

**PLAN**

**P** = Pay attention and identify troublesome situations for the child.

**L** = Look realistically at the child's abilities in that situation.

**A** = Adjust difficult activities to maximize success and reduce negative emotions.

**N** = Never forget to prompt, suggest, and reward success!

**Parenting Practices That Are Proactive**

- Explain what will happen next.
- Give choices.
- Give prompts and reminders for when an activity will begin or end.
- Distract the child with an alternative activity or toy.
- Redirect the child or adolescent with an alternative activity.
- Eliminate "triggers" that may create negative emotional reactions.
- Teach or suggest a coping skill to the child.

**Examples**

Your 4-year-old refuses to get dressed in the morning and watches TV instead.

**P** = What is the problem? (Getting dressed in the morning.)

**L** = Can your child dress himself? (Yes, if you lay his clothes out for him.)

**A** = Adjust for success. (Lay out clothes; keep the TV off until he's dressed.)

**N** = Don't forget to tell him what a good job he did! (And let him watch his TV show.)

Your 12-year-old is not doing homework but is watching TV, playing on the computer, and listening to music at the same time!

**P** = What is the problem? (Not completing homework.)

**L** = For how long can your child do homework without distractions? (30 minutes.)

**A** = Adjust for success. (Create a place for doing homework separate from distractions. Make 15 minutes of computer time or listening to music contingent on doing 30 minutes of homework.)

**N** = Don't forget to tell her what a good job she did! (Acknowledge her efforts and notice when she is independently working on homework.)