

REDUCE YOUR YUCK

To reduce Yuck, **reduce “threats.”**

Their behavior is not a threat.



Challenges are not a threat.



I can respond from my values, not my Yuck

Recognize why the behavior is not a threat.

How is your child acting *like a child*?

Is it possible that your child has some Yuck? (Don't forget biological!)

How many strategies has your child mastered to act mature and resilient when in Yuck?

Why does their behavior, mood, or attitude make sense?

Recognize why you can handle it.

What is imperfect about your situation right now?

What tiny action is in your control?

Fill in this statement:

It is true that _____
and one thing I can do is _____.

Shift from responding from Yuck to responding from your values (Avatar).

How do things go when you use willpower to stay calm?

What is the name of your Parenting Avatar?

If you were aligning with your Avatar...

...what would tell yourself about this situation?

...how would you respond to this situation?

REDUCE THE THREAT; ALIGN WITH YOUR VALUES:

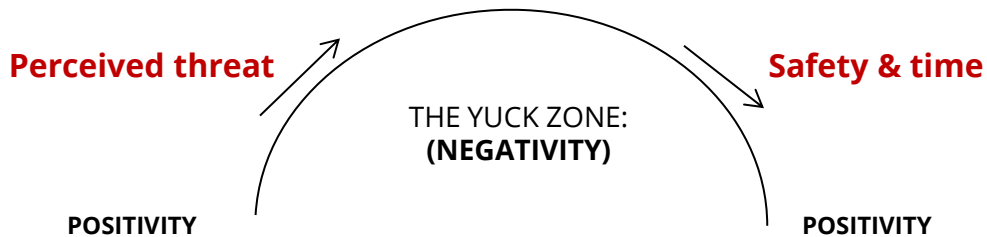
Why will things be OK?

How would you like to be able to respond to the situation the next time it happens?

The 4R Response Method PLAN

RESPOND EFFECTIVELY

To respond effectively, **address YOUR Yuck** and then help them address **THEIR Yuck** so they can feel/act better.



Recognize Yuck and take different action

Signal to pause:

Action to take:

- Breathe
- Physical strategy:
- Cognitive strategy:
- Other:

When I feel _____,
then I will regulate by _____.

I will NOT _____.

Address Your Yuck



Address Their Yuck

Help THEM regulate

- I will see them by:
- I will teach them by:
- I will push them to round the Yuck Curve by

_____ and instead of getting sucked in, I will _____.

When my child _____,
then I will _____
(and continue to regulate myself by _____).

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



Haven't mastered
the skills to do it



YUCK

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

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

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?

The 4R Response Method PLAN

Lessons on these routines are on the website. You'll also learn to master them in the *5-Day Focus & Follow Through* events!

SCHEDULE ROUTINES

When we **address roadblocks through regular routines**, negativity decreases (and responsible behavior + resilience increase!)

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

ROUTINES to improve expectations

- Identify clear, realistic expectations that I can enforce
- Address my triggers so I don't enforce them 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

ROUTINES to improve skills

Teach specific strategies for

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



YUCK

Emotional Yuck Roadblocks:

They are in Yuck because they feel

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

ROUTINES to reduce Yuck

Emotional Yuck Roadblocks

- Deposit into "Connection" account
- Deposit into "Significance" account**
- Deposit into "Capability" account
- Deposit into "Control" account
- Deposit into "Security" account
- Yuck dumps**

Biological Yuck Roadblocks:

They are in Yuck because they are

- Tired
- Hungry
- Sick
- Sensory needs not met

Biological Yuck Roadblocks

- Create routine to address consistency issues with sleep, hunger, etc.
- Other professionals can help with biological issues – physicians, OTs, etc.

**QUICK WINS

Which roadblock are you focusing on?

Which routine are you focusing on?

When will you learn it?

When will you teach and practice it?