



JOANNA TABAKU

Understanding the Attention *and Power Buckets*





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This resource is designed to help parents recognize when their children are trying to fill their Attention and Power Buckets. Understanding these needs can help in responding effectively and fostering a positive relationship with your child.

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Examples of a Child Wanting to Fill Their Attention Bucket

1. Constantly asking for approval after completing simple tasks (e.g., 'Did I do a good job?').
2. Frequently showing you drawings or crafts they have made, seeking acknowledgment.
3. Interrupting you while you are on the phone or busy with another task.
4. Repeating the same question or story multiple times to get your attention.
5. Acting out dramatically when they fall or hurt themselves, even if the injury is minor.
6. Bringing toys or items to you to show or explain what they have done with them.
7. Seeking eye contact and verbal praise during play or activities.
8. Requesting that you watch them play or perform an activity repeatedly.
9. Exaggerating achievements to make them seem more impressive.
10. Asking for help with tasks they are capable of doing on their own.

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Examples of a Child Wanting to Fill Their Attention Bucket

11. Frequent requests for one-on-one time or special activities with you.
12. Becoming overly talkative or loud when they feel ignored or unnoticed.
13. Crying or whining when they perceive someone else is getting more attention.
14. Climbing onto your lap or sitting very close to you during family time.
15. Seeking validation after interactions with others (e.g., 'Did I do the right thing?').
16. Bringing up memories of fun times together, trying to recreate that connection.
17. Showing interest in your activities (e.g., 'What are you doing?') as a way to engage you.
18. Frequent hugging or cuddling beyond their usual level of affection.
19. Making up stories or exaggerating events to gain your focus.
20. Engaging in sibling rivalry, such as trying to outdo a sibling to gain your attention.

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Examples of a Child Wanting to Fill Their Power Bucket

1. Insisting on choosing their own clothes even if the choices aren't weather-appropriate.
2. Refusing to eat certain foods as a way to assert control over meals.
3. Trying to dictate the rules in games or activities with others.
4. Deciding how to organize their room or personal belongings without your input.
5. Deliberately breaking minor rules to test the limits of their independence.
6. Taking over a task you are doing, saying, 'Let me do it!'
7. Arguing with siblings or friends over who gets to make decisions.
8. Refusing to follow directions unless they are given a choice.
9. Attempting to negotiate bedtimes or other routines to get more of what they want.
10. Expressing strong opinions on family plans or activities, trying to influence decisions.

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Examples of a Child Wanting to Fill Their Power Bucket

11. Organizing their own playdates or social activities without asking permission.
12. Bargaining or making deals to get more screen time or playtime.
13. Demanding explanations for rules or decisions they don't agree with.
14. Deciding the order of activities in their daily routine (e.g., 'I'll do my homework after TV').
15. Setting their own challenges during play, such as creating new game rules.
16. Rejecting help from adults on tasks they want to do independently.
17. Taking leadership roles in group settings, trying to direct others.
18. Demanding that others follow their preferences in joint activities.
19. Challenging or questioning your authority with phrases like, 'Why do I have to do that?'
20. Insisting on having the final say in decisions that affect them directly.



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Conclusion: Reflect on your answers and use them as a guide to release what no longer serves you. This process will help you step into the parent and person you truly want to be, free from old programming and societal norms that are not in alignment with your true self.