

# Domain: Behavior

## Subdomain: Aggression

### ***Challenge: Sibling fights***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Stop the action to ensure safety, then teach a replacement skill when calm.

**Practice Type:** TBRI

**Response Variations:** Protect, pause, and teach a safe hands routine when everyone is calm. || Name the feeling, state the limit, and rehearse a do■instead skill.

**Quick Win:** Pause the conflict and coach a replacement action (deep breath, take space).

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** Who is usually targeted and when?

### ***Challenge: Aggression towards siblings or peers***

**Age Group:** Preschool

**Context:** School

**Response:** Stop the action to ensure safety, then teach a replacement skill when calm.

**Practice Type:** TBRI

**Response Variations:** Protect, pause, and teach a safe hands routine when everyone is calm. || Name the feeling, state the limit, and rehearse a do■instead skill.

**Quick Win:** Pause the conflict and coach a replacement action (deep breath, take space).

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** Who is usually targeted and when?

### ***Challenge: Bullying peers or siblings***

**Age Group:** Elementary

**Context:** Public

**Response:** Stop the action to ensure safety, then teach a replacement skill when calm.

**Practice Type:** TBRI

**Response Variations:** Protect, pause, and teach a safe hands routine when everyone is calm. || Name the feeling, state the limit, and rehearse a do■instead skill.

**Quick Win:** Pause the conflict and coach a replacement action (deep breath, take space).

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** Who is usually targeted and when?

### ***Challenge: Aggressive play with toys***

**Age Group:** Preschool

**Context:** School

**Response:** Stop the action to ensure safety, then teach a replacement skill when calm.

**Practice Type:** TBRI

**Response Variations:** Protect, pause, and teach a safe hands routine when everyone is calm. || Name the feeling, state the limit, and rehearse a do■instead skill.

**Quick Win:** Pause the conflict and coach a replacement action (deep breath, take space).

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** Who is usually targeted and when?

### ***Challenge: Excessive tattling on siblings***

**Age Group:** Elementary

**Context:** Public

**Response:** Stop the action to ensure safety, then teach a replacement skill when calm.

**Practice Type:** TBRI

**Response Variations:** Protect, pause, and teach a safe hands routine when everyone is calm. || Name the feeling, state the limit, and rehearse a do■instead skill.

**Quick Win:** Pause the conflict and coach a replacement action (deep breath, take space).

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** Who is usually targeted and when?

### ***Challenge: Difficulty adjusting to new siblings***

**Age Group:** Preschool

**Context:** School

**Response:** Stop the action to ensure safety, then teach a replacement skill when calm.

**Practice Type:** TBRI

**Response Variations:** Protect, pause, and teach a safe hands routine when everyone is calm. || Name the feeling, state the limit, and rehearse a do■instead skill.

**Quick Win:** Pause the conflict and coach a replacement action (deep breath, take space).

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** Who is usually targeted and when?

### ***Challenge: Trouble sharing attention with foster siblings***

**Age Group:** Elementary

**Context:** Public

**Response:** Stop the action to ensure safety, then teach a replacement skill when calm.

**Practice Type:** TBRI

**Response Variations:** Protect, pause, and teach a safe hands routine when everyone is calm. || Name the feeling, state the limit, and rehearse a do■instead skill.

**Quick Win:** Pause the conflict and coach a replacement action (deep breath, take space).

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** Who is usually targeted and when?

### ***Challenge: Aggression toward animals***

**Age Group:** Preschool

**Context:** School

**Response:** Stop the action to ensure safety, then teach a replacement skill when calm.

**Practice Type:** TBRI

**Response Variations:** Protect, pause, and teach a safe hands routine when everyone is calm. || Name the feeling, state the limit, and rehearse a do■instead skill.

**Quick Win:** Pause the conflict and coach a replacement action (deep breath, take space).

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** Who is usually targeted and when?

## **Domain: Behavior**

### **Subdomain: Defiance**

#### ***Challenge: Child arguing with parent***

**Age Group:** Elementary

**Context:** Public

**Response:** Validate the feeling and restate one clear boundary with a choice of how to follow it.

**Practice Type:** Conscious Parenting

**Response Variations:** Use 'agree + redirect': acknowledge their view and restate the boundary without debating. || Give one clear instruction and a choice of how to follow it.

**Quick Win:** Use 'I hear you, and...the rule still stands'—one clear step at a time.

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** What topics spark the most pushback?

#### ***Challenge: Talking back constantly***

**Age Group:** Toddler

**Context:** Home

**Response:** Validate the feeling and restate one clear boundary with a choice of how to follow it.

**Practice Type:** Conscious Parenting

**Response Variations:** Use 'agree + redirect': acknowledge their view and restate the boundary without debating.  
|| Give one clear instruction and a choice of how to follow it.

**Quick Win:** Use 'I hear you, and...the rule still stands'—one clear step at a time.

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** What topics spark the most pushback?

### ***Challenge: Pushing limits with rules***

**Age Group:** Toddler

**Context:** Home

**Response:** Validate the feeling and restate one clear boundary with a choice of how to follow it.

**Practice Type:** Conscious Parenting

**Response Variations:** Use 'agree + redirect': acknowledge their view and restate the boundary without debating.  
|| Give one clear instruction and a choice of how to follow it.

