

ACTIVITY TIME!

This is going to be super simple. Take a look at Table 1. All you are going to do is find five different behaviors—isms—that your child does that you haven't previously joined in with that you now will.

You don't have to fill out all five isms in one sitting. Take your time. You can fill out the first one or two that come to you, then come back to this table a day later, once you've noticed another ism.

The most important thing is to keep your eyes peeled for isms—and then to join your child in exactly the way we've discussed.

| Ism | How you've been responding | What you will do now to join |
|-----|----------------------------|------------------------------|
| 1) | | |
| 2) | | |
| 3) | | |
| 4) | | |
| 5) | | |

Table 1