

SESSION 11

FUTURE PLANS



OVERVIEW OF KOMET

The Pyramid

- One-on-one time
- Interaction analysis
- Prepare and instruct
- Confirm and praise
- The Snake
- Cooperate with others
- Pick your battles
- Confirm the child's feelings
- Emergency brake
- Rules and consequences
- Supervision
- Solve problems together



PICK YOUR BATTLES
 PRAISE
 PREPARATION
 ONE-ON-ONE TIME

The base of the pyramid is the most important part of Komet. More positive attention and good times together will generate a good relationship between you and your child, which is a prerequisite for reducing arguments and conflicts. The top of the pyramid involves reducing negative attention and using clear and predictable boundary-setting.

Two principles and one rule



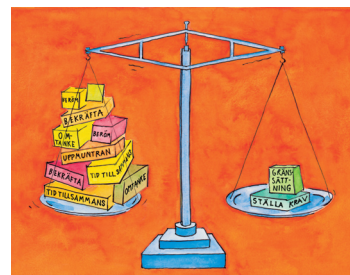
CHILDREN WILL KEEP DOING WHAT THEY GET ATTENTION FOR

The Attention Principle tells us that children will keep doing what they get attention for. For some children, negative attention like nagging and yelling may be better than no attention at all.



THE IMITATION PRINCIPLE

The Imitation Principle tells us that children learn by imitating (modeling) adults. This also applies to how they manage conflict, an area where we adults are important role models.



PRAISE
 CONFIRM
 CONCERN
 PRAISE
 TIME TOGETHER
 SETTING BOUNDARIES
 MAKING DEMANDS

The 5-to-1 rule means that you need about five times as much praise and positive interaction as demands and reprimands for the relationship to work well.

FUTURE PLANS

Fill in the following overview to get an idea of how often you are currently doing the exercises. Also check the exercises you think are important to keep up with.

	Frequently	Sometimes	Never	Want to continue with
One-on-one time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Instruct	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Praise and confirm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Snake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooperate with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pick your battles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confirm the child's feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emergency brake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rules and consequences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Supervision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Solve problems together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Important questions to ask if the problems recur

- Am I having regular one-on-one time with my child?
- Am I preparing my child?
- Do I praise my child's attempts and initiative to do good things?
- Do I praise my child when he/she follows instructions and agreements?
- Am I giving clear instructions?
- Is it time to use the Snake again?
- Am I choosing not to nag my child?
- Can I make rules clearer by using a rule plan?

Remember: Try not to reduce conflicts by setting boundaries right away. Always start by building up the base of the pyramid.



INDIVIDUAL PLAN

This is how I want to keep working with Komet

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This is what I will do if the problems recur

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