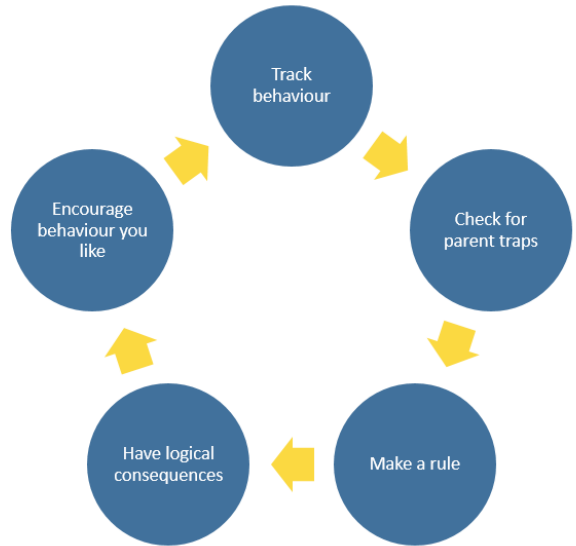


What is the Behaviour?

If more than one, list them all and circle the one you would like to address first.



Track Behaviour

Example:

Day	Time to bed	Problem 1: # times called out	Problem 2: # times out of bed	Time to sleep
Mon	7:00pm	✓✓✓✓✓	✓✓✓	8:00pm
Tues	6:30pm	✓✓✓✓	✓✓✓✓	8:00pm
Wed	8:00pm	✓✓✓✓✓	✓✓✓✓✓✓	9:30pm

What would you track? Create a chart to track the behaviour of your choice on another page.

Check for Parent Traps

Parent Traps

Do you often fall into any of these parent traps?

Accidental rewards:

- Getting something they want (sweets, toys, etc.)
- Getting out of something they don't want to do
- Attention (reasoning, arguing, negotiating)

Escalation traps:

- Repeating instructions and getting annoyed
- Shouting and getting angry

Ignoring Good Behaviour

Inconsistency:

- Personally from day to day
- Between parents (reacting differently to the same problem)

Unrealistic Expectations:

- Expecting too much (for their age or abilities)
- Not allowing for them to be tired or unwell

Comments:

Giving Instructions

Think about how you give instructions. Do you fall into any of these traps when you give instructions?

- Too many
- Too few
- Too hard
- Bad timing
- Not clear
- Sounds like a question
- Confusing Body Language

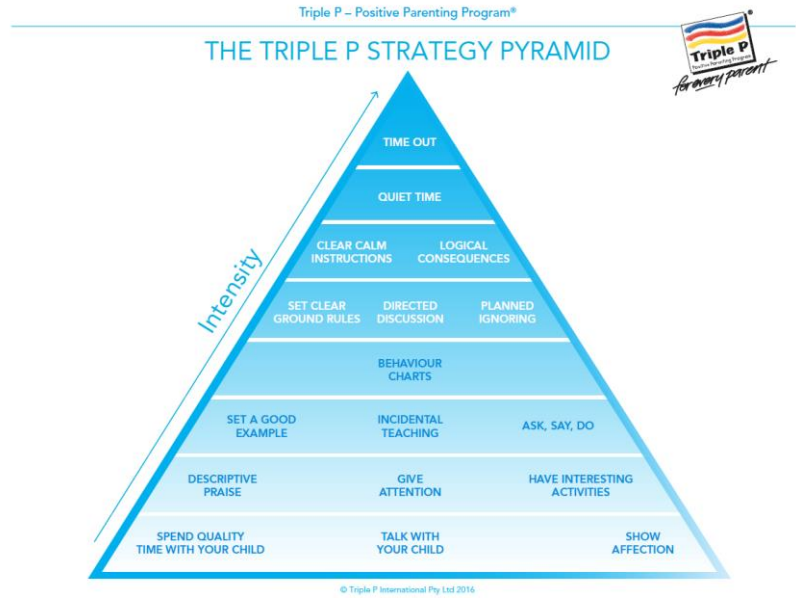
How can you make your instructions more clear?

Make a Rule

What is your new rule?

Have Logical Consequences

Brainstorm some ideas for logical consequences. Circle the one you choose to use.



Encourage Behaviour You Like

Preventing Disobedience

Tips for using a behaviour chart