My Child’s Needs

1. Record some problematic behaviours expressed by your child and try to understand what their needs are below. Position the behaviour within a specific context. Then take the time to reflect on the methods you are using or can use to meet their need.

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| Problematic behaviours | My child’s needs | Methods I am using or can use to meet my child’s needs |
| E.g.: Refuses to go to bed, makes numerous requests. | E.g.: Fear of being alone and abandoned by the parent. Needs reassurance and guidance. | E.g.: Review the bedtime routine and make it predictable. Include quality parent-child time. Add a step for calming down (breathing/assisted meditation). Clarify the bedtime rules (what can and cannot be done). |
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1. Prioritize your actions for the next two weeks. Which interventions will you start with first and when will you enforce them? I make my own action plan!

I KEEP SOME TIME FOR MYSELF.

**I SET MY AGENDA TO PURSUE THE PARENTAL PATHWAY!**