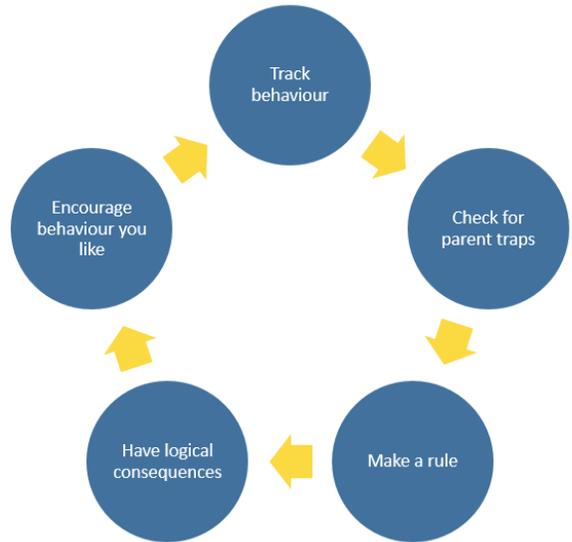


# What is the Behaviour?

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

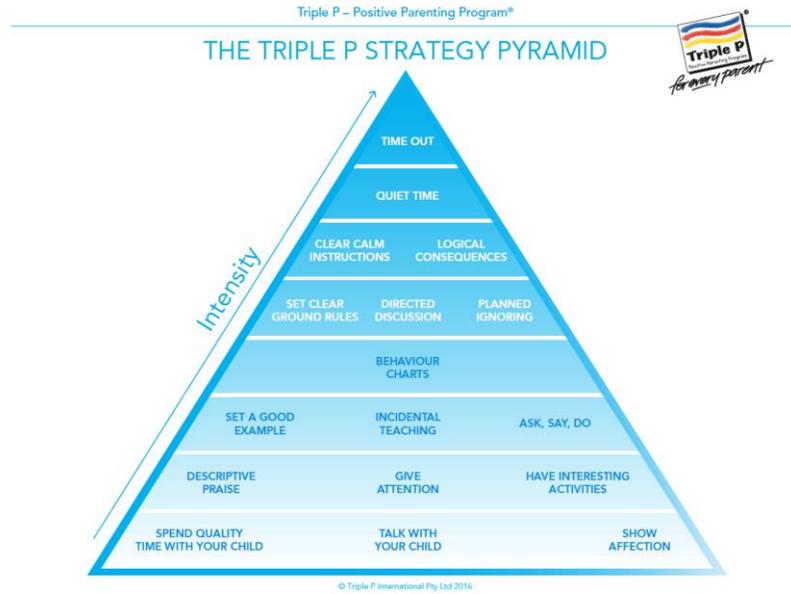
How can you make your instructions more clear?

# 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