

*Transforming Behavior Coaching Week*

3

## **Create a Recipe for What to Do for YOUR Kid When They Are Struggling**

Sometimes what we think will help during challenging times actually escalates the situation. Now we're going to look at what is helpful and when, and outline specific, tailored approaches that will be effective for YOUR child, given the information you've identified in the prior two sessions.

# MASTER ACTION

## Brainstorming

As you work through Coaching Week, keep this worksheet handy to record things you're learning to stop doing, do less of, keep doing, start doing, and do more of.

STOP DOING →			
DO LESS →			
KEEP DOING →			
DO MORE →			
START DOING →			

# IDENTIFY HELPFUL RESPONSES FOR EACH OF YOUR *CHILD'S* SIGNALS



*laughing*

TURN OVER

List strategies that will help your child stay in the green state.



*agitated*

TURN OVER

List strategies that will help your child regulate out of the yellow state.

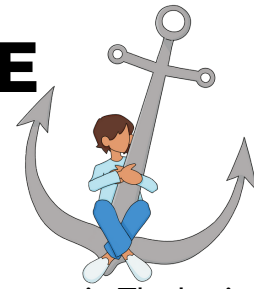


*deer in headlights*

TURN OVER

List strategies that will help your child regulate out of the red state.

# HOW TO MANAGE Meltdowns



When your child is in a meltdown, there's nothing you can do to stop it. The brain has essentially been hijacked and it has to cycle and recover. No amount of talking or rationalizing will help. In fact, that actually makes it worse because the child's thinking brain is physically inaccessible at that time. What you can do is offer support in a way that a child in meltdown can handle and needs. Follow these steps.



## STAY CALM

Lend your calm to your child.

1



## SHOW EMPATHY

Let your child know that you see their struggle.

2



## RESPOND, DON'T REACT

Pause and respond with purpose.

3



## STOP TALKING

Be silent. Talking only adds to the overwhelm.

4



## HONOR WHAT YOUR CHILD NEEDS

Stay if your child needs, or leave the room if that's what they need.

5

Continue the Journey with the...

# BEHAVIOR REVOLUTION PROGRAM

This week, you're seeing how powerful just a small portion of our program can be. Imagine moments of joy with your child and your family. Imagine times when your child gets things done without nagging or yelling. Imagine feeling helpful and hopeful for your child. Imagine feeling empowered and seeing your child feeling confident and competent.

You can feel relieved, confident, and genuinely prepared. You can be a purposeful, calm parent, successful at helping your child thrive.

Follow our Crisis to Clarity Blueprint™ and you can live it instead of just imagining it.

[TheBehaviorRevolution.com/course](https://TheBehaviorRevolution.com/course)



**\$50 OFF**

7/17-7/20, Coaching Week members only!