

Week 1 - During Group Activity:



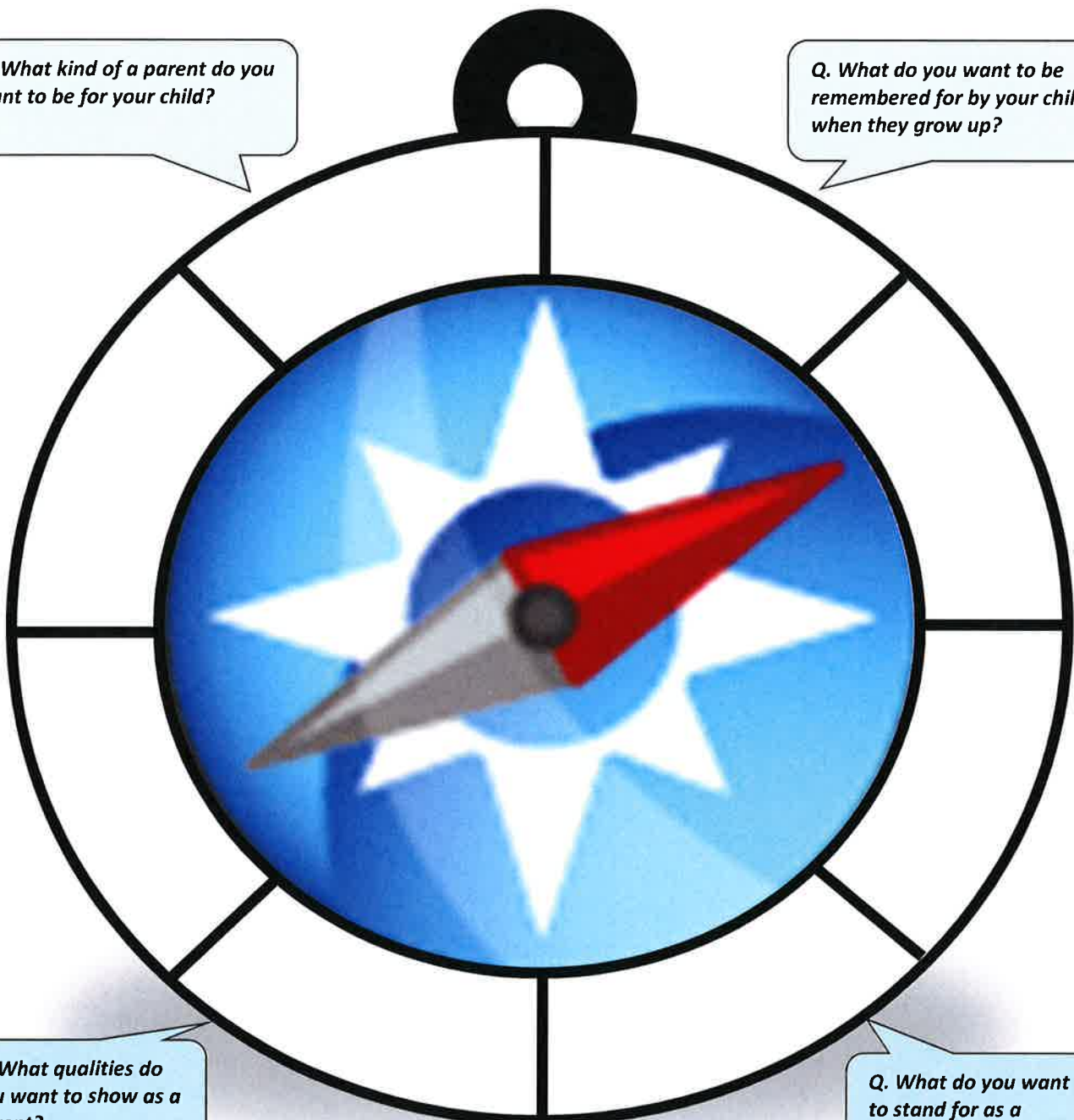
# My Parenting Compass

“What’s Most Important?”

