Meltdowns

This worksheet is optional. If you'd rather do the check out loud with your child, that works just as well.

Name _____ **Date** _____

Part 1: Set up the practice

My one short line, picked ahead of time:

_____

My one body move (for example, stepping back or sitting down):

_____

Part 2: The words to say

During the meltdown, I will keep my child safe and say my line once. If my child is hurting someone, I will move that person, or myself, out of reach first. Then I will say my line. After that, I will do my body move.

Fewer words than last time counts as going well.

Later, once we are both calm, I will ask:

"Now that we are both calm, what happened?"

When my child stops, I will ask, "**Anything else?**" Then I will share what I noticed.

Next, I will ask:

"What could we try next time?"

If my child can't think of anything, I will offer two small ideas and let my child pick. Then we will both say the plan out loud.

At the end, I will ask:

"Did you tell what happened and pick one thing to try next time?"

My two questions don't count as reminders. One extra nudge still counts as yes, and two or more count as almost. Doing only one of the two parts is almost.

If there was no meltdown, we will talk about the hardest small upset. If I yell, I will come back once I'm calm, say sorry, and have the talk anyway. That day still counts toward the three days if our answers match.

Name _____ Date _____

Part 3: Track the check

Each day you have the calm talk, write what you talked about. Circle your child's answer, then circle what you saw.

Day 1. What we talked about: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 2. What we talked about: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 3. What we talked about: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 4. What we talked about: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 5. What we talked about: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

When your child's answer matches yours for three practice days in a row, your child starts checking on their own, and you look in now and then. Three days in a row is a choice this course makes.

- If you both mark almost, that counts as a match.
- Only days your child did at least part of the talk count toward the three days.
- A day with no talk, or a day you both mark not yet, is skipped. It doesn't start the count over.
- Only a day when your answers don't match starts the count over.

Remember
A finished week is the video plus one real practice. Here, that means one calm talk, checked with your child. Repeating a week is normal.

This week's note

_____

_____

_____