

Happy Camper Commitment

I commit to be a happy camper parent.

I will focus on building up positive behaviors to help my family to live in the direction of our values.

When new problems arise, as I know they will, I will:

1. Pause
2. Breathe
3. Look at the big picture
4. Identify a positive behavior my child CAN do instead
5. Teach it
6. Build it up with positive reinforcement
7. Watch to see if it's actually working
8. Adjust, fade, repeat as necessary.

When I do have my own big emotional reactions to problem behaviors, I promise to give myself grace and an extra chance or three to go back and do all the steps listed above.

I commit to modeling positive behaviors for my children such as:

- ✓ Taking care of myself
- ✓ Asking for help
- ✓ Taking a break when I need to recharge
- ✓ Giving myself second chances or re-dos
- ✓ Giving my loved ones second chances or re-dos
- ✓ Talking out loud about my feelings, motivation, and thoughts

I will be a happy camper parent and focus on living our values.

Signature

Date