**Quick Win:** Use 'I hear you, and...the rule still stands'—one clear step at a time.

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** What topics spark the most pushback?

## **Domain: Behavior**

### **Subdomain: Destruction**

#### ***Challenge: Child destroying property***

**Age Group:** Teen

**Context:** Anytime

**Response:** Protect people and space, then repair together and teach safe outlets.

**Practice Type:** C+Parenting

**Response Variations:** Protect people and space, then repair together and teach safe outlets. || Rephrase kindly:  
Protect people and space, then repair together and teach safe outlets.

**Quick Win:** Use a safe outlet (rip paper, stress ball) and repair together afterward.

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** What feeling or situation comes right before it?

#### ***Challenge: Destructive behavior during anger***

**Age Group:** Preschool

**Context:** School

**Response:** Protect people and space, then repair together and teach safe outlets.

**Practice Type:** C+Parenting

**Response Variations:** Protect people and space, then repair together and teach safe outlets. || Rephrase kindly: Protect people and space, then repair together and teach safe outlets.

**Quick Win:** Use a safe outlet (rip paper, stress ball) and repair together afterward.

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** What feeling or situation comes right before it?

## **Domain: Behavior**

### **Subdomain: Dishonesty/Stealing**

#### ***Challenge: Child lying***

**Age Group:** Teen

**Context:** Anytime

**Response:** Stay calm, praise honesty, and guide restitution or making amends.

**Practice Type:** C+Parenting

**Response Variations:** Stay calm, praise honesty, and guide restitution or making amends. || Rephrase kindly: Stay calm, praise honesty, and guide restitution or making amends.

**Quick Win:** Catch and praise honesty; guide calm restitution.

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** When does truth feel hardest for your child?

#### ***Challenge: Child stealing***

**Age Group:** Toddler

**Context:** Home

**Response:** Stay calm, praise honesty, and guide restitution or making amends.

**Practice Type:** C+Parenting

**Response Variations:** Stay calm, praise honesty, and guide restitution or making amends. || Rephrase kindly: Stay calm, praise honesty, and guide restitution or making amends.

**Quick Win:** Catch and praise honesty; guide calm restitution.

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** When does truth feel hardest for your child?

#### ***Challenge: Stealing food or hiding snacks***

**Age Group:** Elementary

**Context:** Public

**Response:** Stay calm, praise honesty, and guide restitution or making amends.

**Practice Type:** C+Parenting

**Response Variations:** Stay calm, praise honesty, and guide restitution or making amends. || Rephrase kindly: Stay calm, praise honesty, and guide restitution or making amends.

**Quick Win:** Catch and praise honesty; guide calm restitution.

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** When does truth feel hardest for your child?

## **Domain: Behavior**

### **Subdomain: Tantrums**

#### ***Challenge: Temper tantrum in a store***

**Age Group:** Toddler

**Context:** Home

**Response:** Stay calm, drop to eye level, name the feeling, and offer two simple choices.

**Practice Type:** TBRI

**Response Variations:** Lower to eye level, name the feeling, and offer two choices; step out of the crowd if possible. || Mirror slow breathing and redirect with a simple job (hold the list, push the cart).

**Quick Win:** Offer two choices and step to a quieter spot; keep your voice soft and low.

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** Which aisles or moments trigger it most?

#### ***Challenge: Tantrums during mealtime***

**Age Group:** Elementary

**Context:** Public

**Response:** Stay calm, drop to eye level, name the feeling, and offer two simple choices.

**Practice Type:** TBRI

**Response Variations:** Lower to eye level, name the feeling, and offer two choices; step out of the crowd if possible. || Mirror slow breathing and redirect with a simple job (hold the list, push the cart).

**Quick Win:** Offer two choices and step to a quieter spot; keep your voice soft and low.

**Fun Fact:** Consistent, calm responses cut repeat conflicts by ~30%.

**Follow-up Questions:** Which aisles or moments trigger it most?

## **Domain: Emotions**

### **Subdomain: Anxiety**

### ***Challenge: Separation anxiety***

**Age Group:** Teen

**Context:** Anytime

**Response:** Co-regulate first, then teach a grounding tool like 5-4-3-2-1.

**Practice Type:** CBT

**Response Variations:** Normalize worry and practice grounding when calm so it's ready under stress. || Co-regulate (soft tone, slow breath) before problem-solving.

**Quick Win:** Practice 5-4-3-2-1 grounding together once a day when calm.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** When do worries peak—morning, night, or transitions?

### ***Challenge: Fear of abandonment***

**Age Group:** Toddler

**Context:** Home

**Response:** Co-regulate first, then teach a grounding tool like 5-4-3-2-1.

**Practice Type:** CBT

**Response Variations:** Normalize worry and practice grounding when calm so it's ready under stress. || Co-regulate (soft tone, slow breath) before problem-solving.

**Quick Win:** Practice 5-4-3-2-1 grounding together once a day when calm.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** When do worries peak—morning, night, or transitions?

