THE PARENT'S TOOLSHOP

The Universal Blueprint for Building a Healthy Family

STEP D:
Maintain progress.
Follow-up
Check the roof regularly.

STEP C3:
Reveal discipline.
Take action, without a reaction.
Go to the attic.

STEP C2:
Redirect mis-behavior.

Redirect, before you react.
Choose a bedroom.

STEP C1:
Set limits & express concerns.
Talk, before you act.
Open the windows.

STEP B:
Acknowledge feelings.
Listen, before you talk.
Open the door.

STEP A:
Prevent problems from starting or worsening.
Think, before you listen.
Walk up the stairs.

MAINTENANCE TOOLBOX

Family Council Toolset
Meet regularly, start +, end +, equal say, win/win decisions, no votes
Three C's: be Consistent, handle Criticism w/PASRR, be Confident

STEP C: PARENT PROBLEM TOOLBOX

Discipline Toolset
Teach *from* mistakes. Must be ALL:
Related, Respectful, Reasonable, (Revealed), Make amends, natural consequences, problem solving, self-control timeouts, progressive/regressive restrictions

PU Toolset (Unintentional misbehavior)
Has *not* consistently shown skill mastery.
Offer acceptable alternative, distract, openly model behavior, teach skills, use environmental engineering.

PO Toolset ("On purpose" misbehavior)
No payoff/escalate. Meet purpose w/+ behavior
Attention: ignore, involve in + way
Power: refuse to argue, offer choices
Revenge: acknowledge hurt, build trust
Giving up: no criticism, encourage

PU/PO

Keep Your Cool Toolset
Choose beliefs, breathe deep, reprogram trigger buttons, internal/external recharge verbal/physical anger energy outlets, individualize plan

P

STEP B: CHILD PROBLEM TOOLBOX

F-A-X Listening
Focus on feelings
use wishes & fantasy
Ask helpful questions
X-amine options

C/P

Clear Communication Toolset
Firm *and* kind, few words, avoid guilt & blame; describe the problem, feelings, expectations, effect; write/draw notes, flash codes & signals

C

NO

STEP A: PREVENTION TOOLBOX

Independence Toolset
Balance freedom & limits, teach skills, give information, use mistakes to teach, notice difficulty, give a quick top, ask child's opinion, nudge but don't push

Cooperation Toolset
Seek win/win, offer choices within bottom-line limits, tell what *can* do (avoid "no" and "don't"), explain value of rules, avoid bribes, plan ahead, use humor.

Self-Esteem Toolset
DIP: Describe effort or improvement, focus on Internal opinion, keep it Positive
show unconditional love, avoid comparisons, free from roles & labels

The Universal Blueprint
ID problem type: NO, C, P, PU, PO, C/P. Ask Q1: C or P? Any one SHARP RV = P
Q2: PU or PO? *Not* mastered skills = PU Q3: If PO, what is the purpose?

Foundation-Building Toolset
Choose a Balanced parenting style: be kind *and* firm, show mutual respect, seek long-term goals, avoid double standards, be a role model

BUILD UP!

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