Find your moment

This worksheet is optional. If you'd rather talk it through out loud with your child, that works just as well. This week, your practice is Parts 1 to 3: noticing the hard moment and asking your child why.

Name _____ **Date** _____

Part 1: Notice the hard moments

For a few days, write down the moments that go hardest at home.

Day 1: _____

Day 2: _____

Day 3: _____

The moment that went hardest most often:

_____

Part 2: Ask your child why

> **WORDS TO SAY**
> Choose a calm time, not the hard moment itself. Ask your child what makes that moment hard. Listen to every reason, and when your child stops, ask, "**Anything else?**"

Write down what your child said, in their own words:

1. _____
2. _____
3. _____

The reason that surprised me most:

_____

Part 3: Choose your first section

Use the where-to-start guide. The first question I answered "yes, that's us most days" to was number _____ .

My first section is:

_____

Name _____ Date _____

Part 4: Plan your weekly rhythm

This part is for after you pick your first section.

The day I will watch the video: _____

The moment I will practice in: _____

The same few words I will say each time:

_____

Part 5: Track the check

This part is for after you pick your first section.

Each day you practice, check how it went with your child right afterward, or later once everyone is calm. Mark whether your child's answer matched what you saw.

	Matched	Didn't match
Day 1	○	○
Day 2	○	○
Day 3	○	○
Day 4	○	○
Day 5	○	○

When your child's check matches yours for a few days in a row, your child can start doing the check on their own. If things slip later, go back to checking together for a little while.

Remember
A finished week is the video plus one real practice. Repeating a week is normal.

This week's note

_____

_____

_____