

The 4R Response Method PLAN

Situation: *My son takes longer to complain about his homework than it would take him to do it*

REDUCE YOUR YUCK

(Use the Part 1 of the "4R Respond Method" training to guide you through this.)

Why I get triggered about this situation (consider your PAST learnings and fears of FUTURE): *I never complained! And honestly, I'm just so tired at homework time... I want it to be done!*

How my Parenting Avatar would address this situation: *Peaceful Carol would understand that he's struggling and respect that.*

What I need in order to align with my Avatar: *I need to prepare myself for homework time so I know it's not necessarily going to go smoothly.*

How I'll make sure I get what I need: *I will make sure I take at least a 10-minute break sometime in the day so I'm not completely depleted.*

IDENTIFY ROADBLOCKS

(Use Part 2 of the "4R Respond Method" training to guide you through this.)

My chapter is: *He's taking too long! He could be done by now!*

My child's chapter is: *This is boring and I don't want to do it. I want to do anything but THIS! Why doesn't she care?*

The roadblocks that my child is facing are (check "Roadblocks" resource)

Expectation-based: *It's not realistic that he will care about his homework as much as I do or that he'll want to do it exactly when I want to.*

Yuck-based: *He believes I don't care. He feels out of control.*

Skill-based: *He doesn't know how to do boring tasks; instead, he avoids them!*

Roadblock I'm going to focus on for now: *He believes I don't care.*

RESPOND EFFECTIVELY

(Use the Part 3 of the training to guide you through this.)

What's NOT in my control: *Whether he does homework and how long it takes.*

What IS in my control: *How I view his behavior.*

When he resists, then I will *remind myself that he's struggling and needs help* (to REGULATE) and *offer engagement and ask him if he needs a break after every few problems* (to care about the ROADBLOCK).

If that doesn't help, I will re-state the boundary and as they ROUND the curve, I will *remember that this is what needs to happen* and I will not *criticize him for being so dramatic.*

SCHEDULE ROUTINES

(Use Part 4 of the training to guide you through this.)

The roadblock I decided to work on for now: *He believes I don't care*

Routine(s) I will use to address this:

- ✓ Yuck dumps
- ✓ Engagement strategies to help make homework less boring

When I will do this: *I'll do Yuck dumps after school.*

I'll teach him engagement strategies on Sunday nights. We'll discuss the ones he'll try that week.