



“How can I use ADAPT to help me during the school year?”

Keep encouragement at the forefront

The transition back to school can be challenging and stressful as you establish new routines and expectations. When routines change, it's really easy to get down on your parenting techniques and your child's behavior. Remember that shining the light on what you want to grow will probably help you feel better as a parent and remind your child which behaviors and attitudes you want to see.

This skill is covered in module 3 Teach Positive Behavior of ADAPToonline.

Try:

- Using a 5:1 ratio. For every 1 correction you give your child, make sure you balance it with 5 positive statements. For example, “Andy, thank you for reading quietly while I was talking to the neighbor.”
- Encourage your child in different ways: a hug, a high five, a special dance, a positive phrase, or a quick break to do something fun. When you pay attention to positive behavior, it reminds your child of the behaviors you want to see and increases the likelihood that you will see them AGAIN!



Implementing an incentive chart

During the summer your routines and expectations were undoubtedly different, maybe more relaxed. Now that the school year is back in full swing everyone is relearning new expectations and routines. A good way to “get on the same page” and reinforce the new norms is through an incentive chart. Incentive charts are one way to bring a small amount of structure to a transition like returning to school. When your children are excited about these routines, both you and your children can benefit.

This skill is covered in module 3 Teach Positive Behavior of ADAPToonline.

Try:

Identify one routine/task/chore where you want your child to be independent and successful. Some common school year routines are getting ready in the morning, completing chores after school, and getting homework done.

- Break the routine into 5 easy steps.
- Assign each step 2 points.
- Demonstrate the routine and have your child practice.
- Review the steps each day for completion.
- Strive for 70% = 7 out of 10 points.
- Find a meaningful reward* to give for encouragement.



* Rewards don't have to cost anything. Some ideas: stickers, a piece of candy, time with a parent, picking the music, a board game, or the family eating dinner somewhere fun (e.g. picnic in the yard vs. the dining room table). The key to an effective reward is that it means something to your child and is not something they get on a daily basis.

Using effective directions

One of the first things we forget when we are busy and stressed is to give clear directions. Using a formula to give an effective direction will help you communicate your expectations to your child.

This skill is covered in module 2 Give Effective Directions of ADAPToonline.

Try:

Use this formula: “Child's first name, what you want them to do, now please.” For example, Sara, put your backpack on the hook now please.”

- Standing by your child to get their attention while making eye contact will increase the chances that they do what you ask.
- You can wait there quietly to let them know you aren't going anywhere

