A Response Formula

a formula for responding to challenging behavior

[Note: This will not work every time, but in most situations this formula will help you support a child in a conflict situation, and can guide your choices during moments of stress]

1. Empathy Statement
("I can see that you really want to..."; "You look like you're feeling...")

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2. Describe/Model Replacement Behavior:
("If you want a turn with that, say "Can I have a turn?")

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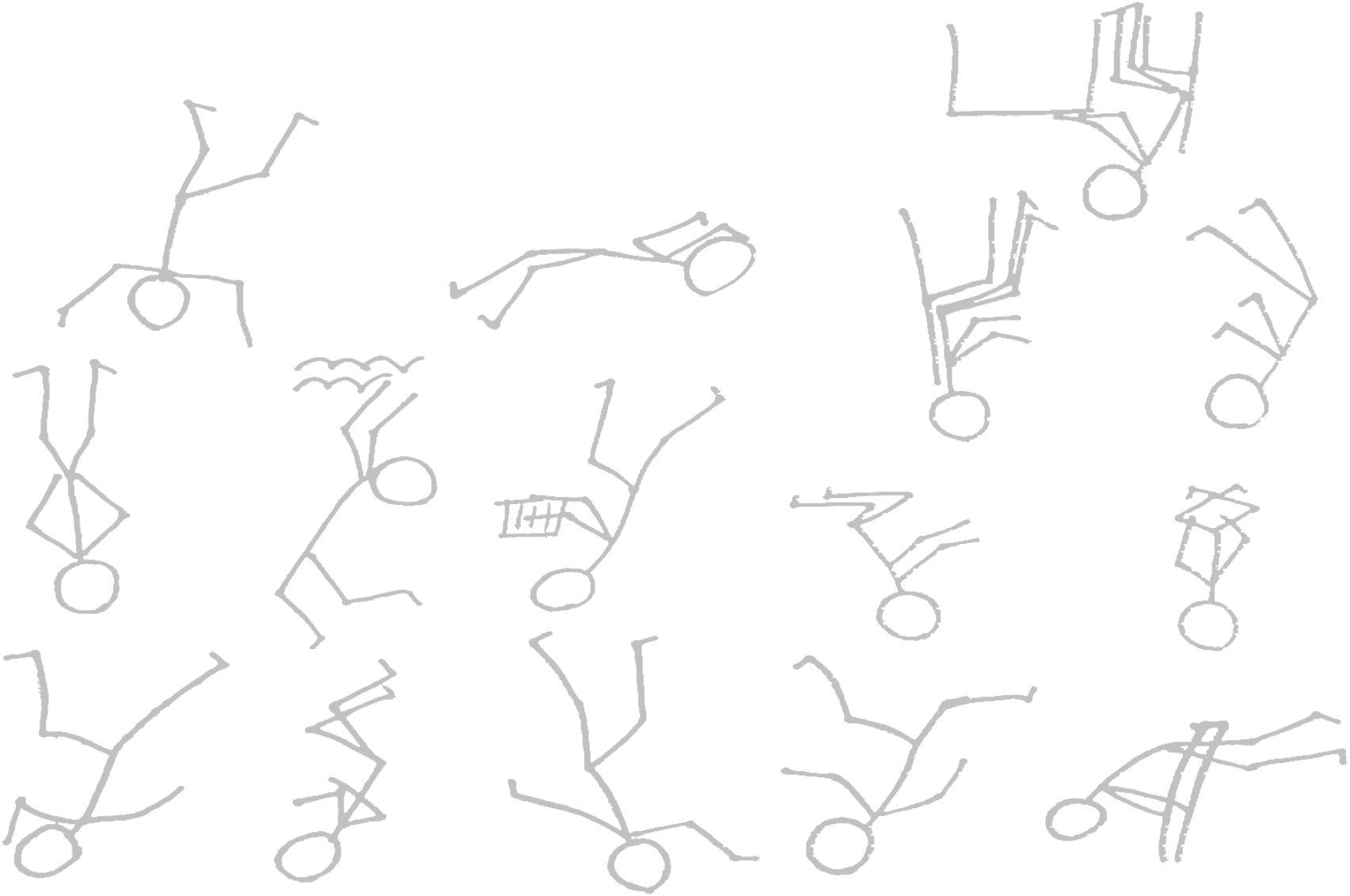
3. Encourage:
Prompt replacement behavior ("You try it-- say "Can I...")

4a: If child follows prompt, then praise, encourage, and support

OR

4b: If child isn't able/ready/willing to try replacement behavior, do it for the child **("I'll help you-- "Can I...")**

5. Assist:
Help child reengage by distracting, redirection, or pointing out acceptable choices.