[](http://www.google.com/url?url=http://www.clker.com/clipart-25196.html&rct=j&frm=1&q=&esrc=s&sa=U&ei=vLgiVZaqIceJoQSrw4C4AQ&ved=0CDAQ9QEwDQ&sig2=HMpNXiCa2x0YoDrt4f4KsQ&usg=AFQjCNEJ-D6hzvFPO6w5q5oXIu7FzHb9kQ)****[](https://www.youtube.com/watch?v=tO4X8_c80kg)

**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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**