Parent Home Guide

Simple take-home guide after parent training



Behavior is communication

Your child may be saying: “look at me”, “help me”, “break please”, or “I want something.”

1 Pause first

Stay calm. Keep everyone safe.

2 Few words

Short words. No lectures.

3 One skill

Practice one better way to ask.

Understand first → Teach next → Praise often

A better response at home





When your child asks calmly, respond quickly and warmly.

If difficult behavior happens again, stay calm and teach the same better skill.

Small practice every day helps.

Practice at Home

Keep it simple. Choose one skill and repeat it daily.

1 Before

Give a warning.
Use a routine.
Offer 2 choices.

2 During

Use calm voice.
Keep everyone safe.

3 After

Teach the skill.
Praise small success.

Helpful visual supports

Use pictures to show what will happen next.



Visual schedule

Shows the day.



Help card

Shows how to ask.



Teach calmly

Practice together.

My simple home plan

Behavior I will work on: _____

Better skill I will teach: _____

I will praise my child for: _____

One small skill, practiced daily, can make home easier.