### ***Challenge: Fear of sleeping alone***

**Age Group:** Teen

**Context:** Anytime

**Response:** Co-regulate first, then teach a grounding tool like 5-4-3-2-1.

**Practice Type:** CBT

**Response Variations:** Normalize worry and practice grounding when calm so it's ready under stress. || Co-regulate (soft tone, slow breath) before problem-solving.

**Quick Win:** Practice 5-4-3-2-1 grounding together once a day when calm.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** When do worries peak—morning, night, or transitions?

### ***Challenge: Extreme shyness***

**Age Group:** Elementary

**Context:** Public

**Response:** Co-regulate first, then teach a grounding tool like 5-4-3-2-1.

**Practice Type:** CBT

**Response Variations:** Normalize worry and practice grounding when calm so it's ready under stress. || Co-regulate (soft tone, slow breath) before problem-solving.

**Quick Win:** Practice 5-4-3-2-1 grounding together once a day when calm.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** When do worries peak—morning, night, or transitions?

### ***Challenge: Fear of punishment***

**Age Group:** Teen

**Context:** Anytime

**Response:** Co-regulate first, then teach a grounding tool like 5-4-3-2-1.

**Practice Type:** CBT

**Response Variations:** Normalize worry and practice grounding when calm so it's ready under stress. || Co-regulate (soft tone, slow breath) before problem-solving.

**Quick Win:** Practice 5-4-3-2-1 grounding together once a day when calm.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** When do worries peak—morning, night, or transitions?

### ***Challenge: Complaining of stomach aches due to stress***

**Age Group:** Elementary

**Context:** Public

**Response:** Co-regulate first, then teach a grounding tool like 5-4-3-2-1.

**Practice Type:** CBT

**Response Variations:** Normalize worry and practice grounding when calm so it's ready under stress. || Co-regulate (soft tone, slow breath) before problem-solving.

**Quick Win:** Practice 5-4-3-2-1 grounding together once a day when calm.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** When do worries peak—morning, night, or transitions?

### ***Challenge: Overreacting to loud noises***

**Age Group:** Toddler

**Context:** Home

**Response:** Co-regulate first, then teach a grounding tool like 5-4-3-2-1.

**Practice Type:** CBT

**Response Variations:** Normalize worry and practice grounding when calm so it's ready under stress. || Co-regulate (soft tone, slow breath) before problem-solving.

**Quick Win:** Practice 5-4-3-2-1 grounding together once a day when calm.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** When do worries peak—morning, night, or transitions?

### ***Challenge: Nighttime fears and needing lights on***

**Age Group:** Elementary

**Context:** Public

**Response:** Co-regulate first, then teach a grounding tool like 5-4-3-2-1.

**Practice Type:** CBT

**Response Variations:** Normalize worry and practice grounding when calm so it's ready under stress. || Co-regulate (soft tone, slow breath) before problem-solving.

**Quick Win:** Practice 5-4-3-2-1 grounding together once a day when calm.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** When do worries peak—morning, night, or transitions?

## **Domain: Emotions**

### **Subdomain: Oversensitivity**

#### ***Challenge: Extreme perfectionism***

**Age Group:** Teen

**Context:** Anytime

**Response:** Lead with praise, give gentle private feedback, and model self-compassion.

**Practice Type:** Conscious Parenting

**Response Variations:** Lead with praise, give gentle private feedback, and model self-compassion. || Rephrase kindly: Lead with praise, give gentle private feedback, and model self-compassion.

**Quick Win:** Lead with praise, then offer gentle private feedback.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** What kind of feedback sets them off most?

#### ***Challenge: Oversensitivity to criticism***

**Age Group:** Toddler

**Context:** Home

**Response:** Lead with praise, give gentle private feedback, and model self-compassion.

**Practice Type:** Conscious Parenting

**Response Variations:** Lead with praise, give gentle private feedback, and model self-compassion. || Rephrase kindly: Lead with praise, give gentle private feedback, and model self-compassion.

**Quick Win:** Lead with praise, then offer gentle private feedback.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** What kind of feedback sets them off most?

### ***Challenge: Excessive competitiveness***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Lead with praise, give gentle private feedback, and model self-compassion.

**Practice Type:** Conscious Parenting

**Response Variations:** Lead with praise, give gentle private feedback, and model self-compassion. || Rephrase kindly: Lead with praise, give gentle private feedback, and model self-compassion.

**Quick Win:** Lead with praise, then offer gentle private feedback.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** What kind of feedback sets them off most?

### ***Challenge: Sudden mood swings***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Lead with praise, give gentle private feedback, and model self-compassion.

**Practice Type:** Conscious Parenting

**Response Variations:** Lead with praise, give gentle private feedback, and model self-compassion. || Rephrase kindly: Lead with praise, give gentle private feedback, and model self-compassion.

**Quick Win:** Lead with praise, then offer gentle private feedback.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** What kind of feedback sets them off most?

### ***Challenge: Overexaggerating minor issues***

**Age Group:** Toddler

**Context:** Home

**Response:** Lead with praise, give gentle private feedback, and model self-compassion.

**Practice Type:** Conscious Parenting

**Response Variations:** Lead with praise, give gentle private feedback, and model self-compassion. || Rephrase kindly: Lead with praise, give gentle private feedback, and model self-compassion.

**Quick Win:** Lead with praise, then offer gentle private feedback.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** What kind of feedback sets them off most?

