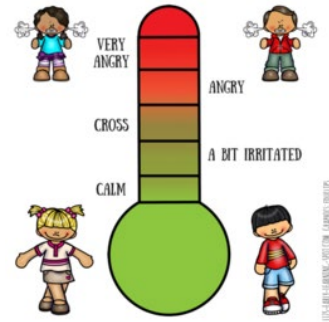


Action Plan- Addressing Challenging Behaviour

By adding a pause between the situation and the emotion we open the door to a new parenting approach and create a better relationship with our children. We are less reactive and can get past the emotion and focus in on how we can help our child learn a new skill.



Set a time for mindful practice.

Decide what behaviours are most disruptive or frustrating your child. Behaviour is communication, what is my child trying to tell me?

Can any of these behaviours be addressed by changes within the environment (home or school)?

Is this a skill deficit? What skill needs to be taught here and how can I help my child learn this new skill?

Parenting a Child with ADHD

Are there any behavioral triggers that can reasonably be avoided?

Is there any behaviour you may ignore for now and that may diminish on their own if they don't succeed in grabbing your attention?

Are there any behaviours for which it would be safe and reasonable to allow your child to experience the natural consequences?

Choose up to three behaviours around which you intend to focus on with your child to build some new life skills:

