
Parenting with ABA



Parenting with Intention:

FIND YOUR VALUES

IDENTIFY YOUR GOALS

PLAN OUT YOUR HIGHEST HOPES

FOR YOUR KIDS

MAKE A COMMITMENT TO YOU

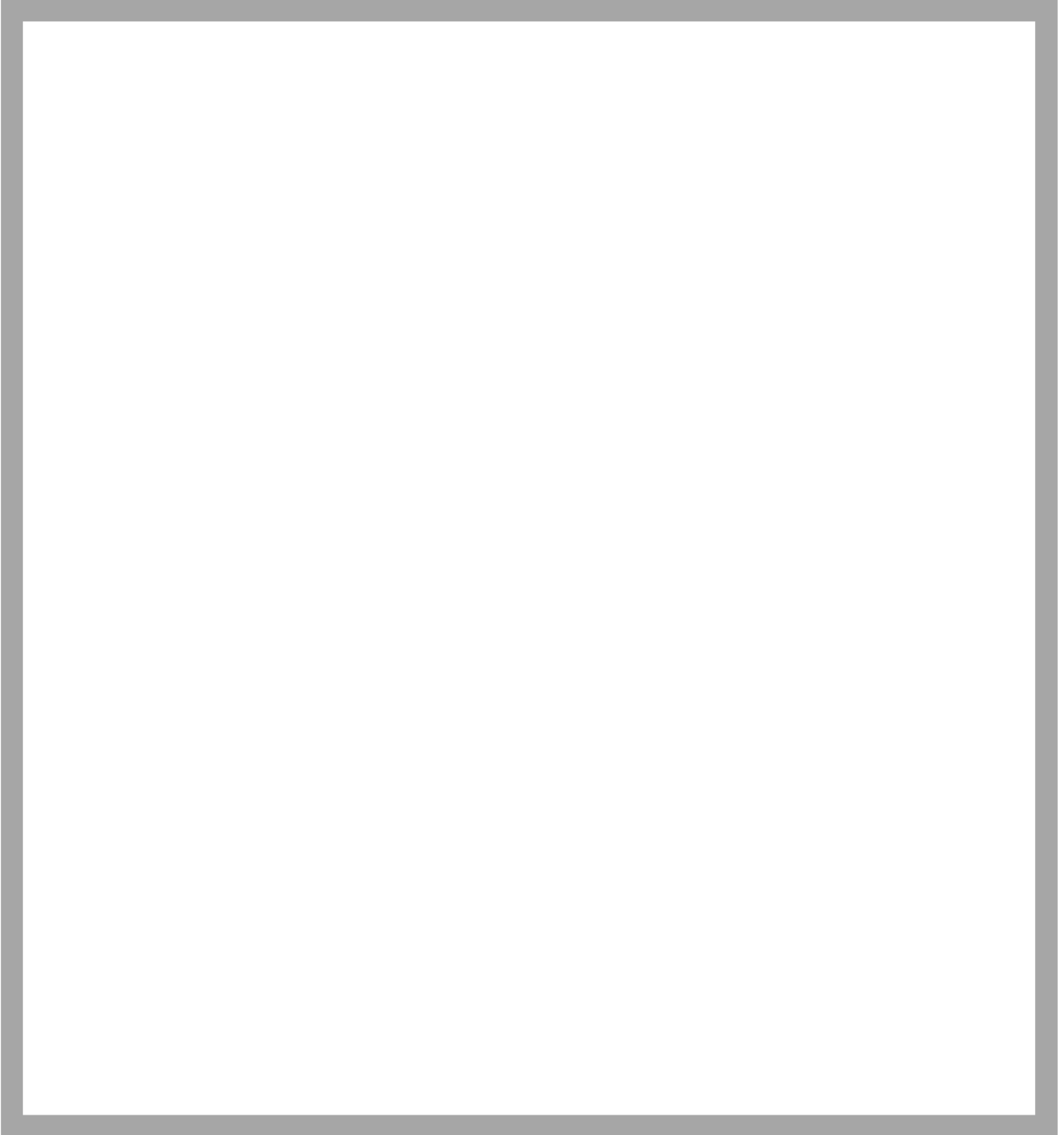
BUILD UP POSITIVE PARENTING

HABITS

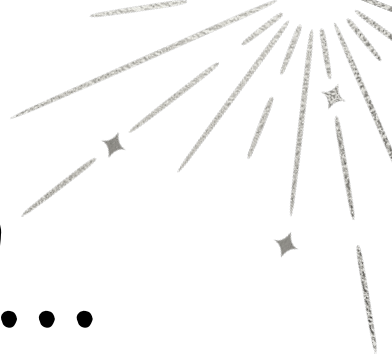


Ideas Page

As you think about 2024, your mind may race with ideas. Put them here.



When I'm 80...



Suppose that at some future time there was a party held in your honor (like an 80th birthday party). At this event, people who are important to you, and to whom you are important, have come together to celebrate you and your life. When the time comes at this party for people to make speeches about you, they will spend their time talking about the kind of person they experienced you to be.

What they said about me...

Identify your values

Values are your heart's deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis.

-The Happiness Trap



Values are:

Our heart's deepest desires: how we want to be, what we want to stand for, and how we want to relate to the world around us.

Leading principles that can guide us and motivate us as we move through life

Values are not goals. A value is a direction we dire to keep moving in, an ongoing process that never reaches an end.

A goal is a desired outcome that can be achieved or completed.

Deep down inside, what do you really want?

What do you want your life to be about?

What sort of relationships do you want to build?

-The Happiness Trap



Live your values every step along the journey

Not a goal!

This leads to fulfillment.

Values are directions. You can go east, always going east, but you'll never achieve east.

But going in the right direction is living your value☑ fulfilling!

When you do something in the direction of a value it becomes a behavior.

