

Behaviour Triage Part 2

You can't overcome all behaviour problems at once. We need to create a plan and make all caregivers and the children aware of the plan so that there can be success. Decide what approach would work best for your child's personality. Would a point system work; where with earning points a child can get to their reward and feel successful. A plan may need to be modified as you go to add other skills needing to be learned. As skills are mastered rewards can decrease in one area and be offered in another skill building area.



Choose one or two behaviours that are most problematic for your child

1. _____
2. _____

What is the opposite of the above behaviours? *This would be the skill we want to see instead.*

1. _____
2. _____

To gain buy in to the reward system your child must earn points most of the time. If the bar is set too high at the beginning a child will not be successful. This will lead to frustration and minimal change in growth and development in this skill area.

What is the first step in achieving each of the targeted behaviour? *What can I offer as support, what are my child's thoughts on this plan?*

What I need to do:

1. _____
2. _____

What my child needs to be supported with:

1. _____
2. _____

-Mindful Parenting for ADHD, Dr. Mark Bertin

Consider breaking the day into smaller parts

Below write any division for earning rewards, such as before school or after lunch.

Targeted behaviour 1

Division 1. _____

Division 2. _____

Division 3. _____

Targeted behaviour 2

Division 1. _____

Division 2. _____

Division 3. _____

The Reward

The type of reward will depend on your child's age and interest. Maybe this could be an activity as a family, this doesn't need to cost lots of money. Give our children a chance to offer ideas.

The more they are involved the greater the chances for success.

