

Coping Skills: Parent Steps

First...

1. Put a friendly hand on child's shoulder.
2. Say *"Let's do a coping skill. Pick one."*
3. PRAISE!
4. Say *"You show me how to do it."*
5. PRAISE!
6. Correct, if done wrong.

Repeat at least once...

7. Say *"Let's do another one. Pick one."*
8. Repeat 3 – 6.

****TIMING IS IMPORTANT!****

Watch for SMALL warning signs that your child may be getting upset. If you wait to do a coping skill after they have overreacted you may reward a misbehavior.

List of Coping Skills

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____