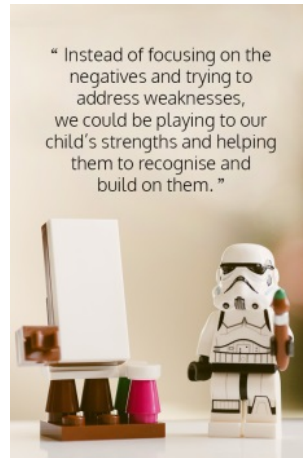


## Behaviour Triage Part 1



*In this exercise, you'll list all of the behaviour difficulties you'd like to address either at home or at school. We will not be able to address them all at once this is the starting steps to set priorities. What we also may find is that with building one skill we could see another behaviour change at the same time.*

List three to five things going well in your life as a parent or your own parenting strengths:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List three to five of your child's strengths:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Remember when we are looking to teach new skills we use our strengths and growth mindset to do it!*

*Behaviour is communication. What really is our child's behaviour trying to communicate!*

In the space below list anything you would like to see improve for your child and your family

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As a parent what do I need to do to support the changes needed for our family

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How will I communicate this plan to my child? What is their input about skills they want to develop?

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Now choose one or two of the most disruptive items to work on first.

1. \_\_\_\_\_
2. \_\_\_\_\_

Mindful Parenting for ADHD, Dr. Mark Bertin

