

GETTING TO KNOW YOUR CHILD/REN THROUGH YOU

Im excited to get to know your child through what you share with me, this is crucial so that we can help you parent according to the needs of YOUR child. We do this with getting you to answer some questions about your child.



What is their personality type?



What are their strengths and stretches



What do they have that is like you and like their other parent.



what type of relationship do you have with your child now?
and what kind of relationship would you like to have with your child.

Session 1 — Foundations: Positive Parenting & Behaviour Principles — Counsellor Slide

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- Duration: 90 min 
 - Objectives: Establish rapport; teach behaviour basics (antecedent–behaviour–consequence); introduce praise and specific reinforcement.
 - Content/Activities:
 - Brief intake and goals from each parent.
 - Psychoeducation: why consistency matters; reinforcement vs. punishment.
 - Demonstration and role-play: labelled praise, 4:1 praise-to-correction ratio.
 - Create a simple “Parenting Goals” list.
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Session 1 — Foundations: Positive Parenting & Behaviour Principles – Client Slide

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- Duration: 60 min 
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 - Brief intake and goals from each parent.
 - Psychoeducation: why consistency matters; reinforcement vs. punishment.
 - Demonstration and role-play: labelled praise, 4:1 praise-to-correction ratio.
 - Create a simple “Parenting Goals” list.



Session 2 – Clear Expectations, Rules & Routines – Counsellor Slide

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- Duration: 90 min 
- Objectives: Create clear house rules, predictable routines, and simple chore systems.
- Content/Activities: 
 - Review homework and successes.
 - Teach rule-writing: short, positive, actionable.
 - Design morning/evening/screen-time routines; chore chart (age-appropriate).
 - Role-play delivering rules and transitions (use countdowns and warnings).

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Session 3 – Effective Praise, Rewards & Token Systems- Counsellor Slide

- **Duration:** 60 min 

 **Objectives:** Develop reinforcement systems that increase desired behaviour (immediate + delayed).

- **Content/Activities:** 
 - Review data from routines.
 - Teach contingency plans: token economies, reward menus, natural rewards.
 - Set up a sample token system (tokens, exchange schedule, reinforcement hierarchy).
 - Role-play delivering reinforcement and ignoring minor misbehaviours.

 Skill practice: parents design a 2-week token plan for one target behaviour.

 Homework: Implement token system; collect daily logs; note any manipulation attempts.

 Materials: token templates, reward menu worksheet.

 Measurement: target behaviour frequency, reward redemption logs.

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Session 4 – Calm, Consistent Limit-Setting & Consequences

OVERVIEW



Duration: 90–120 min



Objectives: Teach calm limit-setting, predictable consequences, and planned ignoring for attention-seeking behaviours.



ACTIVITIES

1. Review token system outcomes.
2. Teach non-escalating delivery: scripted commands, one-step instructions, brief time-outs, and logical consequences.
3. Practise planned ignoring vs. immediate safety interventions.
4. Role-play escalating scenarios with coach feedback.



Skill practice: create personalised scripts for commands, warnings, and time-outs.



Homework: Use scripts consistently for 1–2 weeks; log incidents and parental responses.



Materials: scripts, time-out guidelines, escalation decision tree.



Measurement: incidence/severity of target misbehaviours; parental self-efficacy rating.

Session 5 – Emotion Coaching & De-escalation

OVERVIEW



Duration: 90–120 min



Objectives: Teach emotion identification, labelling, validation, and calming strategies for both parent and child.



ACTIVITIES

1. Brief review of progress and data.
2. Teach emotion coaching steps: notice, label, validate, set limits, problem-solve.
3. Teach parental de-escalation: breathing, planned responses, brief time-in strategies.
4. Practice with role-play for tantrums, sibling fights, and defiance.



Skill practice: parents practice emotion coaching scripts and calm-down routines.



Homework: Use emotion coaching for at least 3 incidents; teach child a 2-step calm-down plan; track outcomes.



Materials: emotion chart, calm-down plan template.



Measurement: reduction in escalation length/intensity; parent stress rating.

Session 6 – Problem-Solving, Maintenance & Relapse Prevention

OVERVIEW



Duration: 90 min



Objectives: Consolidate skills, create long-term plan, troubleshoot remaining challenges, and set relapse prevention strategies.



CONTENT/ACTIVITIES

1. Review overall progress and compare to baseline data.
2. Teach structured problem-solving: define problem, brainstorm, choose solution, try, review.
3. Create a maintenance plan: routine audits, booster sessions, when to seek extra help.
4. Role-play handling setbacks and public incidents.
5. Graduation: parents present their 6–8 week plan and commitments.



Homework/Follow-up: 6-week self-monitoring plan; schedule 1 booster phone/video session at 4–6 weeks.



Materials: relapse prevention of target behaviour frequency, parent family functioning.



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Measurement: pre/post comparison of target behaviour frequency, parent confidence, and family functioning scale.