



## Incredible Years Problem Solving Worksheet!

### Problem Definition:

1. My child's challenging behavior: \_\_\_\_\_  
\_\_\_\_\_

2. What are the triggers/precipitants of my child's misbehavior? (developmental problem, not enough sleep, not getting what he wants, a family transition, low frustration tolerance, etc.)  
\_\_\_\_\_  
\_\_\_\_\_

3. How do I usually respond to this misbehavior? (Do I give it attention? Do I get angry?)  
\_\_\_\_\_  
\_\_\_\_\_

### Goals:

4. What is my goal? What positive behavior do I want to see instead? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Solutions:

5. What skills/strategies can I use from the bottom of the Pyramid to support this positive behavior?

Play/Special Time: What *kind* of play or special time might best help my child here? (Remember, it is best if it is child-led.) (persistence, academic, social, or emotional coaching) \_\_\_\_\_  
\_\_\_\_\_

Praise: What behaviors can I praise and how? (Remember they should be the "positive opposites" of the behaviors you want to decrease.) \_\_\_\_\_  
\_\_\_\_\_

Sticker Charts and Rewards: How can I reward this good behavior? What incentives will motivate my child? \_\_\_\_\_  
\_\_\_\_\_

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6. Choose from the list below those responses from the top of the pyramid than can be used to reduce this misbehavior.

Routines/Responsibilities/Chores: Do I have a predictable routine for this problem? What responsibilities does s/he have? \_\_\_\_\_

Distraction/Redirection: How can I distract or redirect my child before misbehavior escalates? \_\_\_\_\_

Ignore: What part of this behavior could I ignore? \_\_\_\_\_

What will I say to myself while I ignore it? \_\_\_\_\_

Consequence: What natural or logical consequence can I use to teach my child to change this behavior? \_\_\_\_\_

Problem-Solving: How can I involve my child in solving this problem? What solutions does my child have when s/he is calm? \_\_\_\_\_

Time Out: Does this behavior require Time Out? (Remember, Time Out is best reserved for hitting or extreme non-compliance.) \_\_\_\_\_

Calm Down Strategies: What calm down strategies can I teach my child? (use of turtle shell, deep breathing, positive self-talk "I can do it, I can calm down," use of the calm-down thermometer) \_\_\_\_\_

**Carrying Out my Plan:**

7. To whom should I communicate this plan? (teachers, grandparents, partners, etc.) \_\_\_\_\_

8. Who can I call for support and to check in? \_\_\_\_\_

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9. How will I take care of myself while this is going on? \_\_\_\_\_

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**Evaluating the Success of Solutions**

10. How will I know I am making progress? What will be different? \_\_\_\_\_

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11. How will I celebrate my child's success? \_\_\_\_\_

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Congratulations! You have a plan to change your child's behavior! Remember, it can take three weeks or more to see changes, so don't give up!