

Making the Announcement

You drafted your own plan during the last group session. While you may have had a chance to make some updates in session, review the plan again at the beginning of this week to make sure it is as specific and clear as possible. When the plan is ready, introduce the plan to your child.

Tips for success:

- All primary parents/caregivers should be present when delivering the announcement
- Write or print the announcement (have a copy for yourself and one for your child)
- Read directly from the page
- Choose a low-stress time to present the announcement
- Use calm body language and tone of voice
- Read the announcement in a way that is firm and decisive (not questioning or doubtful)

There are many reactions children may have to the announcement. Some common reactions, and how to respond in such situations, include:

- **Argument, debate, and threats:** disengage and ignore attempts to argue
- **Boredom, ignoring, and scorn:** continue with your announcement anyways
- **Aggressive behavior:** ignore verbal aggression and mild physical behaviors
- **Distress, crying:** resist the urge to rescue them from distress; offer comfort in an encouraging way (not accommodating)

Reactions may be bigger for children with ADHD, so consider starting with a smaller step to gain confidence first. Plan in advance to have a support person present and practice self-regulation with your coparent, if available. Avoid negotiating - you can answer clarifying questions and use supportive statements, but do not discuss changes to the plan.

Home Practice

- **Inform your child:** Present the plan to your child, and provide them with a written plan (or a visual, depending on what is developmentally appropriate for your child).
- **Implement the plan:** Begin following the plan.