

# Parenting #5 Planning for Problems

## Key Concepts and Exercises

**Removing Barriers:** Lots of spaces are set up for adults, and not for kids. Make spaces more usable and set rules for those spaces. **Exercise:** Find a spot in your home that isn't as kid friendly as it could be and change it to make it work for you and your child.

**Routines:** Kids aren't in control of their own lives - parents are! Having a schedule and consistency prevents challenging behaviors. **Exercise:** Draw out your family's daily routine with your kid. Find an activity that has to get done every day and try to do that activity the same way every day for a week.

**Plan Ahead:** Recognize places, situations, and behaviors can go sideways. Have snacks and set up games to work toward meeting expectations and good behaviors. **Exercise:** Think of a public space where your child has a hard time and brainstorm tools or games you can use in this setting.

## Positive Parenting - Grocery Store

Mom lets Eddie know the plan for grocery shopping.

At the grocery store your job is to stay with me and have nice hands and feet. If you do a good job you can pick out a breakfast cereal.



Mom keeps Eddie involved in the shopping.

Eddie, should we get strawberries or grapes?

Grapes!



Mom gives specific praise.

Thanks for helping me shop. You did a great job staying with me and keeping your hands to yourself.



Mom follows through on her promise.

How about you pick a new cereal that you want to try?

Yay!

