



Parenting Group Day Two

As a reminder, this group is designed to help provide support and create a positive parenting experience. We will use the principles of ACT (Acceptance and Commitment Therapy) to guide us throughout the sessions. These worksheets are for your eyes only!

The following exercise is designed to help reframe or shift our thinking when dealing with our children's challenging behaviors. Such as when we say "No," and they don't accept or tolerate that response. We will work through perspective-taking (self-as-context), listening and acknowledging our children's wants or values (acceptance), while helping both parent and child unhook from typical challenging behaviors (on both sides) while then shifting into another activity that is more inline with both parent and child values (committed action).

Most Recent (or most easily recalled) instance of challenging behavior:

What happened before?

How did my child react?

How did I react?



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Pause to reflect. Take a moment to not write or re-hash what happened. But take a step away from what happened (roll your shoulders, take a deep breath, shake your head, hum, etc.)

What did your child want at that moment?

What are your child's values?

What are your values?

When you reacted, were you inline with your values?

How or how not?

What do you think you could have said to prompt the child towards their values?



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Future template: This next part is designed to help with the next time.

Next time, when my child reacts, I can:

When it is too much for me, I can:

When I don't know what to do, I can think of how to prompt them with help or shift their focus, or wait until everyone is ready to move forward. When attempting to shift their focus, make sure that it is equivalent or going to get the same or similar need met. This might look like: (Draw a picture or cartoon in the series of boxes below)