Sample Values

Values are here and now, goals are the future. Values never need to be justified. Values often need to be prioritized. Values are best held tightly. Values are freely chosen.

Accountability	Diversity	Humility	Security
Accuracy	Dynamism	Independence	Self-actualization
Achievement	Economy	Ingenuity	Self-control
Adventurousness	Effectiveness	Inner Harmony	Selflessness
Altruism	Efficiency	Inquisitiveness	Self-reliance
Ambition	Elegance	Insightfulness	Sensitivity
Assertiveness	Empathy	Intelligence	Serenity
Balance	Enjoyment	Intellectual Status	Service
Belonging	Enthusiasm	Intuition	Shrewdness
Boldness	Equality	Joy	Simplicity
Calmness	Excellence	Justice	Soundness
Carefulness	Excitement	Leadership	Speed
Challenge	Expertise	Legacy	Spontaneity
Cheerfulness	Exploration	Love	Stability
Commitment	Expressiveness	Loyalty	Strategic
Community	Fairness	Making a difference	Strength
Compassion	Faith	Mastery	Structure
Competitiveness	Fidelity	Merit	Success
Consistency	Fitness	Obedience	Support
Contentment	Fluency	Openness	Teamwork
Contribution	Focus	Order	Temperance
Control	Freedom	Originality	Thankfulness
Cooperation	Fun	Patriotism	Thoroughness
Correctness	Generosity	Perfection	Thoughtfulness
Courtesy	Goodness	Piety	Timeliness
Creativity	Grace	Positivity	Tolerance
Curiosity	Growth	Practicality	Traditionalism
Decisiveness	Happiness	Preparedness	Trustworthiness
Dependability	Hard Work	Professionalism	Truth-seeking
Determination	Health	Prudence	Understanding
Devoutness	Helping Society	Quality-orientation	Uniqueness
Diligence	Holiness	Reliability	Usefulness
Discipline	Honesty	Resourcefulness	Vision
Discretion	Honor	Restraint	Vitality

Identify your values

List out all the words that describe your values for your role as mom.



