



1. Identify a time of day when challenging behaviors frequently occur.

2. What challenging behaviors do you observe?

3. Connect the dots to environment...

1. Does this activity happen at the same time each day?
2. Is there a consistent routine involved with this activity?
3. Are you providing enough time/warning for the transition to this activity?
4. Is your child aware of specific expectations for this activity?

4. Make Changes: Try at least 3 specific new ideas from Connect the Dots training to make this time of day go smoother. *Ex. Picture schedule, allowing more time and independence with routines, timer for transitions, setting simple and consistent limits.*

5. Record what you see:

Environment Changes:	Behavior Changes/Improvements:

Change is hard. Stay connected and support one-another:

My Text Buddy: Name _____, **Phone Number:** _____