

# The \_\_\_\_\_ Family Plan

Our family motto is \_\_\_\_\_

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Leadership qualities we value \_\_\_\_\_

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Fun things to do as a family \_\_\_\_\_

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## We Will A.C.T. with Purpose

Acknowledge | Communicate | Target/Teach/Troubleshoot

Sign \_\_\_\_\_ Date \_\_\_\_\_

Sign \_\_\_\_\_ Date \_\_\_\_\_

Sign \_\_\_\_\_ Date \_\_\_\_\_

Sign \_\_\_\_\_ Date \_\_\_\_\_

Sign \_\_\_\_\_ Date \_\_\_\_\_

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# Purposeful Parenting



Parenting is one of the most important jobs you will ever have. CHKD pediatricians and parent educators are here to partner with you as you celebrate the joys and navigate the challenges.

### To be the best parent you can be:

- **Learn what to expect** at different ages and stages. Provide your child with the right balance of care and challenge. CHKD offers a variety of child development webinars in our online Parent Resource Center. Learn more at [CHKD.org/ParentingResources](http://CHKD.org/ParentingResources).



- **Remain calm** when your child's behavior is challenging. See yourself as a leader in your family. What qualities do you admire in a good leader?
- **Welcome your child's contributions.** Children need to feel like they belong and are significant. Have regular family meetings, solve problems together, and model cooperation. Create a family motto (e.g. "One for all and all for one"). Do chores together and free up time for fun family activities.
- **Play with your child every day.** Children use play to learn about the world and themselves. Watch your child play, and learn what is important to them. Create space in your home where children can play without worrying about making a mess or breaking something valuable.



## A.C.T. when your child's behavior is challenging:

### Acknowledge

Acknowledge your child's feelings, desires, or wants. When children feel heard and understood, they can learn to express themselves in ways that help them succeed at home and at school.

- "You look sad."
- "You really want to stay outside and play."
- "You wish you could have ice cream right now."

### Communicate

Communicate in a way that calms and comforts your child, then set safe limits and establish family roles and rules.

#### Calm and/or comfort first.

- "You're really mad. Take a deep breath. I know you can handle it."
- "I can see that you're hurt. Ouch, breathe deep. You're going to make it."
- "You're really sad. Do you need a hug?"
- "You are safe. I am here."

#### Set limits in terms of safety.

- "Hitting is dangerous."
- "Running from me in the parking lot is unsafe."

#### Define the roles (jobs) that you and your children have within the family.

- "It's my job to make sure you are safe and things are fair."
- "It is your job to tell me if you are scared, confused, or angry."
- "It's my job to make sure you come inside, have healthy food to eat, and a space for your homework."
- "It's your job to come in when I call, eat your dinner, and do your homework."

**Establish family rules with everyone's input.** Remember that kids make mistakes, forget, and test the limits. Use prompts or reminders to help them stay on track.

- "Remember our family rule about talking kindly to others?"
- "Remember our family rule about picking up after ourselves?"
- "Where does your plate go when you are done eating?"

### Target/Teach/Troubleshoot

Once you Acknowledge and Communicate, you can Target the desirable behavior. If you take away a behavior such as hitting, you must replace it with a behavior such as using words to describe feelings. Have a child make amends such as picking up a toy they threw out of anger and putting it back where it belongs.

#### Redirect your child to acceptable and safe behavior.

- "Grandma's tea cup is not for playing. Here is a bright blue plastic cup just for you."

#### Teach your children the skills necessary for them to make positive choices and be successful.

- Teach a child to fold clothes and put them away, so their room stays neat and organized.

**Troubleshoot the problem.** Children experience ownership and learn responsibility when they contribute to solving a problem.

- Ask your child, "What do you think would work, so the problem doesn't keep coming up?"

Your child's pediatrician should be your primary source of advice about your child's health.