“Your Parenting Values are like a compass, helping you to move in the right direction to achieve the family life you want even under difficult circumstances”

*Q. What kind of a parent do you want to be for your child?*

*Q. What do you want to be remembered for by your child when they grow up?*



*Q. What qualities do you want to show as a parent?*

*Q. What do you want to stand for as a parent?*

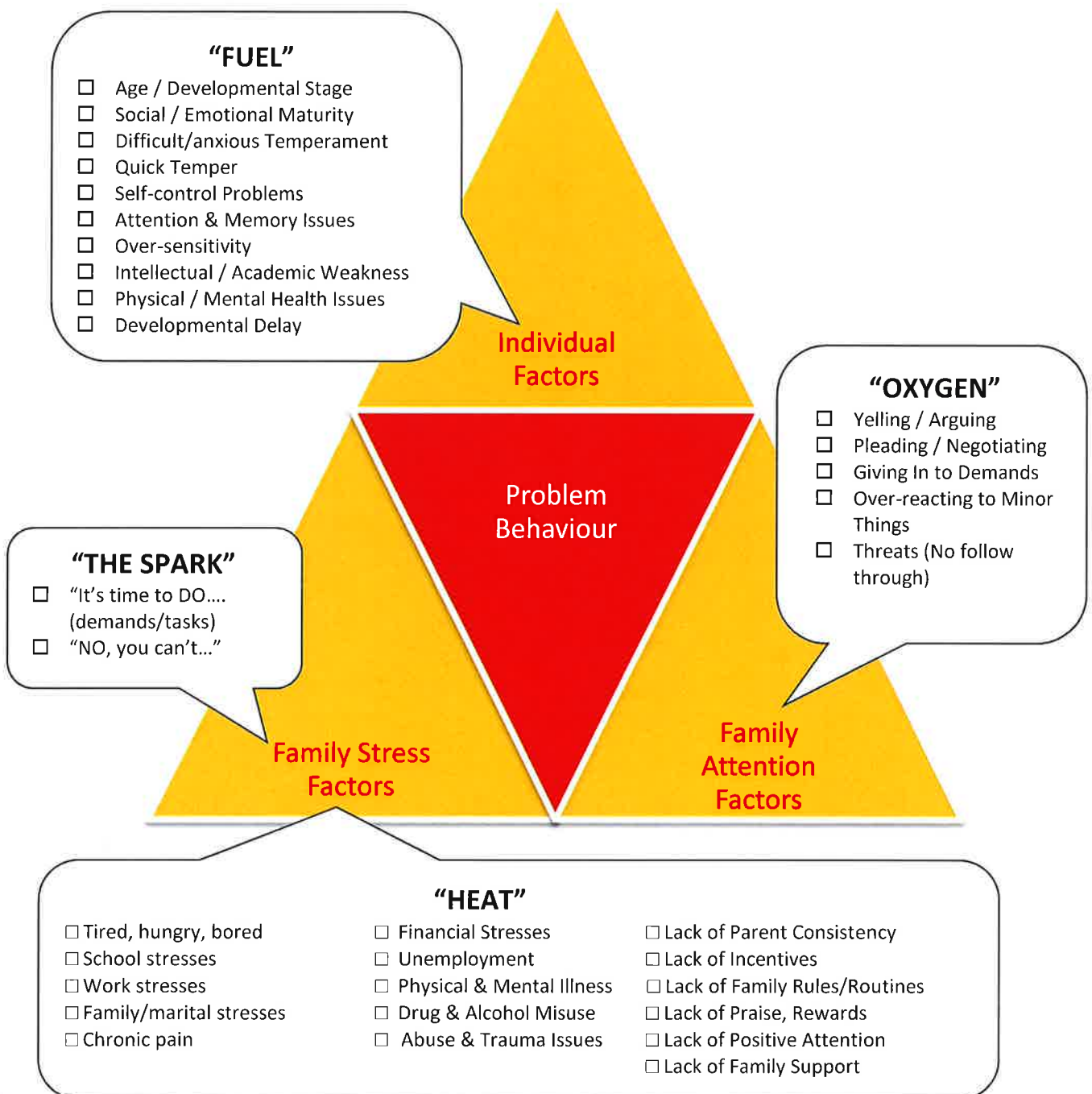




# Bushfire Model Worksheet

This worksheet gives you a chance to consider the main factors that may be causing and maintaining Problem Behaviours. Write down the main Problem Behaviours in the red triangle. Then write the main Individual, Family Stress and Family Attention Factors that cause and maintain the Problem Behaviours in the respective yellow triangles.

The “thought bubbles” around the model offer examples of some commonly reported issues. You can tick those that are relevant, as well as adding your own.





