



Incredible Years Problem Solving Worksheet!

Problem Definition:

1. My child's challenging behavior: _____

2. What are the triggers/precipitants of my child's misbehavior? (developmental problem, not enough sleep, not getting what he wants, a family transition, low frustration tolerance, etc.)

3. How do I usually respond to this misbehavior? (Do I give it attention? Do I get angry?)

Goals:

4. What is my goal? What positive behavior do I want to see instead? _____

Solutions:

5. What skills/strategies can I use from the bottom of the Pyramid to support this positive behavior?

Play/Special Time: What *kind* of play or special time might best help my child here? (Remember, it is best if it is child-led.) (persistence, academic, social, or emotional coaching) _____

Praise: What behaviors can I praise and how? (Remember they should be the "positive opposites" of the behaviors you want to decrease.) _____

Sticker Charts and Rewards: How can I reward this good behavior? What incentives will motivate my child? _____
