

CPS for Parents

How to use Collaborative and Proactive Solutions (CPS) at
home

Part 2

Changing Your Lens

(Recap)

- “Kids do well if they can.”
- We see challenging behaviors when the expectations of a situation overwhelm the skills needed to manage that situation



Feedback from last time

Comments?

Questions?

Did you try it at home?



Next Step: Identifying the Unsolved Problems

- When is your child repeatedly having difficulty? (When do you see the challenging behaviors?)
 - You are looking for challenging behaviors that occur more than once (ex. Sometimes your child puts on his/her shoes without a problem, but several times a week there are tears and yelling)
 - In order to be proactive, you are making a list of unsolved problems before talking with your child (later you will decide which to address first)

Wording the Unsolved Problem

- What is the unmet expectation? (ex. Your child will put on his/her shoes when you ask)
- Be aware of the lagging skills that are playing into the problem



More on Wording

- The unsolved problem usually starts with the word “Difficulty”
 - example, “Difficulty putting on shoes in the morning when I ask”
- Be sure not to include any challenging behavior or adult theories
 - Children who feel defensive or “in trouble” are less likely to engage in problem solving with you

Prioritizing Problems

- Security
- Frequency
- Gravity



Next Time

How to Have the Plan B Conversation

Join us on June 6, 2019