What to do if I am stressed out

# Parent Instructions

1. Choose the word that your child would use most commonly to let you know that he is stressed. For example: I am upset, frustrated, mad, sad, et.
2. Change the target word under the first icon to that word. You can also change the picture. If there is a picture that better represents your child’s feeling when he is frustrated, use it.
3. Talk about and practice what “stop what you are doing” looks like and sounds like.
4. Replace the choice with choices that are best for your child. Be sure that the choices are ones that work for YOU and ones the child can do independently.
5. Set rules about how much time the child can have and when he has to return to work. Is there a timer that can be set?
6. Talk about the fact that it is ok to set the frustrating thing aside and do something else that has to be done until he can get help.
7. Re-evaluate every week and see if something needs to be changed. The choices? The amount of time?