

Practice “working the R’s”
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RESET – person must be at 5 or less to begin the process

REFLECT – what did the person do that was wrong/hurtful, what was the impact on others, and what should the person have done instead.

REPAIR – what actions/restitution does the person need to do to make things right.

REHEARSE/REDO – practice doing things the right way to show that you know what to do next time

REINSTATE - the privilege(s) that you put on hold

*9-year-old child sneaks and accesses porn on the computer with a friend during a sleepover

*7-year-old child punches and bites parent during a 1-hour meltdown

*5-year-old child pushes a playmate down and grabs the toy out of his hand

*14-year-old calls their parent the B-word and knocks the dinner plates off the table when not allowed to go out with friends due to missing work and failing grades

*16 year-old fails to come home by curfew and turns location off on phone. He is clearly intoxicated when he does come home 2 hours later.

Potential responses: (After child and parent have both reset)

Keep in mind that these are just possible solutions, and this will vary tremendously. How you respond will also depend on whether your child has the skills to handle the situation better than they did. For example, if you have a child with a learning disability who also has a poor teacher match, you might respond very differently to issues of failing grades or missing work.

9-year-old child sneaks and accesses porn on the computer with a friend during a sleepover

Reflect: Child needs to understand dangers of porn exposure and reason parents have safety rules. Child needs to recognize that they hurt trust of parents (and friend's parents)

Repair: Child may need to watch documentary (age appropriate) with parents about internet danger. Child may also need to write apology note to other family.

Rehearse: Child role plays with parent where child asks for permission to be on screen and asks if certain content/sites are safe.

Reinstate: All friendship and electronic privileges on hold until child has worked the R's.

Note: This behavior also involved a loss of trust, so child may have additional consequence of losing sleepover privilege for period of time, at least with this friend, having additional limits placed on screen use, and having new rule of only having access to screens with parent supervision for period of time. It's also important to consider issues of whether this resulted from lack of adult supervision, lack of adequate filters on internet access. In addition, exposure to porn is likely to necessitate some non-shaming education around sex, safety, healthy intimacy. However, parents need to be careful to not have this part of the response feel like an additional consequence.

7-year-old child punches and bites parent during a 1-hour meltdown

Reflect: Child needs to be able to say the rule they broke of "safe body" and "safe hands" and "no hurting."

Repair: Child needs to do act of kindness and possibly chore such as apology letter or picture, helping parent with certain house tasks. Child might also be asked to put ointment and band-aid on the parent's boo boo. Another repair might be to have child make a sign for the house with family rules like "no hurts."

Rehearse: Go back to original trigger/situation and have child rehearse words/behaviors that would have solved the problem instead of having a meltdown. Practice calm-down skills that would have prevented meltdown.

Reinstate: Child loses screen time or playing outside or planned activity until R's are done.

5-year-old child pushes a playmate down and grabs the toy out of his hand

Reflect: Parent simply says “Oh no. No hurting.” Parent first focuses on the child who is hurt and shows empathy/nurturance. Parent then turns to child who pushed and coaches them to repair and re-do if child is ready.

Repair: Coach child to say “sorry” and make sure friend/other child is okay.

Re-do: Parent says “let’s try that again and use our words.... Toby, can you say ‘Can I have a turn with the car?’ to your friend?”

Reinstate: Your child takes a break from playing with toy/friend with either a time-out (calm-down spot) or time-in (next to parent) until ready to repair and re-do.

14-year-old calls their parent the B-word and knocks the dinner plates off the table when not allowed to go out with friends due to missing work and failing grades

Reflect: Teen needs to write/tell/text parent and name what was wrong with their behavior, how it impacted family, and what they should have done instead. Could use family reflection sheet for this example (see other handout).

Repair: Apology to parent (written or spoken) and acts of repair such as cleaning up the mess or making dinner/dessert for the family. Encourage the teen also to come up with possible repairs.

Rehearse: I’d skip this with a teen that age unless the teen proposes this. Too much risk for a power struggle.

Reinstate: You already took the privilege away of going out with friends. I’d just hold that privilege until the teen catches up on missing work and emails teachers to ask how they can improve their grade. Be careful to not lock down privileges too much over the grades because this can also be a recipe for depression. It might be that certain social privileges are dependent on getting grades up (e.g., getting to go to a concert) but that other social privileges are allowed as long as teen is making a good effort to get work completed and turned in. If teen resists making repairs, maybe also hold screens or allowance/spending money until the above repairs are completed.

16 year-old fails to come home by curfew and turns location off on phone. He is clearly intoxicated when he does come home 2 hours later.

Wait til the next day!!

Reflect: Youth needs to reflect on what they did wrong and why it hurt trust, and what risks there were in their behavior. Here, you might also have the teen reflect on what

consequences would be appropriate given their actions. Family reflection sheet, family meeting, or letter are all ways to achieve this step.

Repair: You might ask the teen to watch a documentary on drunk driving (if driving was involved), risks around alcohol abuse, risks around location being unknown. You might even ask them to complete an online safety course around drug/alcohol use (or safe driving if they drove under influence). You can also have restitution work around the house (moving log pile, washing/vacuuming family car, etc.).

Rehearse: I'd skip this with a teen this age unless they propose it. Too much risk for a power struggle.

Reinstate: Social, electronic, allowance, driving privileges on hold until above repairs are made. Privileges of going out with friends or use of the car will be a time-based consequence that will require a certain amount of time as well.