**Session 2: Developing and Using Behavior Change Plans**

***Domain: Positive Behavior Support***

|  |  |
| --- | --- |
| **Relevant Family Goal:** |  |

* **Session Goals** *(check all that apply)*
  + Understand the purpose of incentives and how to select effective incentives
  + Learn to develop and use behavior change plans
  + Practice developing and communicating a behavior change plan
  + Explore anticipated challenges using a behavior change plan
* **Handouts to Use** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/everyday-parenting-handouts#session2) *to find handouts)*
  + 2A Ideas for Incentives, pg. 39
  + 2B Behavior Plan Sample for Older Children, pg. 40
  + 2C Behavior Plan Sample for Young Children, pg. 41
  + 2D Behavior Plan Template for Older Children, pg. 42
  + 2E Behavior Plan Template for Young Children, pg. 43
  + 2F Behavior Change Plan Practice Guide, pg. 44
  + 2G Behavior Change Plan “What-If” Scenarios, pg. 45
  + 2H Parent in the Mirror, pg. 46
* **Videos to Share** *(check all that apply;* [*click HERE*](https://thefamilycheckup.com/content/parenting-videos#positive-behavior) *to find videos)*
* Reviewing Behavior Change Plans (Younger/Older Child)

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

* Use Rewards (Older Child)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **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 video(s) checked above. Discuss rationale and benefits and explain definition of behavior change plans (pgs. 29-30); facilitate parent reflection.
    - **Behavior change plan:** Discuss how to develop a behavior change plan; how to select incentives using Handout 2A; and how to use the behavior plan (pg. 30-33)
  + **Model**: Consider using relevant video(s) checked above. Show a sample behavior plan (Handout 2B or 2C) and how goal is broken down into small, measurable steps; practice Wrong Way/ Right Way of communicating the behavior plan to their child (pgs. 34-35).
  + **Practice**: tailor to family
    - **Develop behavior change plan using template** (Handout 2D or 2E): Determine behavior parents want to change and identify its positive opposite. Then determine when the plan will be used and monitored during the week, list incentives, and confirm how to earn them.
    - **Role play**: Role-play communicating behavior change plan to child; review Handout 2F and complete checklist to see if parents completed everything; role play again if parents need more practice
  + **Debrief**: Facilitate parent self-assessment and give your feedback on strengths and challenges from the practice; plan for possible barriers to use of new strategies (consider using Handout 2G and reviewing Tips for Success at Home, pg. 37-38)
* **Home Practice**
  + Homework Options: Communicate behavior plan to child (Handout 2F); complete “Parent in the Mirror” activity (Handout 2H) to record thoughts when using behavior change plans
  + 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).