

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. _____