Narrow it down to your top 3 for yourself AND your family.

My top 3 values for my family are:

1. _____

2. _____

3. _____



Gratitude Practice

Look back at last year. For each area below, list out what you most appreciate, or what you are most proud of. Use the back or print 2 of these for more space.

Family functioning as a whole:

Child #1:

Child #2:

Child #3:

Family traditions:

Family communication:

Current Levels

For each child, circle a number on the rating scale for how you feel things are going right now in this area. (Print one page for each child).

One= Things are going terribly. We need ALL the help in this area.

10 = Doing awesome! My child is totally independent and right on or above age level expectations.

Communication skills:

.....→
1 2 3 4 5 6 7 8 9 10

Getting along with others:

.....→
1 2 3 4 5 6 7 8 9 10

Following instructions:

.....→
1 2 3 4 5 6 7 8 9 10

Play/ leisure skills (can entertain themself):

.....→
1 2 3 4 5 6 7 8 9 10

Daily skills (hygiene, getting dressed, daily routines):

.....→
1 2 3 4 5 6 7 8 9 10

Accepting no/ handling disappoinment:

.....→
1 2 3 4 5 6 7 8 9 10

Expressing opinions/ ideas/ feelings/ protests

.....→
1 2 3 4 5 6 7 8 9 10

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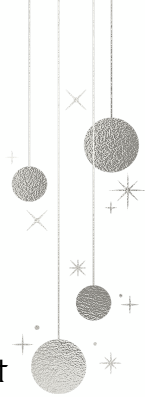
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Goals: How-to



Select a simple, straightforward goal based on your assessment of their current skills levels for most of the areas listed. (Print one set of goal templates for each child).

Write out one main thing for each area that you want your child to learn to do this year. If you can't decide on just one- write out a few ideas and then come back to circle just one.

Don't have a goal for each & every area? No problem. Skip it! Make this goals workbook work FOR you and your family.

Remember: behavior is something that you DO or SAY. It needs to be something that can be observed. How do we know if they achieved the goal? Because we can see or hear it ourselves.

When defining a behavior, we must be clear & concise.



Dead Man's Rule:

If a dead man can do it, it's not a behavior.

NOT talking, NOT hitting, NOT anything- not a behavior!



Example goals:

Communication: Ask nicely for things instead of screaming

Getting along with others: Ask brother for toys instead of hitting

Following instructions: Follow directions with only 1 or 2 reminders

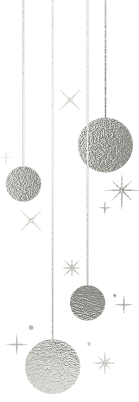
Play: Complete a small lego set by herself

Daily skills: Use a picture schedule to get ready for school in the morning

Accepting no: When disappointed, he will use a calm down strategy from our list or ask for help.

Preacademic or academic skills: Recognize all the letters of the alphabet

Goals for kids



I will teach my child to do these things, model how to do them, and provide positive reinforcement not just for achieving these goals but also for progress along the way.

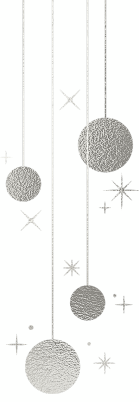
I will help my child to...

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Remember: make this a behavior they can DO. Limit to just a few things to prioritize. Look back at your current levels page to help prioritize.

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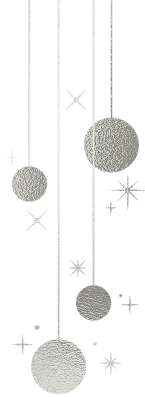
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Goals for parents



Which of these do you want to work on increasing this year?

