

The 4R Response Method PLAN

IDENTIFY ROADBLOCKS

When a child has a negative behavior, mood, or attitude,
they are HAVING a problem, not BEING a problem.

Expectations
aren't appropriate

Expectations Roadblocks:

- ☐ Child hasn't been able to do it consistently in the past
- ☐ Expectations are focused on what NOT to do
- ☐ Expectations are not consistently enforced
- ☐ Expectations are enforced with Yuck



Haven't mastered
the skills to do it

Skill-based Roadblocks:

They haven't mastered the skill of

- ☐ Controlling their impulses
- ☐ Staying focused in repetitive tasks
- ☐ Handling transitions
- ☐ Thinking flexibly
- ☐ Solving problems
- ☐ Regulating emotions



YUCK

Emotional Yuck Roadblocks:

They are in Yuck because they feel

- ☐ Disconnected
- ☐ Disrespected / misunderstood
- ☐ Incapable
- ☐ Out of control
- ☐ Worried that something bad might happen

Biological Yuck Roadblocks:

They are in Yuck because they are

- ☐ Tired
- ☐ Hungry
- ☐ Sick
- ☐ Sensory needs not met

How is your child having a problem, not being a problem?

Which roadblock do you want to address now?