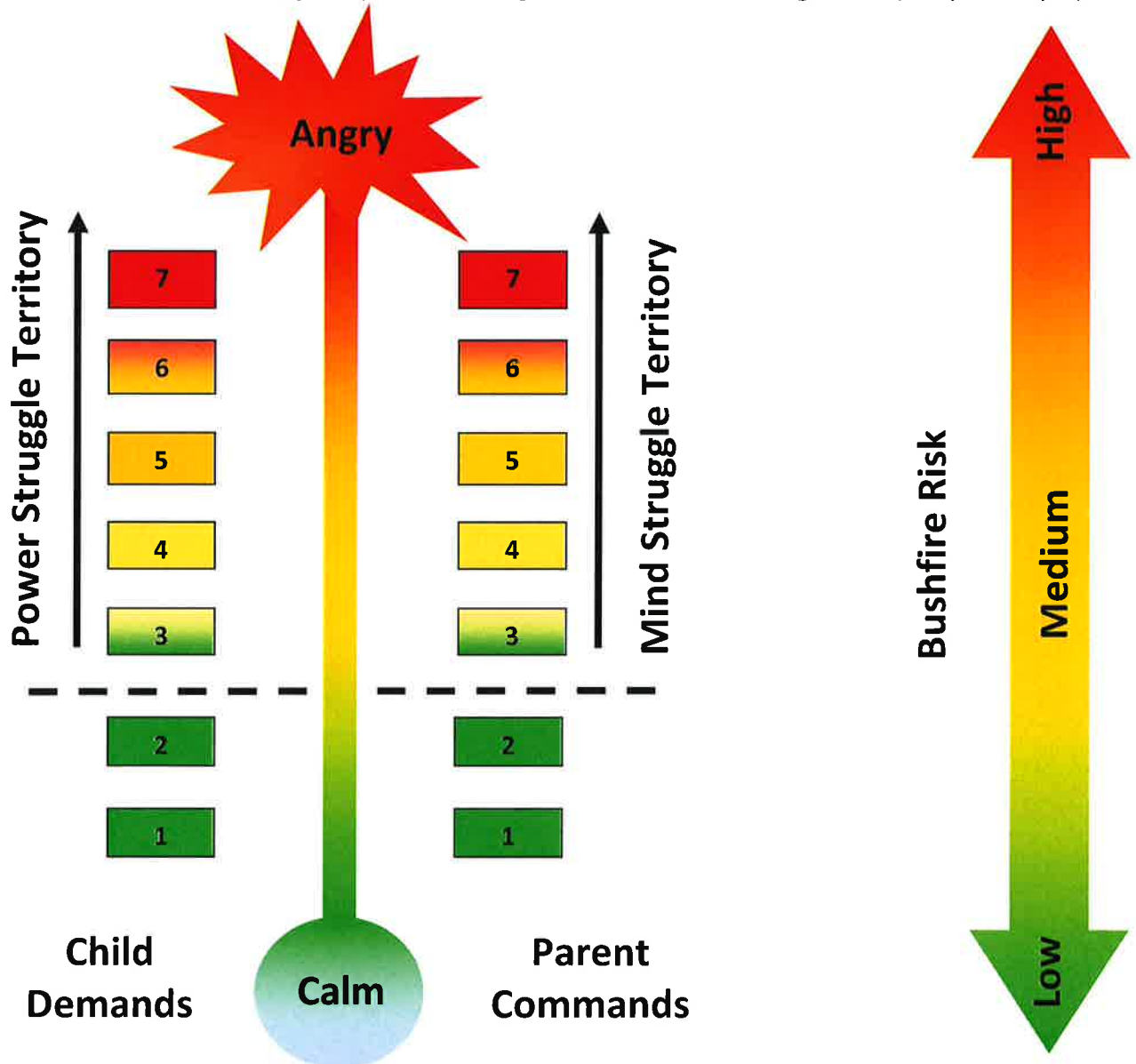
# Power Struggles & Mind Struggles

Power Struggles occur when people use negative behaviours to force the other person to give in and do what they want. It's a "Win – Lose" situation. Children and parents are often invited into Power Struggles when a child demands something from the parent, or when the parent gives a child an instruction (e.g., go to bed).

The more parents plead and argue during a Power Struggle the more anger and stress (Heat) is created and the more attention (Oxygen) a child receives for escalating their inappropriate behaviour. The risk of Serious Misbehaviour or a "Bushfire" greatly increases.

