

Announcement & Plan

This week, the focus is on creating an announcement to your child about the upcoming change you will be making. The announcement is a critical step that clearly communicates the plan to your child, without engaging in negotiation or escalation. It's an opportunity for you to take unilateral action and show your commitment to the process.

An effective announcement is:

- Written down (and uses developmentally appropriate language)
- Empathetic and supportive
- Focused on parent behavior (not child behavior)
- Inclusive of supporters
- Delivered together with all primary caregivers involved

Your announcement should include:

1. **Positive opening statement** that communicates this is a loving message, not an angry message (e.g., "I'm so proud of how hard you've been working on X this year.")
2. **Validating statement** (e.g., "I know how hard it is for you when...and I know you can do hard things.")
3. **Acknowledgment that rescues are not the solution** (e.g., "I am learning that by doing X, I'm not helping you to face your fear.")
4. **Explanation of plan** (e.g., "I have decided that from now on, I will no longer ignore these worries, and I will help you overcome this fear. We'll talk again about some changes that I will be making.")
5. **Supportive statement about the plan** (e.g., "This might be hard at times, but I am confident this will help you do X.")
 - a. Remind your child this is not a punishment
 - b. Inform your child about supporters (e.g., "We will get help from X because they care so much about you, and want to help you.")
6. **Positive closing statement** (e.g., "I care too much about you to let worries stop you from doing X.")

Next, we'll discuss creating a detailed and specific plan for reducing rescues related to the target behavior you identified.

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The main goal is to develop a plan that is focused on your actions, not your child's. Your plan should clearly define:

- **What:** The specific parental actions you will be changing.
- **When:** The time and frequency of these changes.
- **Who:** All individuals involved in implementing the plan.
- **How much/how many times:** Whether the change will be gradual or complete.
- **What you will do instead:** Your new, planned response to your child's anxiety.
- **Stress testing:** How you will respond to potential obstacles or difficult moments.
- **Supporters:** How you will utilize your supporters to help with the process.

Tips for success:

- Focus on parent/caregiver behaviors (vs child behaviors)
- Create a plan that tells you what to do (vs what *not* to do)
- Be specific
- Include a reward chart as part of the plan to increase motivation

Home Practice

- Continue **charting rescues**. Make a note of your successes and setbacks, as well as your child's reactions.
- Continue working on your announcement and plan. Include supporters. **You don't need to make the announcement yet!**