Buy-in

Buy-in: helping your child make the plan their own.

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

In a calm moment, I will ask, "What makes it hard when I pick the job and the words?" When my child stops, I will ask, "**Anything else?**"

My child's reasons a plan feels hard:

_____

Then I will ask, "What would make a plan feel like yours?"

My child's own reason:

_____

The two real choices I am fine with either way, and when we will practice:

_____

Part 2: The words to say

I will ask:

"Which of these do you want to work on?"

Then I will ask:

"What words do you want me to use when I remind you?"

A reminder can be words or a quiet cue, like a hand on the chair. When the moment comes, I will use those exact words, or the quiet cue. I will not swap them back for mine.

If my child will not pick, I will pick one of the two choices without fuss, and I will say, "You can pick next time." If my child still starts when they hear the reminder, that day is almost. If my child did not start, it is not yet.

Right after, I will ask:

"Did you pick the job and your reminder, and start when you heard it?"

My lines above don't count as reminders. One extra reminder still counts as yes, and two or more count as almost. Doing two of the three parts, or repeating a reminder I said first, is almost.

If I used my own words instead, I will go back to my child's words next time. Two choices, and the rule for a day my child will not pick, are choices this course makes.

On my own, outside the shared check, I will also ask myself: "Did I use my child's exact words or cue?" This self-check is mine. It does not have to match my child's answer, and it does not start the three-day count over.

Name _____ Date _____

Part 3: Track the check

Each day you practice, write the job and the reminder. Circle your child's answer, then circle what you saw. Then answer your own self-check: "Did I use my child's exact words or cue?"

Day 1. The job we chose: _____
The reminder: _____
My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet
Did I use my child's exact words or cue? ○ Yes ○ Almost ○ Not yet

Day 2. The job we chose: _____
The reminder: _____
My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet
Did I use my child's exact words or cue? ○ Yes ○ Almost ○ Not yet

Day 3. The job we chose: _____
The reminder: _____
My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet
Did I use my child's exact words or cue? ○ Yes ○ Almost ○ Not yet

Day 4. The job we chose: _____
The reminder: _____
My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet
Did I use my child's exact words or cue? ○ Yes ○ Almost ○ Not yet

Day 5. The job we chose: _____
The reminder: _____
My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet
Did I use my child's exact words or cue? ○ 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 try count toward the three days.
- A day with no try, 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 moment when your child had a real say in the job and the reminder, checked with you. Repeating a week is normal.

This week's note

_____
_____
_____