During a Power Struggle, there is also often a Mind Struggle going on in the parent's mind ("he never does what I say", "I'm useless as a parent", "it's hopeless"). This invites parents to respond by 'upping the ante' to try to regain control over the situation, or giving up. Children may also be caught up in their own Mind Struggle ("it's not fair", "why should I?") that gets in the way of them cooperating.

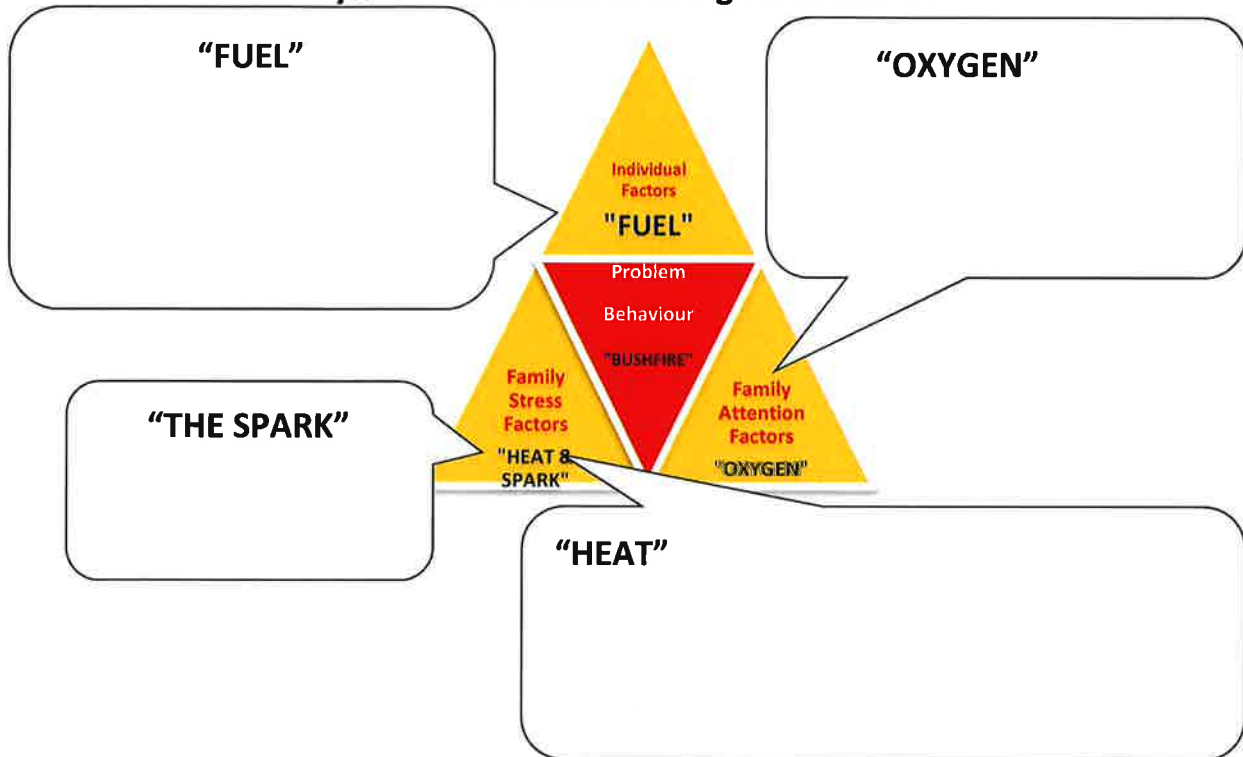
The goal is to reduce Power Struggles by not "crossing the line" into the Orange Zone ('drop the rope').



