PARENT POINT SHEET

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| Concepts | Points | Completed |
| I remember the 3 important needs that cause challenging behavior | 5 |  |
| I'm going to try really hard to remember that challenging behavior is a coping mechanism in response to at least 1 of those needs | 5 |  |
| When my kid challenges me I will remembered to avoid arguing by saying something neutral like "I hear you.” | 5 |  |
| I figured out how to respond to a challenge with "irresistible influence" | 5 |  |
| I can identify 3 out of 5 characteristics describing how children think | 5 |  |
| What I say and how I feel match | 5 |  |
| I remember to clearly state my expectations/set reasonable boundaries of acceptable behavior/clearly state outcomes | 5 |  |
| I remember that fair and clear boundaries help my child feel safe | 5 |  |
| I remember to speak to my child in as few words as possible | 5 |  |
| I resist threatening my child and simply state choices and potential outcomes and then follow through calmly | 5 |  |
| I think about my child's developmental levels and adjust how I set and clearly state expectations and outcomes | 5 |  |
| I remind myself that my child's behavior is the problem….not my child | 5 |  |
| I freely acknowledge my child's power—I can't make him do anything (but I can make it worth his while to do what I ask) | 5 |  |
| I have taken an honest look at myself and can identify my triggers | 5 |  |
| I will honor my spouse's authority and cue my spouse by asking for permission to do something when he/she has been in charge | 5 |  |
| I practice empathizing with my child's struggles while maintaining firm boundaries | 5 |  |
| I communicate with my child using "I" messages | 5 |  |
| I communicate with my child in behavioral terms | 5 |  |
| I remember to focus on the desired replacement behavior | 5 |  |
| I tell my child what I want him to do, NOT what I want him to stop doing | 5 |  |
| I avoid using negatively charged vocabulary (i.e. "punishment") | 5 |  |
| I resist telling my child what he is doing wrong | 5 |  |
| I remember to thank my child for help, cooperation, making a choice that works for everyone, recognizing choices that were causing more conflict | 5 |  |
| I will remember that learning new ways to act/interact within my family takes time and I will unfailingly continue to practice what I have learned | 5 |  |
| I will remember that resistance to change is NOT the same thing as failure | 5 |  |
| **TOTAL:** |  |  |