



1. "Fill the Bucket" BEFORE Challenging Behaviors Begin:

Using the same time of day you chose to focus on for Environment, practice "filling the bucket" with your child before this challenging time hits. Notice if these initial "Bucket Fillers" help to decrease negative behaviors. Record your observations in the bucket below.

2. Record what you see:

Bucket Fillers:	Behavior Changes/Improvements:

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

My Text Buddy: Name _____, Phone Number: _____