## Week 2 - At Home Activity:

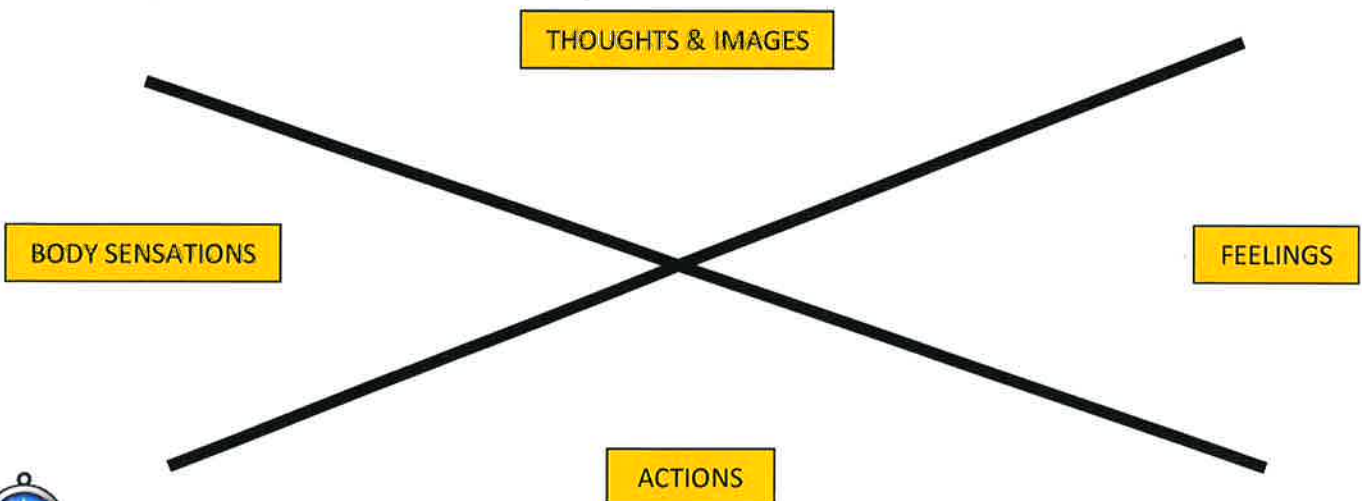


### 3. What Bushfire Model factors (Fuel, Heat & Oxygen) are influencing the times when your child is not following instructions?



1. **Fuel Factors** – What are the individual characteristics (strengths and weaknesses) of each family member, especially those of your child displaying the problem behaviour, that make things more ‘combustible’?
2. **Heat Factors** – What are the circumstances that increase feelings of stress (‘heat’) within the family, as well as the things that are lacking that then lead to more stress?
3. **Oxygen Factors** – What are all the sources of attention that encourage your child’s problem behaviour, thereby ‘fanning the flames’?

