

"A SECRET" TO PARENTING



1

ATTENTION

Is there a way I can draw my child's attention away from his anxiety? Can I distract my child from the focus of his misbehavior?

2

SENSATION

Is there a sensation that is alarming my child right now? If so, what is it and can it be modified?

3

EMOTION

What emotion is my child experiencing and what techniques do I know that work best when he feels this way?

4

CULTURE

What part of our family's culture can be changed to avoid situations like this in the future? Can I shop without my child, can we shop at a smaller market, can we shop at a different time of day?

5

RELATIONSHIP

Is there something in his relationship with me or someone else right now that is causing him to act this way? What can I do about it?

6

ENVIRONMENT

What is in the environment that is setting my child off? How can I change that? Some ideas are to change the light with sun glasses, quiet the space with ear plugs, or go to a less crowded room.

7

TASK

What is troubling my child about the task at hand? How can the task be modified so that it is not so problematic for my child? Is there another task that I can substitute that will be more calming?

Summarized from the writings of [Dr. Lucy Jane Miller](#).

*Coastside Pediatric Therapy
Center*