- One-on-one time with each child for 5 minutes a day (or more)
- Giving behavior-specific praise
- Stopping and modeling deep breaths or other calming tools before reacting to tough situations
- Using visual supports, schedules, or routines
- Using "I statements" to narrate your own feelings. Example "I feel joy when I read to you" or "I feel frustrated when I have to repeat myself so many times."
- Telling my child(ren) what TO do instead of always saying no or stop
- Asking for help from my own support system
- Modeling self-care for my whole family
- Acting out or demonstrating things when giving instructions
- Getting my child's attention before trying to talk to them
- Using a solutions-based approach to problems. What can we do next time instead of why did you do that questions.
- _____
- _____
- _____



Commitment to Intention

This year, I commit to parent with intention.

I will focus on building up positive behaviors to help my child(ren) be successful.

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.

This year 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:

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

I will parent with intention in 2024!

Signature _____

Date _____

Tools to keep you on track

Habit Stacking

Add a new habit onto an old one. What is something you do every single day? Now add a positive parenting habit on top of that.

Examples:

- When you are getting everyone ready in the morning, say one positive compliment to each child.
- When you are brushing your teeth at night, think of one positive thought about the day- a moment of gratitude.
- When you are driving the kids to _____, give behavior-specific praise for something you noticed today.

Don't start from scratch by trying to do these new goals/resolutions. Stack them on top of something you already do every single day to make it easier to remember and follow through!

Make it visual

Visual Cues

Post a reminder to yourself somewhere you will see it to remind yourself of your commitment to parent with intention. Use these or make your own. Put in your car, bathroom, kitchen, save on your phone- wherever it will help you!

Be intentional

Don't forget to...

I will...

Work smarter, not harder

Use some simple tools to help you achieve your goals/ resolutions this year.

Lists. Write it down. Write down the steps. Crossing each step off can actually be reinforcing and help you get the motivation to go on to the next step!

- Break down any routine or activity to the most simple steps you can think of. Put those in order, list them out, and then either use pictures or words.

Timers & clocks. Set a time for what you are going to do. Make it short and sweet so you'll actually do it.

- Example: 1-on-1 time with each child. Set a timer for 5 minutes. See how quickly it goes by and how it doesn't really interrupt your day as much as you thought it would. Then the next day when you feel like you don't have enough time, remember that timer. 5 minutes wasn't as hard as you thought!
- Set a stopwatch to see how long it takes your child to do something they don't love.
 - Example- how long does it take to complete a homework task or clean up the toys on the floor. Set a stopwatch and comment on how surprisingly quick that was! You can write downtime and try to beat it tomorrow.

Positive Reinforcement



Use positive reinforcement for yourself when you do any of the behaviors you are working to build up. Give your child positive reinforcement for progress toward the behaviors you set as goals to teach them this year!

What is positive reinforcement?

By definition, positive reinforcement occurs when something is presented immediately following a behavior and as a result, that behavior occurs more often in the future.

Behavior-->Something is added-->behavior occurs more often in the future

Are rewards positive reinforcement? Only if they work to increase the behaviors you want to see more of.

A true reinforcer will cause your child to engage in the desired behaviors again in the future. What this means is that you need to pay attention to what happens in your world after you give your kiddo that praise, those stickers, a treat, a special outing, extra screen time, whatever! After you 'reward' them, do they do a better job tomorrow? Or is everything still the same and no increase in the good stuff? If no increase, it's not positive reinforcement. You're just giving stuff for no reason. (Sorry, but it's the truth.)



Confident Parenting Framework

1. Focus on what you want your child to do.
2. Tell them. Succinctly.
3. Teach them the skill/ behavior.
4. Catch them being good.
5. Reward them for doing it.
6. Watch to see if your rewards are actually working.
7. Adjust, fade, repeat as necessary.

Where can I find more?

Parent Coaching from Parenting with ABA

Book your free parent coaching brainstorming
session by clicking here:

<https://www.parentingwithaba.org/coaching/>

Other resources from Parenting with ABA

Downloads, courses, & tools:

<https://www.parentingwithaba.org/courses/>

Best-selling books by Leanne Page

<https://www.parentingwithaba.org/book-parenting-with-aba/>