

Time out to calm down

Understanding

Rewards

Balance

Choices and Consequences

Fun  
:

family discussions

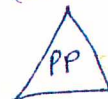
The 4 Constructs

Star Chart

'I' Statements

feelings

Personal Power



I Statements

Modelling

Do's work better than Don'ts

Change works after at least 30 days

Confidence

Appropriate expectations

Drip, drip, dripping sponge

Less shouting

Mood Thermometre

P.A.N.T.S

Routines

Nurture yourself