

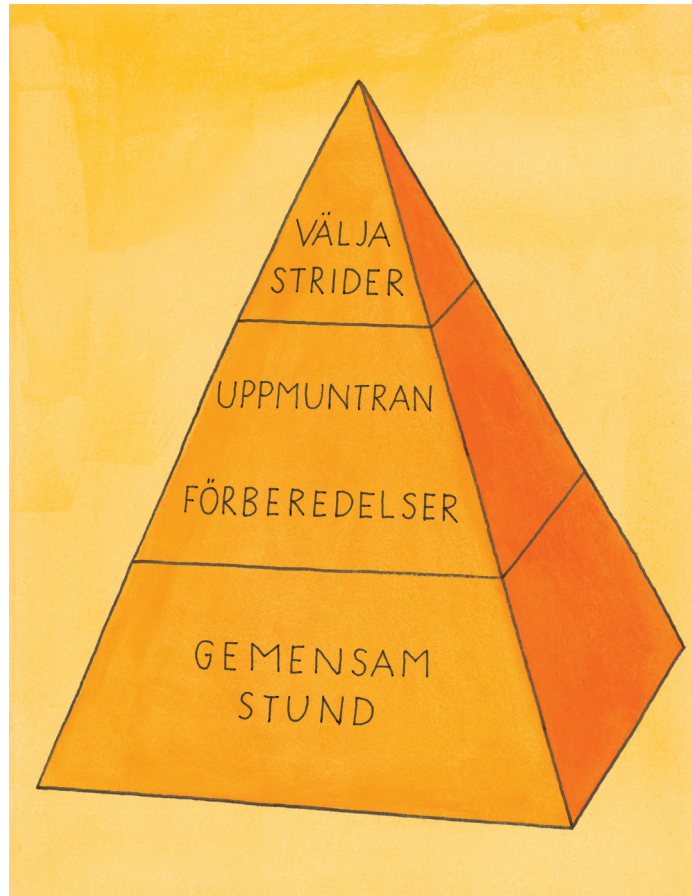
# SESSION 5

CHECK AND COOPERATE



## CHECK

Your personal goals. You were asked to state personal goals at the first session. Regularly following up on goals is a good way to make sure you do not lose focus. It is also a great motivator to keep yourself going. It is so easy to forget how things were before and when that happens you might not be able to see the progress you have made.



PICK YOUR BATTLES  
PRAISE  
PREPARATION  
ONE-ON-ONE TIME

We have now gone through the base of the pyramid. The point is to add to the *trust account* with "deposits" of more good times together and more positive attention. Work at the base also involves reducing the risk of conflict through preparation and clear instructions.

Remember: It may take time before you see a change in the child. Greater clarity from the parent may at first trigger more defiance and argument.

## COOPERATE CONCERNING THE CHILD

The next session is a private session where you have the option to invite others to attend so that you can cooperate in your work with Komet. Choose one or more elements of Komet you want to cooperate on.

**The Imitation Principle.** The people you invite to cooperate will be given an introduction to the Imitation Principle. Based on this, they can pick one or more situations in which they would like to act as good role models for the child. If, for example, a specific situation usually results in lots of conflict, their focus may be on remaining calm.

**The Attention Principle.** Children who are often involved in conflicts usually get a lot of attention for it. When more adults surrounding the child focus on what works, the child is helped toward finding other ways to be noticed and appreciated when outside the home as well. One practical way to work with the Attention Principle is to focus, for an entire day and as far as possible, on what works and to praise the child.

**PIP.** When the child has difficulty dealing with change and that leads to conflicts in settings outside the home, cooperation in relation to PIP may be a good idea. After an introduction to working with Preparation, Instruction, and Praise, you can come to consensus on which situations you will focus on.



The Snake. If you have started playing the Snake game at home, you can extend it to the school if there is also a lot of nagging and conflict there. In this case, the child will be given one or two tasks and is rewarded with a certificate when he/she completes a task. When the child comes home, the certificate is traded for a sticker on the Snake. Make sure you do not give your child too many tasks. You might need to eliminate one or two of the tasks your child has at home.



Listen to the child. Before you have the meeting with the others, it is important that your child has been allowed to express how he/she thinks things are going, and that the child feels okay about the cooperation.

## HOMEWORK - SESSION 5

One-on-one time

.....  
.....

PIP

.....  
.....

The Snake. What tasks?

.....  
.....

Private session. This is what I want to focus on.

.....

## BEFORE SESSION 7

The Snake. How many stickers has your child collected so far? .....

One-on-one time and PIP

.....  
.....