## **Domain: Emotions**

## Subdomain: Sleep Issues

### ***Challenge: Nightmares or night terrors***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Create a predictable wind-down routine and use the same closing phrase nightly.

**Practice Type:** C+Parenting

**Response Variations:** Create a predictable wind-down routine and use the same closing phrase nightly. ||

Rephrase kindly: Create a predictable wind-down routine and use the same closing phrase nightly.

**Quick Win:** End bedtime with the same calming phrase every night.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** How long does it take to settle at night?

### ***Challenge: Sleepwalking***

**Age Group:** Preschool

**Context:** School

**Response:** Create a predictable wind-down routine and use the same closing phrase nightly.

**Practice Type:** C+Parenting

**Response Variations:** Create a predictable wind-down routine and use the same closing phrase nightly. ||

Rephrase kindly: Create a predictable wind-down routine and use the same closing phrase nightly.

**Quick Win:** End bedtime with the same calming phrase every night.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** How long does it take to settle at night?

## Domain: Emotions

### Subdomain: Withdrawal

### ***Challenge: Shutting down or withdrawal***

**Age Group:** Elementary

**Context:** Public

**Response:** Offer quiet presence and an open invitation to connect; avoid forcing talk.

**Practice Type:** TBRI

**Response Variations:** Offer quiet presence and an open invitation to connect; avoid forcing talk. || Rephrase kindly: Offer quiet presence and an open invitation to connect; avoid forcing talk.

**Quick Win:** Sit nearby in quiet presence; invite connection without pressure.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** What situations make them shut down?

***Challenge: Withdrawing from caregiver affection***

**Age Group:** Toddler

**Context:** Home

**Response:** Offer quiet presence and an open invitation to connect; avoid forcing talk.

**Practice Type:** TBRI

**Response Variations:** Offer quiet presence and an open invitation to connect; avoid forcing talk. || Rephrase kindly: Offer quiet presence and an open invitation to connect; avoid forcing talk.

**Quick Win:** Sit nearby in quiet presence; invite connection without pressure.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** What situations make them shut down?

***Challenge: Silent treatment towards parent***

**Age Group:** Toddler

**Context:** Home

**Response:** Offer quiet presence and an open invitation to connect; avoid forcing talk.

**Practice Type:** TBRI

**Response Variations:** Offer quiet presence and an open invitation to connect; avoid forcing talk. || Rephrase kindly: Offer quiet presence and an open invitation to connect; avoid forcing talk.

**Quick Win:** Sit nearby in quiet presence; invite connection without pressure.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** What situations make them shut down?

***Challenge: Becoming non-verbal when upset***

**Age Group:** Preschool

**Context:** School

**Response:** Offer quiet presence and an open invitation to connect; avoid forcing talk.

**Practice Type:** TBRI

**Response Variations:** Offer quiet presence and an open invitation to connect; avoid forcing talk. || Rephrase kindly: Offer quiet presence and an open invitation to connect; avoid forcing talk.

**Quick Win:** Sit nearby in quiet presence; invite connection without pressure.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** What situations make them shut down?

***Challenge: Withdrawing during family time***

**Age Group:** Elementary

**Context:** Public

**Response:** Offer quiet presence and an open invitation to connect; avoid forcing talk.

**Practice Type:** TBRI

**Response Variations:** Offer quiet presence and an open invitation to connect; avoid forcing talk. || Rephrase kindly: Offer quiet presence and an open invitation to connect; avoid forcing talk.

**Quick Win:** Sit nearby in quiet presence; invite connection without pressure.

**Fun Fact:** 1 in 4 children experience anxiety that affects daily life.

**Follow-up Questions:** What situations make them shut down?

## **Domain: Other**

### **Subdomain: General**

#### ***Challenge: Screen time battles***

**Age Group:** Toddler

**Context:** Home

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly: Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

#### ***Challenge: Excessive use of negative language***

**Age Group:** Preschool

**Context:** School

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly: Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

#### ***Challenge: Difficulty following directions***

**Age Group:** Elementary

**Context:** Public

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Running away or hiding***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Child clinging excessively***

**Age Group:** Teen

**Context:** Anytime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Overstimulation in crowded places***

**Age Group:** Preschool

**Context:** School

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Regression (bedwetting, baby talk)***

**Age Group:** Preschool

**Context:** School

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Difficulty with authority figures***

**Age Group:** Elementary

**Context:** Public

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Hyperactivity and impulsiveness***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Difficulty with honesty***

**Age Group:** Elementary

**Context:** Public

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Refusing therapy or counseling***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Shutting down during discipline***

**Age Group:** Teen

**Context:** Anytime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Difficulty sharing toys or belongings***

**Age Group:** Toddler

**Context:** Home

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Refusal to attend therapy sessions***

**Age Group:** Teen

**Context:** Anytime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Difficulty apologizing***

**Age Group:** Elementary

**Context:** Public

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Trouble with personal hygiene***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

***Challenge: Constant need for validation***

**Age Group:** Teen

**Context:** Anytime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

***Challenge: Obsessive behaviors***

**Age Group:** Toddler

**Context:** Home

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

***Challenge: Overreacting to small corrections***

**Age Group:** Preschool

**Context:** School

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

***Challenge: Self-blame after mistakes***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Overexcitement leading to escalations***

**Age Group:** Preschool

**Context:** School

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Trouble waiting for turns***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Constantly interrupting conversations***

**Age Group:** Teen

**Context:** Anytime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly:  
Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Excessive daydreaming***

**Age Group:** Teen

**Context:** Anytime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly: Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Small daily changes compound into big gains over weeks.

