

Ready, Reset, GO!
2/5/26

Ready:

- Routines (Schedule)...what does "ready" mean across various settings? Have we been intentional about clarifying exactly what it means to be "ready"?
 - Weekday (School day)
 - AMI/Weather Days
 - Weekends/prolonged breaks
 - Do we have too many places to be/manage
- Procedures
 - Steps to a successful procedure
 - Are my steps clear & precise?
 - The order of a task
 - The behavior expectations of the task
 - The timeframe in which it should be done
 - The way to ask for help
 - What words will you use?
 - What should your voice sound like?
 - Do I "think" they know or believe they "should" know
 - i.e. - sort through your clothes
 - i.e. - dress "weather-ready"

Reset:

- What are the most difficult parts of the day?
 - Is the routine necessary?
 - Is the routine at the right/best time?
 - Are the procedures/expectations clear?

- The power of a Family Meeting
 - Express concerns
 - Safe place (w/o naming names) to vent
 - Turn obstacles into opportunities (create solutions)
- Look at a specific begin/end time
 - When will the reset start
 - End: when will we look at things or see if they are the same, better or worse

GO!:

- Go back to I Do (adult “does” and child watches), We Do (we work together), You Do (becomes the child’s personal responsibility to complete the task independently as we have taught them)
- Build confidence by using steps to a procedure and enhances our relationship
 - These are objective
 - Removes emotion which makes it easier to address the literal expectation
- Model & encourage open communication
 - Also model that it is okay to make a mistake
 - Mistakes make opportunities to fix it & get better
- Celebrate the increased positivity in relationships & the “peace” that comes from a family reset

Q & A