



**TERRIFIC
TODDLERS**

ARIADNE BRILL, C.P.D.P.E.
POSITIVE PARENTING CONNECTION
TERRIFIC TODDLERS COURSE

Can Do Plan

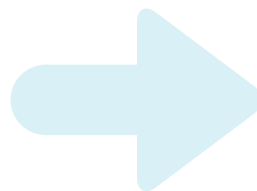
A guidance based parenting tool

- Engage with your child fully before explaining the can do plan (connect with eye contact, a smile or gentle touch)
- Think about what you EXPECT from your child and
- Think about what your child is ABLE to do
- How can you highlight to your child what they ARE able to do?
- Communicate in a clear, positive and kind way so your child will feel trusted, safe and ready to cooperate.

Examples of CAN DO PLAN

Going to the supermarket

You can hold the shopping list
You can hold my hand or sit in the cart
You can pick out ONE special treat.
You can tell me when you see something you like



Going to the park

You can play until it's time to leave
You can come to me if you need help
You can come ask me before taking a snack from a friend.

Can Do plans help you communicate in a clear and kind way. Remember to highlight your child's capabilities and adjust your expectations.

