



Your turn

Training your child to do something independently

What area will you focus on this week/month/year?

.....
.....
.....

Does he know HOW to do this task? Does the task need to be broken down into smaller steps?
Detail the steps you are going to take.

.....
.....
.....

Would rules help?

Are there positive rules that would help her remember what to do, that could be supported by Descriptive Praise (and possibly some other reward) for following the rule?

.....
.....
.....
.....



How long will it take and when is the best time to do it?

.....
.....

What will help everyone remember to do this task/develop this habit?

Written checklist/routines, tick charts, putting what is needed within reach/ where it will be seen.

.....
.....

What will you descriptively praise your child for during the training?

Write specific phrases here:

.....
.....
.....
.....

How will you offer support and empathy during the training?

Acknowledging reluctance, or accepting frustration, does not mean giving up on the goal! Write down some Emotion Coaching phrases:

.....
.....
.....
.....