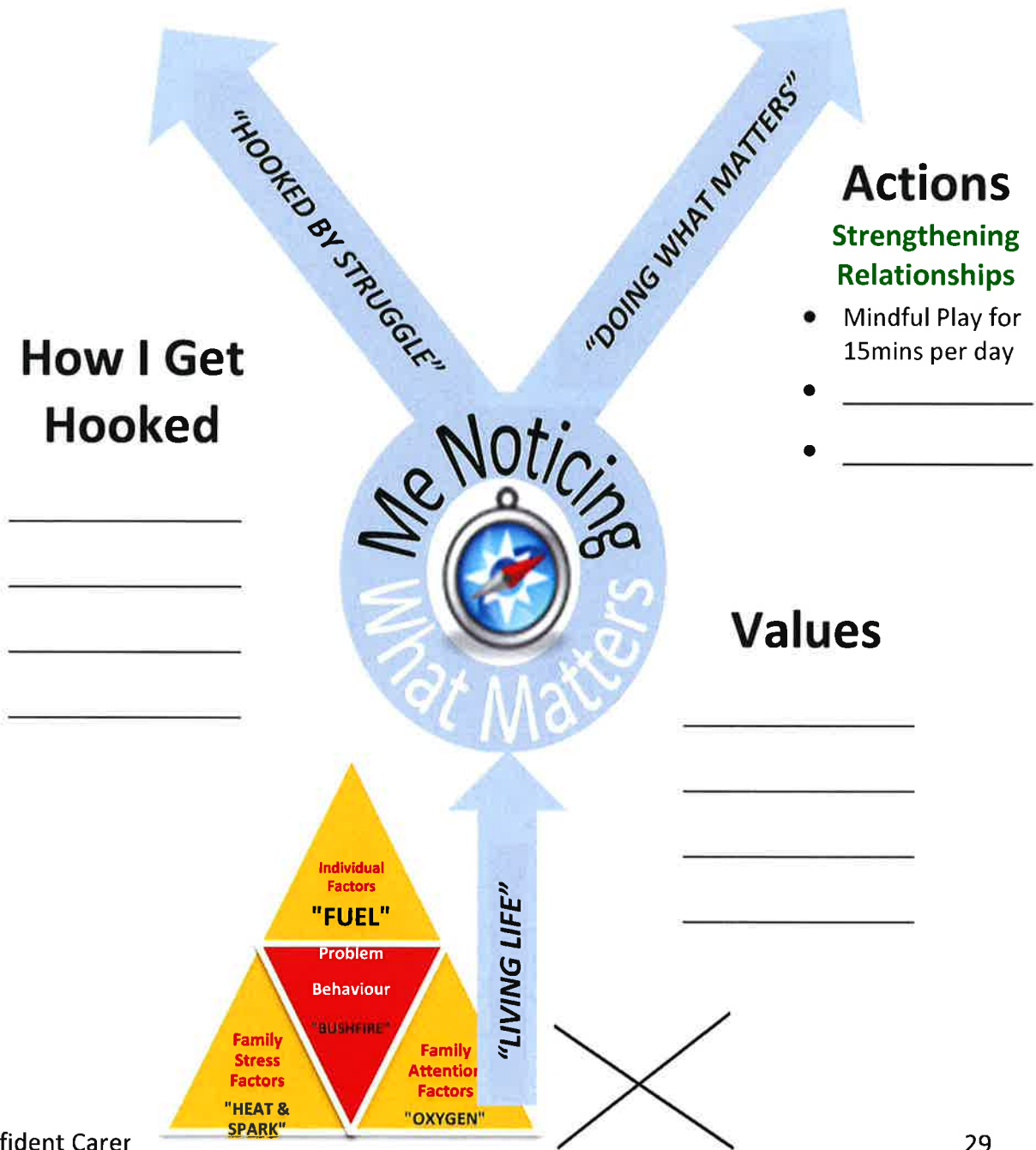
### 4. Describe your Mind Struggle experience during the times when your child is not following instructions.





