

Aug

Sep

Oct

Nov

Dec

Jan

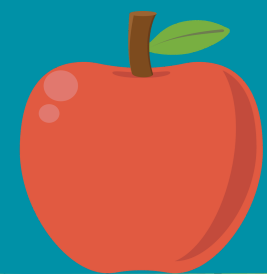
Feb

Mar

Apr

May

Resources



Quick and Easy



Behavior

Interventions



Aug

Sep

Oct

Nov

Dec

Jan

Feb

Mar

Apr

May

Jun

Jul



Create a safe space

Behavior is often a form of communication. When kids act out, they are often seeking to fulfill an unmet need. Creating a time to connect and teach how to communicate strong emotions in advance decreases unwanted behaviors.

Aug

Sep

Oct

Nov

Dec

Jan

Feb

Mar

Apr

May

Resources

How:

- **The Plan:** Dedicate 10 minutes a day of "Safe talk"
- **The Rules:** No phones, no siblings, and the child leads the activity while the parent allows the child to express their true feelings on any subject without consequence
- **The Response:** Parent validates child's emotions and teaches ways to express strong emotions appropriately.

Aug

Sep

Oct

Nov

Dec

Jan

Feb

Mar

Apr

May

Jun

Jul

Additional Resources

- Suffolk Public Schools-Parent Help Center

CHKD Parenting Resources

- Western Tidewater Community Services Board

