

Changes 22.06.2020
Making change happen.

Is there something that you and your child would like to be different in your home?

Why don't you try to change it? Maybe it's not arguing about getting up in the morning, or helping around the house or taking the dog out for a walk regularly...

You could make a plan to make it happen.

Step 1

Imagine that the change has already happened and talk about what would be different – what would you see that was different? How would you feel different?

Step 2

Agree one thing for each of you to do that will make the change happen.

Step 3

Think about what might go wrong and how you will cope with any obstacles.

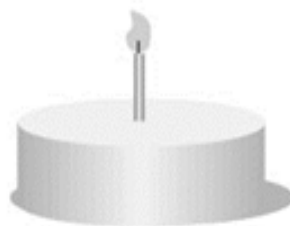
Step 4

How will you know if it has changed? Could you put a chart up with a tick or a sticker for each time things go according to plan?

And most important of all ...

Step 5

Think about how and when you will celebrate **MAKING CHANGE HAPPEN!!!**



When you have tried out your plan review how well it went.