**Follow-up Questions:** When and where does this happen most?

## **Domain: Relationships**

### **Subdomain: Attachment**

#### ***Challenge: Bonding with adoptive parent***

**Age Group:** Toddler

**Context:** Home

**Response:** Invest in daily 10 minutes of child-led special time and keep promises.

**Practice Type:** TBRI

**Response Variations:** Tiny daily connections build trust faster than big, occasional events. || Follow through on promises and protect predictable routines.

**Quick Win:** Schedule 10 minutes of child-led special time daily.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** What helps your child feel safe with you?

#### ***Challenge: Trust issues with caregiver***

**Age Group:** Elementary

**Context:** Public

**Response:** Invest in daily 10 minutes of child-led special time and keep promises.

**Practice Type:** TBRI

**Response Variations:** Tiny daily connections build trust faster than big, occasional events. || Follow through on promises and protect predictable routines.

**Quick Win:** Schedule 10 minutes of child-led special time daily.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** What helps your child feel safe with you?

### ***Challenge: Refusing affection***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Invest in daily 10 minutes of child-led special time and keep promises.

**Practice Type:** TBRI

**Response Variations:** Tiny daily connections build trust faster than big, occasional events. || Follow through on promises and protect predictable routines.

**Quick Win:** Schedule 10 minutes of child-led special time daily.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** What helps your child feel safe with you?

## **Domain: Relationships**

### **Subdomain: Boundaries**

#### ***Challenge: Testing boundaries in new foster placement***

**Age Group:** Preschool

**Context:** School

**Response:** State limits warmly, offer two acceptable choices, and follow through.

**Practice Type:** Conscious Parenting

**Response Variations:** State limits warmly, offer two acceptable choices, and follow through. || Rephrase kindly: State limits warmly, offer two acceptable choices, and follow through.

**Quick Win:** State the limit warmly and offer two acceptable choices.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** Which limits are most tested?

#### ***Challenge: Difficulty respecting boundaries***

**Age Group:** Teen

**Context:** Anytime

**Response:** State limits warmly, offer two acceptable choices, and follow through.

**Practice Type:** Conscious Parenting

**Response Variations:** State limits warmly, offer two acceptable choices, and follow through. || Rephrase kindly: State limits warmly, offer two acceptable choices, and follow through.

**Quick Win:** State the limit warmly and offer two acceptable choices.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** Which limits are most tested?

## Domain: Relationships

### Subdomain: Family

#### ***Challenge: Difficulty adjusting after visits with bio family***

**Age Group:** Preschool

**Context:** School

**Response:** Balance attention across kids with short 1:1 check-ins.

**Practice Type:** Conscious Parenting

**Response Variations:** Balance attention across kids with short 1:1 check-ins. || Rephrase kindly: Balance attention across kids with short 1:1 check-ins.

**Quick Win:** Plan short individual check-ins with each child weekly.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** When does attention competition show up?

#### ***Challenge: Resistance to family rules***

**Age Group:** Elementary

**Context:** Public

**Response:** Balance attention across kids with short 1:1 check-ins.

**Practice Type:** Conscious Parenting

**Response Variations:** Balance attention across kids with short 1:1 check-ins. || Rephrase kindly: Balance attention across kids with short 1:1 check-ins.

**Quick Win:** Plan short individual check-ins with each child weekly.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** When does attention competition show up?

#### ***Challenge: Avoiding family activities***

**Age Group:** Preschool

**Context:** School

**Response:** Balance attention across kids with short 1:1 check-ins.

**Practice Type:** Conscious Parenting

**Response Variations:** Balance attention across kids with short 1:1 check-ins. || Rephrase kindly: Balance attention across kids with short 1:1 check-ins.

**Quick Win:** Plan short individual check-ins with each child weekly.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** When does attention competition show up?

### ***Challenge: Overattachment to foster parent***

**Age Group:** Teen

**Context:** Anytime

**Response:** Balance attention across kids with short 1:1 check-ins.

**Practice Type:** Conscious Parenting

**Response Variations:** Balance attention across kids with short 1:1 check-ins. || Rephrase kindly: Balance attention across kids with short 1:1 check-ins.

**Quick Win:** Plan short individual check-ins with each child weekly.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** When does attention competition show up?

## **Domain: Relationships**

### **Subdomain: Peers**

#### ***Challenge: Difficulty making friends***

**Age Group:** Elementary

**Context:** Public

**Response:** Role-play friendly openers and plan short, structured peer time.

**Practice Type:** C+Parenting

**Response Variations:** Role-play friendly openers and plan short, structured peer time. || Rephrase kindly: Role-play friendly openers and plan short, structured peer time.

**Quick Win:** Practice three friendly openers before play or group time.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** Where do social struggles happen most?

