

Contrato de Consistencia Familiar



PURPOSE:

Consistency is the foundation of emotional security and independence. This contract ensures all caregivers (parents, grandparents, nanny, etc.) agree on the key boundaries and the language used to reinforce them. This prevents anxiety and power struggles in the child.



Commitment Period:

(E.G., THE NEXT 3 MONTHS)

Section I: Boundary Commitments (Limits)

These are the non-negotiables. We commit to enforcing these three rules the same way, every time, without exception.

Commitment (The Rule)	The Consequence (What naturally happens if the rule is broken)	Our Agreed-Upon Action Tool (The V.A.L. Limit)
1. Hitting/Aggression: Hands are for helping, not hitting.	If a body part hits, that body part needs a time-in to calm down with an adult.	We will say: "I see you're mad. Hands must be safe. Let's go breathe on the sofa."
2. Screen Time: We use the timer for screens.	If the screen time is fought or protested, the next day's screen time is automatically halved.	We will say: "The timer is done. The screen goes to sleep. We follow the clock, not your yelling."
3. Clean Up: We are responsible for our spaces.	The toy/item left out will be put away by the adult and stored in a designated "Toy Break Box" for 24 hours.	We will say: "The toy needs to be put to bed. We clean up what we use."

Section II: Emotional Language Commitments (Connection)



We commit to using the following tools and language consistently to validate and guide our child's feelings.

Commitment (The Tool)	When We Will Use It	Our Agreed-Upon Action Tool (The V.A.L. Validate and Lead)
1. The 3-Breath Pause: Managing my own calm first.	Before I react to any yelling, screaming, or protest.	I will stop, take three deep breaths (using my Anchor Card), and then approach the child.
2. Validate the Feeling: Acknowledging their inner state.	When the child is crying, angry, or frustrated, before setting the limit.	We will say: "You are allowed to feel frustrated/mad/sad. That is a big feeling." (Then state the limit.)
3. The Emotion Box: Externalizing big feelings.	When the child is melting down and cannot use their words.	We will offer: "What color is that feeling? Let's put the [Color] slip into the box. We are giving it a safe home."

Our Signatures of Commitment



We agree that we will not undermine these rules or language choices, even when tired, unless there is a genuine safety risk. We commit to supporting each other.

Caregiver 1 (Parent/Guardian)

Name: _____
Signature: _____

Caregiver2 (Parent/Guardian)

Name: _____
Signature: _____

Caregiver 3 (Grandparent/Nanny)

Name: _____
Signature: _____

Caregiver 4 (Grandparent/Nanny)

Name: _____
Signature: _____