

ACTIVITY TIME!

Table 7 is designed to be filled out over a three-day period. On day 1, choose something in your child's day that you will do differently—and invite her to enjoy it. For instance, change the time on one meal. Encourage your child to get dressed in a different order (pants, then shirt, instead of shirt, then pants). If there is a card game you usually play, change one rule, such as having each person get two turns in a row. On day 2, choose a different item to change. On day 3, choose another item to change. Remember to use the five strategies.

In each instance, use Table 7 to track what change you tried and how your child responded. In the first column, write the name of the game or activity. In the second column, simply circle “yes” or “no” according to whether your child agreed to the change or not. (She can refuse the change by saying no or simply by ignoring it.)

Reminder: don't get caught up in getting all yes answers. Even a no helps to stretch your child's flexibility.

Flexibility	
Item That You Endeavored To Change	Did Your Child Agree To The Change?
1)	YES / NO
2)	YES / NO
3)	YES / NO

Table 7