



Practice Sheet

Planning Time to Calm Down

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

Situations where I might want to use Time to Calm Down with my children:

.....

.....

.....

What I can do to calm myself:

.....

.....

.....

Calming places I can think of to encourage calming:

.....

.....

What I can use as a calming visual object:

.....

.....

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

.....

.....

.....



What changes I am hoping to see in my child's behaviour:

.....

.....

.....



Practice Sheet

Thinking About Our Family Rules

DOs

.....
 1.

Reward

.....
 2.

Reward

.....
 3.

Reward

.....
 4.

Reward

Don'ts

1.

Penalty

2.

Penalty

3.

Penalty

4.

Penalty



Practice Sheet

Our Family Rules

Do's 😊

1

.....
.....
.....

Reward

.....
.....

2

.....
.....
.....

Reward

.....
.....

3

.....
.....
.....

Reward

.....
.....

4

.....
.....
.....

Reward

.....
.....

Don'ts 😞

1

.....
.....
.....

Penalty

.....
.....

2

.....
.....
.....

Penalty

.....
.....

3

.....
.....
.....

Penalty

.....
.....

4

.....
.....
.....

Penalty

.....
.....



Practice sheet

Giving Choices and Consequences

....., you have a choice.

You can either:

1 *Eg. help me tidy away the toys*

or you can

2 *leave me to do it*

If you choose:

1 *to help*

then



I will have time to read an extra story

But if you choose:

2 *not to help*

then



there won't be time for an extra story

It's up to you - it's your choice.



Practice sheet

Giving an "I" Statement

I feel...

(say how you feel)

A large, light blue, rounded rectangular area within a blue circular border, intended for writing the 'I feel...' part of the statement.

when...

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

A large, light purple, rounded rectangular area within a purple circular border, intended for writing the 'when...' part of the statement.

because...

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

A large, light orange, rounded rectangular area within an orange circular border, intended for writing the 'because...' part of the statement.

What I'd like is ...

*(describe what would help you
to meet your need)*

A large, light yellow, rounded rectangular area within a yellow circular border, intended for writing the 'What I'd like is ...' part of the statement.

Ages and Stages Quiz



0 - 2 years

2 - 4 years

4 - 7 years

7 - 9 years

9 - 12 years

Growing Up Checklist

As our children grow, there are several traps we can fall into. We may become over-controlling; we may expect the children to do more than they are yet able to do; we may go on doing things that the children are quite capable of doing for themselves, and turn into a doormat or a martyr! It isn't always easy to know when we're getting it right for ourselves and our families, but if there's a lot of resentment around the chances are that something is wrong.

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.

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



Practice Sheet

Problem Solving

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!

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 goal

What to try



Practice Sheet

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.

empathy admiration kindness interests ideas security openness apologies
tolerance fun calm laughter sharing honesty support listening hugs
encouragement trust praise affection self-esteem patience caring
being positive friendship loving problem-solving respect playing





Practice Sheet

Emergency Survival Kit



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

My personal survival kit:

- 1
- 2
- 3
- 4
- 5

My emergency parenting kit:

- 1
- 2
- 3
- 4
- 5