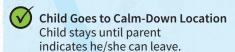


P Parent Prompts Child to Go to the Calm-Down Location
"You seem frustrated. Please go take some time in the calm-down spot. Please stay there until I tell you to leave. If you go now, you will earn a reward."



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

REWARD

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.



Child Refuses to Go to the Calm-Down Location



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



Parent Withdraws Attention and Privileges Until Child Is Calm

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



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