#### ***Challenge: Extreme jealousy***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Role-play friendly openers and plan short, structured peer time.

**Practice Type:** C+Parenting

**Response Variations:** Role-play friendly openers and plan short, structured peer time. || Rephrase kindly: Role-play friendly openers and plan short, structured peer time.

**Quick Win:** Practice three friendly openers before play or group time.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** Where do social struggles happen most?

### ***Challenge: Trouble with group activities***

**Age Group:** Teen

**Context:** Anytime

**Response:** Role■play friendly openers and plan short, structured peer time.

**Practice Type:** C+Parenting

**Response Variations:** Role■play friendly openers and plan short, structured peer time. || Rephrase kindly:  
Role■play friendly openers and plan short, structured peer time.

**Quick Win:** Practice three friendly openers before play or group time.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** Where do social struggles happen most?

### ***Challenge: Difficulty asking for help***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Role■play friendly openers and plan short, structured peer time.

**Practice Type:** C+Parenting

**Response Variations:** Role■play friendly openers and plan short, structured peer time. || Rephrase kindly:  
Role■play friendly openers and plan short, structured peer time.

**Quick Win:** Practice three friendly openers before play or group time.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** Where do social struggles happen most?

### ***Challenge: Trouble listening in group settings***

**Age Group:** Toddler

**Context:** Home

**Response:** Role■play friendly openers and plan short, structured peer time.

**Practice Type:** C+Parenting

**Response Variations:** Role■play friendly openers and plan short, structured peer time. || Rephrase kindly:  
Role■play friendly openers and plan short, structured peer time.

**Quick Win:** Practice three friendly openers before play or group time.

**Fun Fact:** Secure connection lowers behavior problems by ~50%.

**Follow-up Questions:** Where do social struggles happen most?

# Domain: Routines

## Subdomain: Bedtime

### ***Challenge: Bedtime resistance***

**Age Group:** Preschool

**Context:** School

**Response:** Use a 3■step bedtime ritual (bath→story→lights out) at the same time daily.

**Practice Type:** C+Parenting

**Response Variations:** Keep the routine short and identical nightly; end with the same calming phrase. || Dim lights early and move predictably from bath to book to bed.

**Quick Win:** Run a 3■step ritual at the same time nightly (bath → story → lights out).

**Fun Fact:** Predictable routines reduce household conflict by ~40%.

**Follow-up Questions:** What is your current bedtime routine?

### ***Challenge: Difficulty making transitions at bedtime***

**Age Group:** Toddler

**Context:** Home

**Response:** Use a 3■step bedtime ritual (bath→story→lights out) at the same time daily.

**Practice Type:** C+Parenting

**Response Variations:** Keep the routine short and identical nightly; end with the same calming phrase. || Dim lights early and move predictably from bath to book to bed.

**Quick Win:** Run a 3■step ritual at the same time nightly (bath → story → lights out).

**Fun Fact:** Predictable routines reduce household conflict by ~40%.

**Follow-up Questions:** What is your current bedtime routine?

### ***Challenge: Refusing to follow bedtime routine***

**Age Group:** Elementary

**Context:** Public

**Response:** Use a 3■step bedtime ritual (bath→story→lights out) at the same time daily.

**Practice Type:** C+Parenting

**Response Variations:** Keep the routine short and identical nightly; end with the same calming phrase. || Dim lights early and move predictably from bath to book to bed.

**Quick Win:** Run a 3■step ritual at the same time nightly (bath → story → lights out).

**Fun Fact:** Predictable routines reduce household conflict by ~40%.

**Follow-up Questions:** What is your current bedtime routine?

## Domain: Routines

### Subdomain: Chores

#### ***Challenge: Child refusing chores***

**Age Group:** Teen

**Context:** Anytime

**Response:** Post clear, age■appropriate tasks and start with 1■minute wins.

**Practice Type:** C+Parenting

**Response Variations:** Post clear, age■appropriate tasks and start with 1■minute wins. || Rephrase kindly: Post clear, age■appropriate tasks and start with 1■minute wins.

**Quick Win:** Start with a 1■minute chore to build momentum and confidence.

**Fun Fact:** Predictable routines reduce household conflict by ~40%.

**Follow-up Questions:** Which chores spark the most pushback?

## Domain: Routines

### Subdomain: Homework

#### ***Challenge: Homework resistance***

**Age Group:** Elementary

**Context:** Public

**Response:** Break work into short focus sprints with movement breaks and praise effort.

**Practice Type:** CBT

**Response Variations:** Set a timer for short sprints and remove distractions; praise effort. || Alternate focus blocks with 3■minute movement breaks.

**Quick Win:** Use 10–15 minute focus sprints with short movement breaks.

**Fun Fact:** Predictable routines reduce household conflict by ~40%.

**Follow-up Questions:** Which subject brings the most resistance?

#### ***Challenge: Resistance to completing homework***

**Age Group:** Teen

**Context:** Anytime

**Response:** Break work into short focus sprints with movement breaks and praise effort.

**Practice Type:** CBT

**Response Variations:** Set a timer for short sprints and remove distractions; praise effort. || Alternate focus blocks with 3■minute movement breaks.

