

Use this page to record your plans for introducing Time to Calm Down in the family.

Practice Sheet Planning Time to Calm Down



Planning Time to Calm Down
Situations where you might want to use Time to Calm Down with your children:
What can I do to calm myself:
Calming places I can think of to encourage calming:
What I can use as a calming visual object:
What we might do together when Time to Calm Down is over:
What changes are you hoping to see in your child's behaviour?



Practice Sheet



Thinking About our Family Rules

DOs	Don'ts		
1	1		
Reward	Penalty		
	2		
	5		
Reward	Penalty		
3	3		
Reward	Penalty		
4	4		
Reward	Penalty		





Practice Sheet our Family Rules

DOs	Don'ts
1	1
Reward	Penalty
2	2
	Penalty
	3
Reward	Penalty
	4
	Penalty



Practice sheet Giving choices and consequences



you have a choice. (child's name)
You can either
or you can(negative behaviour choice)
If you choose
then
If you choose
then
It's up to you - it's your choice. (It's crucial to finish by saying this)



Practice sheet



Giving an "I" Statement

fee (say how you feel)
When (describe the situation and avoid using 'you')
Because (state your need that is not being met and why it matters)
What I'd like is (describe what would help you to meet your need)



Ages and Stages Quiz Qn



o-2 years

2 - 4 years

4 - 7 years

7-9 years

9 - 12 years



Growing Up checklist

One way to check out how well we are helping our children learn to become capable and independent is to talk through this list with them, and find out what they are ready to learn. If necessary, show them what to do – and then let them do it! It isn't only the skill they gain – they also learn to take responsibility for the task. Only step in if their failure to do something is harmful, such as a pet suffering because it hasn't been fed. If you agree with a teenager that he's responsible for his own washing, and he discovers at the last minute that his favourite shirt isn't clean for a party, that's his problem, not yours.

Making the bed		Crossing road without holding hands
Tidying bedroom		Crossing road alone
Choosing clothes		Doing homework unsupervised
Dressing	\bigcirc	Going to the local shop
Tying shoelaces		Making phone calls
Tidying up toys		Making appointments (doctor, etc.)
Getting up in time		Choosing TV programmes/DVDs
Making school lunches		Cleaning the car
Getting breakfast		Navigating on journeys
Making tea, toast		Organising time for homework/fun
Cooking, washing up	\bigcirc	Painting and decorating
Washing face, brushing teeth		Gardening
Having a bath on your own		Mending bicycle punctures
Laying and clearing the table		Deciding how to spend pocket money
Helping with housework		Earning money
Putting away clothes	\bigcirc	Arranging when to see friends
Sorting out disagreements	\bigcirc	Choosing/buying presents
Feeding/caring for pets		Travelling without an adult
Ironing		Having a boyfriend/girlfriend
	Tidying bedroom Choosing clothes Dressing Tying shoelaces Tidying up toys Getting up in time Making school lunches Getting breakfast Making tea, toast Cooking, washing up Washing face, brushing teeth Having a bath on your own Laying and clearing the table Helping with housework Putting away clothes Sorting out disagreements Feeding/caring for pets	Tidying bedroom Choosing clothes Dressing Tying shoelaces Tidying up toys Getting up in time Making school lunches Getting breakfast Making tea, toast Cooking, washing up Washing face, brushing teeth Having a bath on your own Laying and clearing the table Helping with housework Putting away clothes Sorting out disagreements Feeding/caring for pets



Before working out a problem with the family, you might like to have a go at thinking through a problem using the practice sheet to guide you.

Choose something manageable to begin with – not the most difficult thing you've ever had to confront!

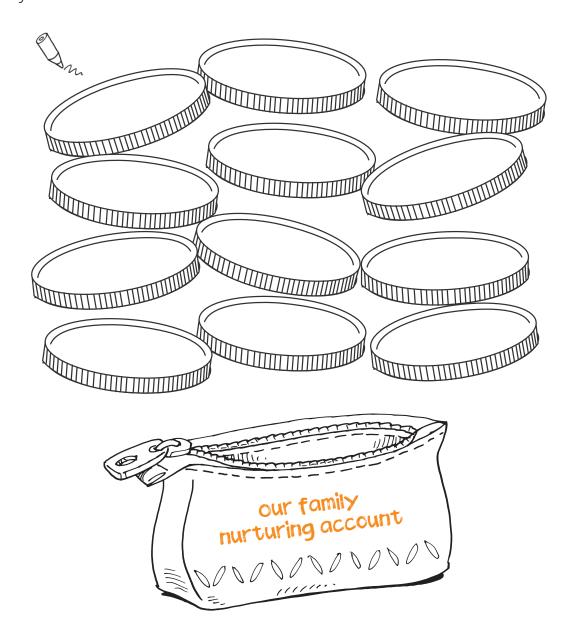
Practice Sheet Problem Solving



Problem Solving
What exactly is the problem?
Whose problem is it?
What has already been tried?
What is the goal - what would solve the problem?
Ways to reach the goal:
What to try:



Which of these feels important for your family? Fill in the coins with ideas from the list – and of course add any extra ones of your own.





Remember - this list is here for you to look at on a bad day.

Practice Sheet Emergency Survival Kit My personal survival kit: **3** **5** My emergency parenting kit: **5**