# Strengthening Relationships Worksheet

How I want to be as a parent  
How I want to live my life



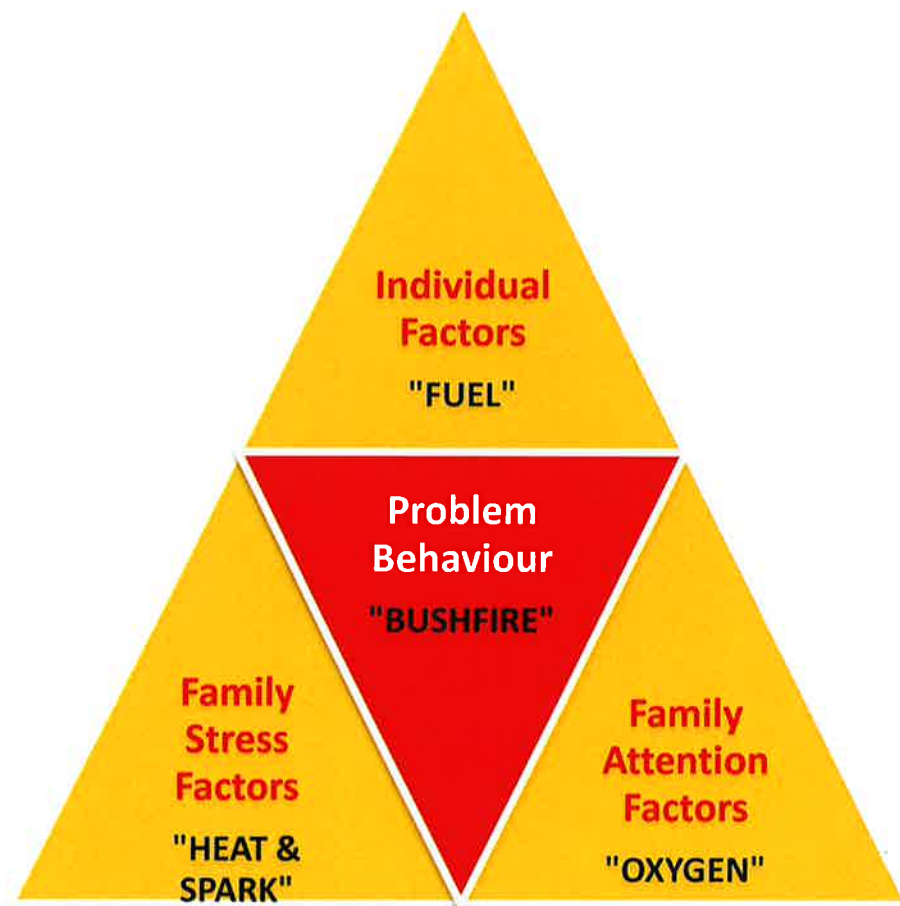
# Behaviour Action Plan - Part 1

1. What is the Problem Behaviour 'Bushfire' you are trying to prevent or reduce? When and where does it happen?

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2. Complete the "Bushfire Model" below and identify the factors that play a role in the Problem Behaviour: (Review Page 11 if necessary)



3. Once you have completed the "Bushfire Model", go to Part 2 of Encouraging Specific Behaviours to create a plan that will:

- (a) Reduce the influence of the three 'Bushfire' factors; and
- (b) Encourage your child to do the specific behaviour you want.



# Behaviour Action Plan - Part 2

What Specific Behaviour are you trying to encourage?



## Values guiding your parenting in this situation


## Strategies to Engage, Motivate and Reward Your Child


## Rules , Routines, Instructions & Planned Ignoring


## Planned Consequences




# VALUES IN ACTION

How I want to be as a parent  
How I want to live my life

