

Tantrums, Meltdowns and Rage: Parenting Strategies for Calming the Storm

Session 2 follow-up worksheet

What's the problem? (Describe it here)

What are the child's triggers contributing to this?

Are there other situational factors (time of day, hungry, parent in rush, etc.) that put him/her at risk to get upset over this?

What about your child's behavior or this problem triggers you?

What calm-down tools will you be using next time this problem occurs? Which of these tools might be helpful to model to your child?

Which calm-down tools do you think would help your child to keep him getting so upset next time? Ideas on how to help your child practice these tools when he/she is not upset?

What is reinforcing the problem? Does your child get out of something your child does not want to do? Does your child get a lot of attention for the behavior when upset? Does your child get a rise out of you? Does your child's behavior result in him/her getting something he/she wants?

What do you want your child to do instead of the problem behavior?

What keeps your child from being able to do this desired behavior? Are there certain lagging skills that your child needs to master in order to be able to do this desired behavior?

What are your opportunities to build these lagging skills and to catch successes with these lagging skills? This is where connection time, noticing, and PRIDE skills could come in handy.

What words or praise would you use to catch successes with lagging skills?

Did you add anything to your baskets for Plan B (collaborate) or Plan C (let it go) since we last met?

Any collaboration (Plan B) successes you want to share with the group?