

<p style="text-align: center;"><b>TSR</b> Thoughtful Self-Regulation</p>	<p>My Strategies:</p>
<p style="text-align: center;"><b>ATP</b> Accentuate the Positive</p> <ol style="list-style-type: none"> <li>1. Observe</li> <li>2. Affirm</li> <li>3. Share the impact</li> </ol>	<p style="text-align: center;"><b>SATP</b> Strategic Accentuate the Positive</p> <ol style="list-style-type: none"> <li>1. Identify a behavior you want to see more of</li> <li>2. Observe</li> <li>3. Affirm</li> <li>4. Share the impact</li> </ol>
<p style="text-align: center;"><b>FN&amp;T</b> Feel: Name &amp; Tame</p> <ol style="list-style-type: none"> <li>1. Observe for emotional content</li> <li>2. Guide the parent to focus on their experience in the moment</li> <li>3. Reflect back to parent with empathy</li> <li>4. Invite the parent to name their emotional experience if they haven't already</li> </ol>	<p style="text-align: center;"><b>E&amp;W</b> Explore &amp; Wonder</p> <ol style="list-style-type: none"> <li>1. State the behavior you are concerned about</li> <li>2. Be curious...ask the parent what this behavior means</li> <li>3. Share what you think the behavior might mean</li> <li>4. Ask the parent what he/she thinks</li> <li>5. Ask if parent would be willing to try it</li> </ol>
<p style="text-align: center;"><b>NORM</b> Normalizing</p> <ol style="list-style-type: none"> <li>1. Make a mental note of the opinion or parenting interaction that is of concern to you</li> <li>2. Tell the parent his/her opinion is a commonly held belief...It is "normal"</li> <li>3. Provide information</li> <li>4. Explore what the parent thinks</li> </ol>	<p style="text-align: center;"><b>PT</b> Problem Talk</p> <p>Learn about the situation or problem and possible solutions by asking open-ended questions starting with:</p> <p style="padding-left: 40px;">Who...?</p> <p style="padding-left: 40px;">What...?</p> <p style="padding-left: 40px;">When...?</p> <p style="padding-left: 40px;">Where...?</p> <p style="padding-left: 40px;">How...?</p>

