guide



Rule Four

What is Rule # Four?

I brought you into this world...and I can take you out!

..... (Last section of Planning Guide).....

What is my plan?

This section will tie together the Planning Guides from Rules Two and Three into a set of concrete, enforced boundaries that are appropriate for the developmental stages as well as for your family's style and values. Once this is all in place, your kids will feel safe and secure, and loved because they will be able to count on the stability of your plan.

This is not the end of your plan, but it is the foundation of it. So give it as much consideration and discussion as you need in order to be certain it fits your family and your kids.

Pull out your Planning Guides for rules Two and Three. They will be used to decide how to enforce the boundaries you have created.

What is the most commonly used word in every language when enforcing boundaries?
NO, of course.

To create this part of your plan, just say **NO**.

N – Now the behavior must stop

O – Ownership teaches responsibility



Now the behavior must stop

Remember, safety is your primary focus for your kids always. A behavior that is unsafe must be stopped immediately. Kids do not have a sense of safety because they do not have the experience that provides a frame of reference. It is a parent's responsibility to watch for and be ready to stop them from doing things that hurt them.

Think about the safety issues for each stage.

Go back to Planning Guide Rule Two and review the developmental stages. Safety issues are different at each stage, beginning with survival safety and ending with keeping them from experiences they are not ready for and may not make good decisions about.

List the safety issues you need to watch for at each stage.

Stage	Safety Issues
Infant	Breathing when sleeping
Toddler	Pulling things down on themselves from hard to reach places
Preschool	Running out into the street

School age	Unsafe activities like skateboarding in parking lots
Teen	Un-chaperoned parties

Tie these to boundaries.

Now, review the last section of the What’s My Plan in Planning Guide Rule Three. In this section you listed boundaries you want to set for your kids at each stage.

Match the boundaries to any of the safety issues you listed above. Not all of them will match because not all relate to safety. For this section, just focus on the boundaries that relate to the safety issues you listed.

Stage	Safety Issues	Boundaries from Rule Three List
Infant	Breathing when sleeping	
Toddler	Pulling things down on themselves from hard to reach places	
Preschool	Running out into the street	
	Unsafe activities like skateboarding in	

School age	parking lots	
Teen	Un-chaperoned parties	