**Quick Win:** Use 10–15 minute focus sprints with short movement breaks.

**Fun Fact:** Predictable routines reduce household conflict by ~40%.

**Follow-up Questions:** Which subject brings the most resistance?

## Domain: Routines

### Subdomain: Mealtime

#### ***Challenge: Food refusal or picky eating***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Serve one safe food with new foods; remove pressure and model tasting.

**Practice Type:** Conscious Parenting

**Response Variations:** Serve one safe food with new foods; remove pressure and model tasting. || Rephrase kindly: Serve one safe food with new foods; remove pressure and model tasting.

**Quick Win:** Always include one safe food; model tasting without pressure.

**Fun Fact:** Predictable routines reduce household conflict by ~40%.

**Follow-up Questions:** Which foods or textures are toughest?

## Domain: Routines

### Subdomain: Morning

#### ***Challenge: Morning routine chaos***

**Age Group:** Preschool

**Context:** School

**Response:** Prep the night before and use a visual checklist to reduce decision fatigue.

**Practice Type:** Conscious Parenting

**Response Variations:** Prep the night before and use a visual checklist to reduce decision fatigue. || Rephrase kindly: Prep the night before and use a visual checklist to reduce decision fatigue.

**Quick Win:** Lay out clothes/backpack at night and use a pictorial checklist.

**Fun Fact:** Predictable routines reduce household conflict by ~40%.

**Follow-up Questions:** Which step is hardest in the morning?

## Domain: Routines

### Subdomain: Transitions

#### **Challenge: *Difficulty with transitions***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Give 5■3■1 minute warnings and use a transition object or song.

**Practice Type:** TBRI

**Response Variations:** Give 5■3■1 minute warnings and use a transition object or song. || Rephrase kindly: Give 5■3■1 minute warnings and use a transition object or song.

**Quick Win:** Give 5■3■1 minute warnings and use a transition song or object.

**Fun Fact:** Predictable routines reduce household conflict by ~40%.

**Follow-up Questions:** Which transitions trigger meltdowns?

## Domain: School

### Subdomain: Defiance

#### **Challenge: *Defiance with teachers***

**Age Group:** Toddler

**Context:** Home

**Response:** Align expectations with teachers and practice respectful replies via role■play.

**Practice Type:** Conscious Parenting

**Response Variations:** Align expectations with teachers and practice respectful replies via role■play. || Rephrase kindly: Align expectations with teachers and practice respectful replies via role■play.

**Quick Win:** Practice respectful replies via role■play; align rules with teachers.

**Fun Fact:** Up to 5% of students struggle with school refusal at some point.

**Follow-up Questions:** Which classes or teachers see this most?

## Domain: School

### Subdomain: General

#### **Challenge: *Child anxious about school***

**Age Group:** Teen

**Context:** Anytime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly: Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Up to 5% of students struggle with school refusal at some point.

**Follow-up Questions:** When and where does this happen most?

### ***Challenge: Excessive crying before school***

**Age Group:** Teen

**Context:** Anytime

**Response:** Start with connection, keep language simple, and take one small step.

**Practice Type:** Conscious Parenting

**Response Variations:** Start with connection, keep language simple, and take one small step. || Rephrase kindly: Start with connection, keep language simple, and take one small step.

**Quick Win:** Start with one small, repeatable step and praise effort.

**Fun Fact:** Up to 5% of students struggle with school refusal at some point.

**Follow-up Questions:** When and where does this happen most?

## **Domain: School**

### **Subdomain: Refusal**

#### ***Challenge: Child refusing to go to school***

**Age Group:** Toddler

**Context:** Home

**Response:** Use gradual exposure with a consistent goodbye ritual; coordinate with school.

**Practice Type:** CBT

**Response Variations:** Use stepwise exposure (drive by, short stay, full day) and brief goodbyes. || Create a morning script and reliable send-off ritual.

**Quick Win:** Use a short goodbye ritual and stepwise exposure to attendance.

**Fun Fact:** Up to 5% of students struggle with school refusal at some point.

**Follow-up Questions:** When is refusal strongest—Mondays, mornings, after breaks?

#### ***Challenge: Skipping school secretly***

**Age Group:** Toddler

**Context:** Home

**Response:** Use gradual exposure with a consistent goodbye ritual; coordinate with school.

**Practice Type:** CBT

**Response Variations:** Use stepwise exposure (drive by, short stay, full day) and brief goodbyes. || Create a morning script and reliable send-off ritual.

**Quick Win:** Use a short goodbye ritual and stepwise exposure to attendance.

**Fun Fact:** Up to 5% of students struggle with school refusal at some point.

**Follow-up Questions:** When is refusal strongest—Mondays, mornings, after breaks?

## Domain: School

### Subdomain: Stress

#### ***Challenge: Extreme restlessness before school***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Identify the stressor and teach belly breathing to calm body and mind.

**Practice Type:** CBT

**Response Variations:** Identify the stressor and teach belly breathing to calm body and mind. || Rephrase kindly: Identify the stressor and teach belly breathing to calm body and mind.

