**Session 10: Proactive Parenting and Planning Ahead**

***Domain: Family Relationship Building***

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| **Relevant Family Goal:** |  |

* **Session Goals** *(check all that apply)*
  + Learn about proactive parenting
  + Explore rationale for proactive parenting
  + Identify proactive strategies to use with children
  + Begin to plan ahead to prevent problems and promote success
  + Identify trouble spots and plan family routines accordingly
  + Practice introducing a new routine or plan
* **Handouts to Use** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/everyday-parenting-handouts#session10) *to find handouts)*
  + 10A PLAN for Proactive Parenting, pg. 174-175
  + 10B Proactive Structuring Checklist, pg. 176
  + 10C Deciding When to Use What Strategy, pg. 177
  + 10D Promoting Communication is Proactive, pg. 178
* **Videos to Share** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/parenting-videos#family-relationships-young) *to find videos)*

**Bear videos** *(available in English or Spanish)*

* Bedtime Routines
* **Teaching Process for Each Skill Chosen for Session**

*Add notes below from your review of EDP book. Handouts and page numbers are listed to help you, but you will choose which specific activities, scripts, handouts, etc. to use tailored to the parent and family, and based on what matches parent needs and goals.*

* + **Check on Home Practice from last meeting**
  + **Set agenda for session:** Confirm with parent the session goals checked above
  + **Teach**: Consider using relevant handouts and video(s) checked above
    - **Proactive parenting**: Discuss rationale and benefits, and describe proactive parenting (pgs. 163-165); explain how positive behavior support and limit setting parenting strategies can be proactive
    - **P-L-A-N proactive parenting**: Explain PLAN for proactive parenting (Handout 10A); review examples of when parents may apply proactive parenting strategies (pg. 165); facilitate parent reflection
  + **Model**: Consider using relevant video(s) checked above
    - **Proactive parenting and the PLAN acronym**: consider using scenario in manual (pg. 166) to practice Wrong Way/Right Way for Proactive Parenting; review examples of proactive parenting (pg. 167); facilitate parent reflection (Handout 10B)
    - **Proactive parenting with specific considerations**: review proactive parenting with different groups: very young children (pg. 167), young children (pg. 168), adolescents (pg. 168), and/or children who have experienced trauma (pg. 169)
    - **Proactive parenting using positive behavior support and/or limit setting**: review considerations for when to use positive behavior support or limit setting to engage in proactive parenting (pg. 170); parent reflection on barriers to proactive parenting
    - **Proactive parenting strategies**: review examples of proactive parenting strategies (pg. 171); discuss importance of family communication
  + **Practice**: tailor to family
    - **Proactive parenting and the PLAN acronym:** Have parent identify “trouble spot” where they want to prevent problem behaviors (Handout 10B), then add top problem behavior into the “P” section in Handout 10A; discuss child’s abilities (“L” section in Handout 10A); discuss adjusting situation to reduce problem behaviors and when to use positive behavior support, limit setting, and communication strategies (Handout 10C and 10D, add specific strategies to “A” and “N” in Handout 10A)
    - **Role play:** Right Way of planning ahead for the problem situation and communicating the plan to the youth (pg. 172)
  + **Debrief**: Facilitate parent reflection on use of communication skills for proactive parenting; give feedback on strengths and challenges from the practice; plan for possible barriers to use of new strategies at home (consider Tips for Success at Home, pg. 172-173)
* **Home Practice**
  + Homework Options: Parents can use Handouts 10A and 10B to identify a trouble spot with their child and develop a plan for proactive parenting; they can use Handouts 10C and 10D to refine and practice proactive parenting skills including positive behavior support, limit setting, and communication
  + Tailor home practice to child, parent and family, including cultural and general context
  + Optional: prep for use of Emoji Tracking Worksheet [Tracking Parent Skills Practice Emojis - English](https://thefamilycheckup.com/sites/default/files/Tracking%20Parent%20Skills%20Practice%20-%20Emojis.docx)
  + Other:
* **Schedule Next Session**
  + Discuss which goal and parenting strategy parent wants to address in next session
  + Plan to enable session to be focused and not distracting, such as arranging for child(ren) to be occupied. See [*Establishing a Focused Environment for Sessions*](https://thefamilycheckup.com/sites/default/files/Establishing%20a%20Focused%20Environment%20for%20Sessions.docx).