



STEP IV: RESPOND

(To be completed together)

By writing down our job description as a parent, we can stay focused on the things that matter most. Work together with your partner to write a combined job description. Keep it to 2 to 3 sentences or less!

Let's put it into practice! There can be a lot of pressure to "respond" perfectly to challenging behaviors. But we won't always get it right, and that's okay. Let's recognize some things that you've already tried:

What consequences and/or punishments have you tried that have NOT worked for your kids?

What consequences and/or punishments have you tried that have worked for your kids?



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Circle which of the nine tools resonated most with your family?

1. Replacement Behaviors
2. Expansion and Contraction
3. First, Then Principle
4. Practice the 'Hard No'
5. You don't have to ask, you can tell
6. Reflective Language
7. Repair
8. Recognize impulse control challenges
9. Admit when you need more help

Pick four from the list to test out, then write which you picked and how it went:

1.

2.

3.

4.

