Attached are a summary of tonight's session and the homework for the week: the Family Meeting Log for Session 2, the Special Time Tracking Sheet, and the list of communication strategies. Remember your homework for this week is centered around three activities.
Parents are to have a family meeting and complete the Family Meeting Log for Session 2. The family meeting agenda items are: (1) A discussion of interactions you had with your child that successfully communicated or taught your family values. (2) Opportunities you had this week to catch your child being good that you thought were particularly effective. (3) Special time activities with your child this week you thought were effective, and (4) A discussion of any events that week that may need to be planned ahead.
The second portion of the homework is to setup a daily special time with your child following the Think Plan and Do parenting strategy and to complete the Special Time Tracking Sheet each day. Remember to focus on the quality of time not the quality of time. Ten to 20 minutes of quality time is the target. Many parents expressed a desire a improve their communication skills with their child. In class seven communication skills were reviewed and modeled in class. The attachment below is a list of those skills with examples. The more you practice these skills with your child, the more your ability to communicate with your child will improve, and the more your child's skills to communicate with you will improve. Over the course of the class many more communication strategies will be introduced.
For the third portion of the homework parents are to identify several child behaviors they would like to encourage their child doing by praising the child when he did the behavior. Parents are to track the selected behaviors on a daily basis using the form provided in class. Remember to continue to implement your “catching your child being good” strategy this week and to bring all homework assignments to class next week