

Create a Self-Calming Plan

By following the steps of a self-calming plan, you can prepare yourself to effectively respond to your upset child and teach appropriate behavior using a reward consequence system.



P Parent Prompts Child to Go to the Calm-Down Location
"You seem frustrated. Please go take some time in the calm-down spot. Please stay there until I tell you to leave. If you go now, you will earn a reward."

✓ Child Goes to Calm-Down Location
Child stays until parent indicates he/she can leave.

✗ Child Refuses to Go to the Calm-Down Location

P Parent Gives Second Prompt
"Please go take time in the calm-down spot. Please stay there until I tell you to get up. If you go now, you will earn from a reward later."

✓ Child Goes to Calm-Down Location
Child stays until parent indicates he/she can leave.

✗ Child Still Refuses to Go to the Calm-Down Location

P Parent Withdraws Attention and Privileges Until Child Is Calm

Child Is Rewarded
(Make rewards age-appropriate. These could include staying up an extra 15 minutes, extra screen time or an extra snack.)

REWARD

Once Child is Calm, He or She Earns a Chore Consequence
(If a temper tantrum lasts longer than five minutes and/or involves aggression, assign a chore, such as cleaning up after dinner, vacuuming or doing yard work.)

CHORE