**Quick Win:** Teach belly breathing; identify one stress trigger to adjust.

**Fun Fact:** Up to 5% of students struggle with school refusal at some point.

**Follow-up Questions:** What school events raise stress (tests, noise, lunch)?

## Domain: Trauma/Attachment

### Subdomain: Expression

#### ***Challenge: Oversharing personal information***

**Age Group:** Teen

**Context:** Anytime

**Response:** Use feelings charts and stories to build emotion language.

**Practice Type:** CBT

**Response Variations:** Use feelings charts and stories to build emotion language. || Rephrase kindly: Use feelings charts and stories to build emotion language.

**Quick Win:** Use a feelings chart/thermometer before problem solving.

**Fun Fact:** Many foster/adoptive kids show survival behaviors rooted in past stress.

**Follow-up Questions:** Which feelings are hardest to name?

***Challenge: Avoiding eye contact***

**Age Group:** Toddler

**Context:** Home

**Response:** Use feelings charts and stories to build emotion language.

**Practice Type:** CBT

**Response Variations:** Use feelings charts and stories to build emotion language. || Rephrase kindly: Use feelings charts and stories to build emotion language.

**Quick Win:** Use a feelings chart/thermometer before problem-solving.

**Fun Fact:** Many foster/adoptive kids show survival behaviors rooted in past stress.

**Follow-up Questions:** Which feelings are hardest to name?

***Challenge: Difficulty expressing emotions***

**Age Group:** Preschool

**Context:** School

**Response:** Use feelings charts and stories to build emotion language.

**Practice Type:** CBT

**Response Variations:** Use feelings charts and stories to build emotion language. || Rephrase kindly: Use feelings charts and stories to build emotion language.

**Quick Win:** Use a feelings chart/thermometer before problem-solving.

**Fun Fact:** Many foster/adoptive kids show survival behaviors rooted in past stress.

**Follow-up Questions:** Which feelings are hardest to name?

***Challenge: Difficulty making eye contact***

**Age Group:** Preschool

**Context:** School

**Response:** Use feelings charts and stories to build emotion language.

**Practice Type:** CBT

**Response Variations:** Use feelings charts and stories to build emotion language. || Rephrase kindly: Use feelings charts and stories to build emotion language.

**Quick Win:** Use a feelings chart/thermometer before problem-solving.

**Fun Fact:** Many foster/adoptive kids show survival behaviors rooted in past stress.

**Follow-up Questions:** Which feelings are hardest to name?

**Domain: Trauma/Attachment**

## Subdomain: Food/Security

### **Challenge: Overeating or hoarding food**

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Provide predictable meals/snacks and a visible safe snack basket.

**Practice Type:** TBRI

**Response Variations:** Reduce scarcity cues with visible snacks and a posted meal plan. || Use zero■shame language while reassuring 'there's enough here.'

**Quick Win:** Create a visible safe snack basket—no shaming.

**Fun Fact:** Many foster/adoptive kids show survival behaviors rooted in past stress.

**Follow-up Questions:** When does hoarding or overeating happen most?

## Domain: Trauma/Attachment

### Subdomain: Identity

### **Challenge: Struggling with cultural or identity issues**

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Open dialogue about culture and connect to mentors or traditions.

**Practice Type:** Conscious Parenting

**Response Variations:** Open dialogue about culture and connect to mentors or traditions. || Rephrase kindly: Open dialogue about culture and connect to mentors or traditions.

**Quick Win:** Add one weekly cultural tradition or story together.

**Fun Fact:** Many foster/adoptive kids show survival behaviors rooted in past stress.

**Follow-up Questions:** Which identity topics feel most confusing?

## Domain: Trauma/Attachment

### Subdomain: Reassurance

### **Challenge: Excessive need for reassurance**

**Age Group:** Preschool

**Context:** School

**Response:** Show consistency with follow■through; use a simple reassurance script.

**Practice Type:** C+Parenting

**Response Variations:** Show consistency with follow through; use a simple reassurance script. || Rephrase kindly: Show consistency with follow through; use a simple reassurance script.

**Quick Win:** Use a reassurance card: 'You're safe. I'll be here.'

**Fun Fact:** Many foster/adoptive kids show survival behaviors rooted in past stress.

**Follow-up Questions:** What promises or routines soothe them best?

### ***Challenge: Overdependence on caregiver***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Show consistency with follow through; use a simple reassurance script.

**Practice Type:** C+Parenting

**Response Variations:** Show consistency with follow through; use a simple reassurance script. || Rephrase kindly: Show consistency with follow through; use a simple reassurance script.

**Quick Win:** Use a reassurance card: 'You're safe. I'll be here.'

**Fun Fact:** Many foster/adoptive kids show survival behaviors rooted in past stress.

**Follow-up Questions:** What promises or routines soothe them best?

### ***Challenge: Attachment to objects instead of people***

**Age Group:** Elementary/Middle

**Context:** Nighttime

**Response:** Show consistency with follow through; use a simple reassurance script.

**Practice Type:** C+Parenting

**Response Variations:** Show consistency with follow through; use a simple reassurance script. || Rephrase kindly: Show consistency with follow through; use a simple reassurance script.

**Quick Win:** Use a reassurance card: 'You're safe. I'll be here.'

**Fun Fact:** Many foster/adoptive kids show survival behaviors rooted in past stress.

**Follow-up Questions:** What promises or routines soothe them best?