

Use this page to record your plans for introducing Time to Calm Down in the family.

## Practice Sheet

### Planning Time to Calm Down



Situations where you might want to use Time to Calm Down with your children:

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What can I do to calm myself:

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Calming places I can think of to encourage calming:

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What I can use as a calming visual object:

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What we might do together when Time to Calm Down is over:

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What changes are you hoping to see in your child's behaviour?

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# Practice Sheet

## Thinking About our Family Rules



DOs

Don'ts

1 .....	1 .....
.....	.....
.....	.....
Reward .....	Penalty .....
.....	.....
.....	.....
2 .....	2 .....
.....	.....
.....	.....
Reward .....	Penalty .....
.....	.....
.....	.....
3 .....	3 .....
.....	.....
.....	.....
Reward .....	Penalty .....
.....	.....
.....	.....
4 .....	4 .....
.....	.....
.....	.....
Reward .....	Penalty .....
.....	.....
.....	.....



# Practice Sheet

## our Family Rules

DOs

Don'ts

1 .....	1 .....
.....	.....
.....	.....
Reward .....	Penalty .....
.....	.....
.....	.....
2 .....	2 .....
.....	.....
.....	.....
Reward .....	Penalty .....
.....	.....
.....	.....
3 .....	3 .....
.....	.....
.....	.....
Reward .....	Penalty .....
.....	.....
.....	.....
4 .....	4 .....
.....	.....
.....	.....
Reward .....	Penalty .....
.....	.....
.....	.....

## Practice sheet

### Giving choices and consequences



..... you have a choice.  
(child's name)

You can either .....  
(positive behaviour choice)

...or you can .....  
(negative behaviour choice)

If you choose .....  
(positive behaviour choice)

...then .....  
(positive consequence)

If you choose .....  
(negative behaviour choice)

...then .....  
(negative consequence)

It's up to you - it's your choice.  
(It's crucial to finish by saying this)

## Practice sheet

### Giving an "I" statement



I feel *(say how you feel)* .....

When *(describe the situation and avoid using 'you')* .....

.....

Because *(state your need that is not being met and why it matters)*

.....

.....

What I'd like is *(describe what would help you to meet your need)*

.....

.....

.....

## Ages and Stages Quiz



0 - 2 years

2 - 4 years

4 - 7 years

7 - 9 years

9 - 12 years

## Growing Up checklist

One way to check out how well we are helping our children learn to become capable and independent is to talk through this list with them, and find out what they are ready to learn. If necessary, show them what to do – and then let them do it! It isn't only the skill they gain – they also learn to take responsibility for the task. Only step in if their failure to do something is harmful, such as a pet suffering because it hasn't been fed. If you agree with a teenager that he's responsible for his own washing, and he discovers at the last minute that his favourite shirt isn't clean for a party, that's his problem, not yours.

- |  |  |
|--|--|
| <input type="checkbox"/> Making the bed                | <input type="checkbox"/> Crossing road without holding hands |
| <input type="checkbox"/> Tidying bedroom               | <input type="checkbox"/> Crossing road alone                 |
| <input type="checkbox"/> Choosing clothes              | <input type="checkbox"/> Doing homework unsupervised         |
| <input type="checkbox"/> Dressing                      | <input type="checkbox"/> Going to the local shop             |
| <input type="checkbox"/> Tying shoelaces               | <input type="checkbox"/> Making phone calls                  |
| <input type="checkbox"/> Tidying up toys               | <input type="checkbox"/> Making appointments (doctor, etc.)  |
| <input type="checkbox"/> Getting up in time            | <input type="checkbox"/> Choosing TV programmes/DVDs         |
| <input type="checkbox"/> Making school lunches         | <input type="checkbox"/> Cleaning the car                    |
| <input type="checkbox"/> Getting breakfast             | <input type="checkbox"/> Navigating on journeys              |
| <input type="checkbox"/> Making tea, toast             | <input type="checkbox"/> Organising time for homework/fun    |
| <input type="checkbox"/> Cooking, washing up           | <input type="checkbox"/> Painting and decorating             |
| <input type="checkbox"/> Washing face, brushing teeth  | <input type="checkbox"/> Gardening                           |
| <input type="checkbox"/> Having a bath on your own     | <input type="checkbox"/> Mending bicycle punctures           |
| <input type="checkbox"/> Laying and clearing the table | <input type="checkbox"/> Deciding how to spend pocket money  |
| <input type="checkbox"/> Helping with housework        | <input type="checkbox"/> Earning money                       |
| <input type="checkbox"/> Putting away clothes          | <input type="checkbox"/> Arranging when to see friends       |
| <input type="checkbox"/> Sorting out disagreements     | <input type="checkbox"/> Choosing/buying presents            |
| <input type="checkbox"/> Feeding/caring for pets       | <input type="checkbox"/> Travelling without an adult         |
| <input type="checkbox"/> Ironing                       | <input type="checkbox"/> Having a boyfriend/girlfriend       |

Before working out a problem with the family, you might like to have a go at thinking through a problem using the practice sheet to guide you.

Choose something manageable to begin with – not the most difficult thing you've ever had to confront!

## Practice sheet

### Problem solving



What exactly is the problem? .....

.....

.....

Whose problem is it? .....

.....

What has already been tried? .....

.....

What is the goal - what would solve the problem? .....

.....

Ways to reach the goal: .....

.....

.....

What to try: .....

.....

.....

Which of these feels important for your family? Fill in the coins with ideas from the list – and of course add any extra ones of your own.



Remember - this list is here for you to look at on a bad day.

## Practice Sheet

### Emergency Survival Kit



My personal survival kit:

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

My emergency parenting kit:

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....