



Worksheet: Behavioral Guidance and Responsiveness

ADHD affects a child's ability to focus, regulate emotions, and control impulses, which can lead to difficulties at home, school, and in social settings. Effective behavioral strategies provide parents with tools to positively guide their child's behavior while fostering a supportive and structured environment.

Objective: Help parents develop practical strategies to guide and respond to their children's behavior effectively while fostering emotional growth and a strong parent-child relationship.

Part 1: Setting the Foundation for Positive Behavior

Why Behavioral Guidance Matters

- Helps children learn self-control and decision-making skills.
- Builds trust and respect between parents and children.
- Creates a safe, structured environment for children to thrive.

Key Practices:

- Set clear, age-appropriate expectations.
- Be consistent in your rules and consequences.
- Model the behavior you want to see in your child.

Reflection:

1. What values or behaviors are most important for you to teach your child?

○ _____

2. What strategies have worked well for you in setting expectations?

○ _____

Part 2: Preventive Strategies for Guiding Behavior

Proactive steps reduce the likelihood of misbehavior.

Strategies:



1. Set Clear Rules and Expectations:

Clearly explain acceptable behaviors and provide examples.

Example: "When we're at the park, we take turns on the slide."

2. Establish Routines:

Predictable routines help children feel secure and understand what is expected of them.

Example: A consistent bedtime routine.

3. Model Positive Behavior:

Children learn by watching you. Model kindness, patience, and self-control.

4. Praise Positive Behaviors:

Reinforce good behavior with specific, positive feedback.

Example: "I'm so proud of how you helped clean up!"

5. Offer Choices:

Empower your child with limited, age-appropriate choices.

Example: "Would you like to wear the red shirt or the blue one?"

Activity:

Write one way you can use each strategy this week:

- Routines: _____
 - Positive Reinforcement: _____
 - Choices: _____
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Part 3: Immediate Response to Negative Behavior

Addressing inappropriate behavior quickly helps children understand the connection between actions and consequences.

Steps to Follow:

1. Stay Calm and Collected:

Your tone and body language set the tone for the interaction. Take a deep breath and approach the situation with composure.

2. Be Immediate:

Address the behavior as soon as it occurs to reinforce the connection between actions and consequences.



3. Describe the Behavior, Not the Child:

Avoid labeling the child and focus on the specific behavior.

Example: Instead of "You're being bad," say, "Hitting is not acceptable."

4. Use Immediate, Logical Consequences:

Consequences should relate to the behavior.

Example: "If you draw on the wall, you'll need to help clean it."

5. Redirect to Positive Alternatives:

Offer guidance on what the child *can* do.

Example: "Instead of hitting, use words to say you're upset."

Reflection Activity:

1. Recall a recent instance of challenging behavior.

- What happened? _____
- How did you respond? _____
- What could you have done differently? _____

2. Write a plan for how you will handle similar situations in the future:

Part 4: Disciplinary Strategies

Discipline teaches accountability and helps children learn from their mistakes.

Effective Disciplinary Strategies:

- **Withdrawal of Privileges:**

Remove a privilege as a consequence of inappropriate behavior.

Example: "You can't use the tablet today because you didn't follow the rules."

- **Corrective Dialogue:**

Have a calm conversation to help your child reflect on why their behavior was inappropriate and how to make better choices.

Example: "How did hitting make your friend feel? What can you do next time instead?"



- **Time-In:**

Instead of isolating the child, spend quiet time together to talk about their feelings, behavior, and how they can improve.

Activity:

1. Write an example of how you might use these strategies:

- Withdrawal of Privileges: _____
- Corrective Dialogue: _____
- Time-In: _____

2. What disciplinary strategy would you like to improve or practice more?

Part 5: Building Your Parenting Plan

Set Your Goals for This Week:

1. What preventive strategy will you focus on?

2. How will you respond calmly to challenging behaviors?

3. What disciplinary technique will you practice?

Tips for Success

- Be patient: Behavioral changes take time and consistency.
- Use mistakes as learning opportunities—for both you and your child.
- Practice self-care to stay calm and emotionally available for your child.

Reflection:

1. What is one positive change you've noticed in your child's behavior recently?



2. How have your responses influenced that change?

By focusing on proactive guidance, calm responsiveness, and constructive discipline, you can nurture your child's growth while strengthening your relationship. Remember, consistency and empathy are key!