



**1. Embrace Your Child's Unique Strengths:**

Using the same time of day you chose to focus on for Environment, Positive Behaviors, and Positive Discipline, practice embracing your child's unique strengths to make a challenging time of day go smoother. For instance, if your child needs lots of gross motor movement, allow time for and encourage running, jumping, stretching, etc. throughout the activity.

Record your observations below..

**2. Record what you see:**

Activities Encouraged:	Behavior Improvements:

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

**My Text Buddy: Name \_\_\_\_\_, Phone Number: \_\_\_\_\_**