

Steps to Building New Habits

Setting Expectations

Identify goals & clearly communicate your expectations to your child

Plan for Success

Change the environment and add visual supports

Reinforcement

Plan how to motivate your child to put in the hard work of meeting your new expectations!

Plan for Mayhem

Be prepared for how to respond to common problems

Review & Revise

Check-in with your progress towards your ultimate goals.

Do you:

- Keep going?
- Take a step back?
- Move forward?